

CLINICAL OBSERVATION CASE REVIEW NOTES

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

1. THEORIES IDENTIFIED

2. CLINICAL ASSESSMENT

I'm assuming client is having difficulties adjusting to her new reality of filling for divorce. Might meet criteria for adjustment disorder.

3. INTERVENTION STRATEGIES

Clinician helped client debrief her emotions around filling her divorce and meeting the new person for a walk. Validated client's emotions and thoughts about the relationship. Advised client to stay on the here and now and enjoy the now.

4. CLIENT STRENGTHS / CLINICAL GAINS

Client is very insightful, very enlightened about her emotions. Client has good coping skills (meditating, watching series, resting enough, crying when necessary, going for walks, writing up a game, music)

5. CLIENT RESISTANCE

A little bit of resistance to talk about her past and process it.

6. DIVERSITY ISSUES IDENTIFIED

7. SPIRITUALITY EMPLOYED IN THERAPY

8. ETHICAL ISSUES

9. THERAPIST USE OF SELF

10. OBSERVERS EMOTIONS / REACTIVITY

Client is very creative, very insightful about psychological themes.

11. SUGGESTIONS FOR NEXT SESSION

Continue to pave the way to tackle the "monster" of her past and improve her relationship with father.

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