

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 presented very comfortable and affectionate towards each other in session. They were positioned in a cuddling position on couch and were seen holding hands and kissing from time to time.
- Regina further expressed her concern with Chris's gambling and was able to share her past family of origin history of living in poverty in further detail.
- Regina also shared an encounter she had with a male who forced himself sexually on her in high school, this caused her to become traumatized and suffer from depression for years after that. Her attacker said something to the effects of "Your not gay, you've just never been with a man before".
- Chris shared her upbringing as well and the divorce of her parents. She expressed dislike for her mother and idolization of her father. Chris talked about her mom's undiagnosed mental health battles and how she wasn't fit to take care of her.
- Chris also shared about her own struggle with suicidal ideation, and her suicide attempts in the past.
- Couple still displayed a dynamic like mother-daughter relationship, when Regina verbalized "doing all the work to help her not gamble or relapse and she gets all the backlash".

3. THERAPIST USE OF SELF

- Dr. Wells was able to apologize for any misunderstanding that happened last session regarding Regina be called "controlling", while Dr. Wells had not done that verbatim, she was able to help Regina reframe her words.
- 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 still found myself shocked at how much the dynamics of the relationship mirrored mother daughter relationship.
- Regina seemed very defensive about the word controlling and being called controlling, she stated "people say I'm controlling but they don't know what it's like".
- I found it hard to believe there isn't that "one thing" Regina likes to spend money on.

11. SUGGESTIONS FOR NEXT SESSION

- Assess whether or not, Regina tries to "control" Chris in any other area of life".
- Why is control" such a bad word or trigger for Regina?