

Please fill in at least 5 of the following sections with 2-4 sentences for each section

1. THEORIES IDENTIFIED

2. CLINICAL ASSESSMENT

This was the 1st meeting after the consultation. Clinician was still assessing and joining with both Regina and Chris. Regina and Chris are a lesbian couple wanting to work on communication issues.

3. INTERVENTION STRATEGIES

This session primarily used clarifying questions to understand both partners. Clinician asked questions around understanding what gambling “did” for Chris to get a better understand of the issue. Safety was the answer

4. CLIENT STRENGTHS / CLINICAL GAINS

Clients are both expressive and able to articulate what is happening with them emotionally. I’m not sure of gains, but there’s this mother-daughter dynamic that would be interesting to explore.

5. CLIENT RESISTANCE

Chris feels micromanaged by Regina. It seems as if Regina is putting safety measures in place for the couple due to Chris’ gambling addiction. There’s definitely a fear on Regina’s part of returning back to poverty (need to explore more). Chris is definitely struggling with being treated like a child by Regina which causes her to rebel.

6. DIVERSITY ISSUES IDENTIFIED

7. SPIRITUALITY EMPLOYED IN THERAPY

8. ETHICAL ISSUES

9. THERAPIST USE OF SELF

10. OBSERVERS EMOTIONS / REACTIVITY

Chris was emotional. There seemed like a disconnect between the couple. There was physical and emotional distance between them but you can tell they care for one

another. Not sure what underlying themes are there, but “poverty” and “parenting” were things that stood out as triggers in this session.

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