

## CLINICAL OBSERVATION CASE REVIEW NOTES

January 26, 2023

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

### **Couple Session 2: Regina and Chris**

1. THEORIES IDENTIFIED: The couple is in their 2 sessions, no theory identified at this time.
2. CLINICAL ASSESSMENT Regina complains Chris spends too much money on gambling. Chris is aware she has a gambling addiction. Chris feels Regina is too controlling. It appears outside of Chris's gambling addiction they have a loving relationship.
3. INTERVENTION STRATEGIES:
4. CLIENT STRENGTHS / CLINICAL GAINS Regina appears to be passive in the sessions toward Chris, but still controlling.
5. CLIENT RESISTANCE: Has Chris given up gambling for herself and not just for Regina.
6. DIVERSITY ISSUES IDENTIFIED
7. SPIRITUALITY EMPLOYED IN THERAPY
8. ETHICAL ISSUES
9. THERAPIST USE OF SELF: The therapist can have an open conversation about their concerns and let the client's led the way in conversation and the give feedback on what is said.
10. OBSERVERS EMOTIONS / REACTIVITY Are they a good match for a relationship and marriage or is this just trauma bonding.

11. SUGGESTIONS FOR NEXT SESSION: Has Regina recovered from the time the young man forced himself on her?

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Date January 31, 2023