

CLINICAL OBSERVATION CASE REVIEW NOTES

1. THEORIES IDENTIFIED

- Object Relations, as both individuals seem to have projections of family of origin trauma and/or experience playing in current relationship.

2. CLINICAL ASSESSMENT

- 2 Female individuals Chris and Regina/Lesbian Couple
- Couple both presented to therapy in a relaxed manner, both were on a bed or reclining on couch, on individual devices.
- Couple presented with complains of communication and lack of connection in relationship. Couple has been together for several years and have been engaged within the last year. Regina seems to have an issue with gambling and is no longer trusted in the relationship with money. Regina has gained control of the shared financials in the relationship and prevents Chris from accessing it. She also asks Chris to log how her spending and advises her on how it should be sent. Couple displays traits of mother-daughter, distancer-pursuer relationship, with Regina seeking out control and submission from Chris which causes her to “rebel” and distance herself, intimately and emotionally.
- Regina verbalized having gone through extreme poverty as a child, not knowing when the next meal would come or how. This sense of unpredictability and fear regarding Chris’s gambling causes Regina to control the situation more.

3. THERAPIST USE OF SELF

- Dr. Wells allowed couple enough space to express themselves in session, with minimal to no interruption or redirection.
- Dr. Wells provided empathy and understanding for Chris in order to encourage the process of continuing therapy and with Regina to normalize/validate their emotions regarding the situation.

4. OBSERVERS EMOTIONS / REACTIVITY

- I found myself shocked at how much the dynamics of the relationship mirrored mother daughter relationship. At one point in session, Dr. Wells asked Chris when gambling was no longer an avenue of satisfaction, to which Chris said, “when she took it away from me”, this was reminiscent of something a child would say regarding a parent reprimanding/punishing them. Chris also didn’t desire to be seek therapy but Regina chose to do so for both of them.
- I have a suspicion there are more secrets in relationship, as Regina clearly wanted the gambling issue to remain in the dark and now that it is exposed they feel controlled, leading to potential fear, shame and hiding of other issues in attempts to have control over something themselves or to not have something “taken away from” them.

11. SUGGESTIONS FOR NEXT SESSION

- Genogram
 - o To help identify patterns in families of origin and discuss when they have felt their current feelings before in their past.
 - o To create an atmosphere of empathy and understanding with each other’s hurt and past experiences.
 - o Was Chris’s f.o.o over controlling? Overly religious, I am guessing whatever she is, is the exact opposite of her family (or tries to be) appears to represent.