

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

**1. THEORIES IDENTIFIED**

**2. CLINICAL ASSESSMENT**

Client was reluctant to sign divorce papers and also reluctant to have children due to upbringing. Client stated in session that she did sign the papers. There are family dynamics (cut-offs, parent relationship) that should be explored.

**3. INTERVENTION STRATEGIES**

**4. CLIENT STRENGTHS / CLINICAL GAINS**

Client is building a relationship with a nephew which is important to her. She hadn't seen him in 4-5 years. Client was also able to process what she might have been holding onto in terms of not wanting to sign the divorce papers. Her ex-husband comment helped to give her the courage to do what she needed to do in terms of end the marriage. Client behaves very kid like at times

**5. CLIENT RESISTANCE**

Chris is resistant to talking at times because she feels criticism is the norm. "Can I do anything right?" Chris feels like she can't catch a break on the "problem" areas Regina will bring up, or areas that need to be worked on.

**6. DIVERSITY ISSUES IDENTIFIED**

**7. SPIRITUALITY EMPLOYED IN THERAPY**

**8. ETHICAL ISSUES**

**9. THERAPIST USE OF SELF**

**10. OBSERVERS EMOTIONS / REACTIVITY**

Client's energy was overwhelming at times for me. She is very kid like and can come across as being all over the place. She seemed very happy to have went on the date, even though she had questions about dating again after being married.

**11. SUGGESTIONS FOR NEXT SESSION**

Possibly utilizing Narrative Therapy or one of the Level 3 Modalities as a way for her to unpack her family dynamics. It would be interesting to see the patterns from childhood and how it might have played a part in the marriage

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