

## CLINICAL OBSERVATION CASE REVIEW NOTES

Please fill in at least 5 of the following sections with 2-4 sentences for each section. Then fill in Question A below in 2-4 sentences.

1. THEORIES IDENTIFIED
  
  2. CLINICAL ASSESSMENT – The clinician assessed that it could be beneficial to the client to help the client connect more dots in the client’s family dynamics, which could also help with the client’s blocked memories. The clinician also assessed that helping the client understand her family of origin could also lead to exonerating the client from her guilt and responsibility towards her family.
  
  3. INTERVENTION STRATEGIES – The clinician began the session by asking the client how he can help. The clinician began to join with the client in this session and asked questions throughout the session to gather information about the client. The clinician asked questions about the client’s family, the client’s history with therapy, the client’s trauma and past experiences, etc.
  
  4. CLIENT STRENGTHS / CLINICAL GAINS – Client displays to be extremely resilient having survived all that she has gone through. The client shows much motivation to get better. In this session, the client literally said, “I’ve survived, and now, I would like to thrive.”
  
  5. CLIENT RESISTANCE
  
  6. DIVERSITY ISSUES IDENTIFIED
  
  7. SPIRITUALITY EMPLOYED IN THERAPY
  
  8. ETHICAL ISSUES
  
  9. THERAPIST USE OF SELF – The clinician showed empathy as the client shared about the trauma that she experienced. The clinician said that he was sorry for her loss, sorry to hear what she went through, and surprised that the client was able to survive all that she did.
  
  10. OBSERVERS EMOTIONS / REACTIVITY – I felt heavier as the session went on and the client continued to share what she had gone through in her life. However, I observed that the client shared about her past trauma like it was nothing.
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A: If you were the therapist for the next session, what questions would you ask or what interventions might you consider?

If I were the therapist for the next session, I would ask the client more questions about her family of origin. I would also want to ask the client about what she is looking to get out from therapy at this time with the time that we have together.

Tina Joen name

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