

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 in different location this session, Regina seemed very tired and was in a reclined position and Chris was sitting upright in an office chair ready for session.
- Couple expressed frustration and hurt during this session and Chris in particular was able to feel very seen in session as evidenced by her saying "oh, you understand me." towards Dr. Wells.
- Regina displayed narcissistic like tendencies and traits as she does not apologize once, own up to any of the hurtful words she had said, and even tried to tell Chris how she herself was feeling in attempts to control the situation and she explained away/rationalized each instance. Regina also said "just have patience with someone on the other side" and this was directed towards Dr. Wells. Regina displayed a great difficulty and inability to see anyone else's position or opinion.

3. THERAPIST USE OF SELF

- Dr. Wells was able to make use of Regina's defensive responses with the use of questioning to ask her, "how did Chris get by all those years without your help?" this helped Regina realize she wasn't doing anything that was useful for Chris but was something she was doing for herself to help alleviate her anxiety surrounding the money/gambling.
- Dr. Wells was able to put into words what Chris was trying to say by handing back the credit card to Regina, which was "I wasn't trying to hurt you, I was trying to cope, but in the process, I hurt you." This was Chris's exact thinking as she handed back the card to Regina, she did it to protect herself from Regina being able to use that as leverage again as well as Regina claiming Chris "stole" from her like she did her daughter.
- Dr. Wells used the metaphor of "ripping a scab off" to explain the comment about stealing from her.

4. OBSERVERS EMOTIONS / REACTIVITY

- I still found myself shocked at how much the dynamics of the relationship mirrored mother daughter relationship.
- I couldn't help but think Regina gave Chris the credit card as a "test" or set up to see if Chris would "mess up" in order to further her point of being in need of help from her.
- I found myself feeling frustrated as Regina seemingly refused to see Chris's side of things and didn't apologize for making such a hurtful comment. I also found it frustrating when Regina didn't admit to being defensive or see her comment of "I have to fight everyday to not harden my heart"

11. SUGGESTIONS FOR NEXT SESSION

- Further explore Regina's need to be a "helper" or "fixer"