

## 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 same location this session, both Regina and Chris were cuddled with each other on bed.
- Couple expressed their deferring meanings and value they put on money. Chris verbalized "always having cash" growing up as she received it from her father. She also described how being broke is a fear of hers.
- We learn Chris got pregnant at the age of 21.
- Regina explained money is freedom to her which gives her access and experiences. She made a comment to Dr. Wells like "it's not like a I worship money..." which seemed to be defensiveness directed towards Dr. Wells.
- Chris expressed feeling like a child with Regina, and she also verbalized thinking that she "never does anything right". When asked if she does anything right, Regina just talked about the things she liked about Chris.
- It appears Regina's goal is to control Chris or relationship (whether she realizes it or not) to reduce her own loneliness, anxiety, and low self-esteem.
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### 3. THERAPIST USE OF SELF

- Dr. Wells was able to defuse the defensiveness Regina was displaying with explaining the reasons for her asking questions.

### 4. OBSERVERS EMOTIONS / REACTIVITY

- I found the intervention Dr. Wells prescribed for Chris and Regina (behave the way the other behaves during a conflict) to be a creative way to get couple to enjoy taking part of it.
- I noticed again how Chris was the one in the couple to apologize or fess up when wrong, while Regina refused to see her part in the conflict.
- Regina said "I wanted her to feel what that felt like" regarding why she retaliates towards Chris.

### 11. SUGGESTIONS FOR NEXT SESSION

- Further explore Regina's need to be a "helper" or "fixer".
- What does it mean, to be wrong for Regina?
- Is Regina "testing" Chris due to poor attachment issues?