



13/08/2025

William with Nicole and Raffity

Fun

Today William and I spent our session in the playroom using an app called Spin The Wheel, we put it in all of the gaming games that William plays and knows. While we were doing this I asked William if he could fill out the scoresheet we use to assess various aspects of his life. This unfolded as has previously been the case, Mum being scored high and Indi very low. Following on from a phone meeting with the Mango Hill Guidance Officer, Tracy Lundberg, I added to the scoresheet (for the first time) Voices in head. William circled 10/10, he appeared to be very calm and had no quarms in sharing information about this voice.

William feels that it started when he was about 8 years old but back then it was only once a week or once a month, but it was telling him to do bad things. Now it is all the time, "24/7" and it is telling him to do everything bad. I asked if the voice was the same as his voice, a strong NO. This voice is low in tone, not friendly, I asked what age the person's voice might be and he thought about 40, not a kids voice or young person but not a super old person either. The voice is a person and has the name of Asalo, he has purple hair, green beard, red eyes and white skin. Asalo tells William to do "really bad stuff" like killing Mum with an axe, raping Indi, raping and killing lots of other people, stabbing Mr Frisbee with a sharp pencil in the side of the neck where the blood would squirt out, pushing Dad's nose into the muffler of the motorbike so his face would rip off, stabbing me with a shard of glass from my computer screen into the roof of my mouth, chopping Rocky (family dog) in half with an axe. William feels that it started to get really bad a few months ago.

William shared that if he could he would pull Asalo out of his head and would kill him, he said that might be going a bit far but he would do that. Asalo makes it feel like he is being hit in the head

constantly and it hurts so much, Asalo does that until William does what he says. It can last a few hours. The really bad stuff he doesn't do though.

William also shared that he thinks about killing himself "every day every second" but he doesn't do it because people would be affected. When I asked who would be affected the most, he thought about this and took some time to say Mum. I know William and his Mother have a very loving relationship. The ways in which William thought he might kill himself included jumping off a roof, using an axe, or putting his head on a running chainsaw (saying there is a chainsaw in the garage he could use). At this point William asked if people go out onto my veranda, yes they do, he then went out stood on the first strand of wire, and flipped himself over the outside. I let him know that probably wasn't the best idea, and he immediately came over to the other side and came back inside.

I shared with William that there are places for kids to go to help them get the voice out of their head, and asked if he would like to go there. This was met with a firm and very quick YES. I added that it might mean he has to sleep over at the place, how would that be, he thought about this and still said yes, and then asked if there would be a PlayStation, and would they have good games. William said that "he would do anything to get rid of the voice"

The session ended on a positive note, with happy goodbyes and see you next fortnight.

NOTE: This session overview has been emailed after a phone conversation with Kirsten.