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

Narrative techniques were used, such as evoking the client's cognitive strengths: "How did you do it / how did you survive all this time?" and externalizing the client from her behaviors: "How has it been for MEGAN to cut her family off?"

Bowenian techniques were used in assessment, when the therapist assessed how the client had responded to trying to cut off her family of origin.

2. CLINICAL ASSESSMENT

3. INTERVENTION STRATEGIES

4. CLIENT STRENGTHS / CLINICAL GAINS

The client is self-aware, astute, and highly motivated to seek help. For example, she has been in EMDR trauma therapy for one year, attended spiritual retreats, and enrolled in self-defense classes for the past five months.

5. CLIENT RESISTANCE

The client's strengths also serve as a means of resistance. Her ability to survive trauma has been protecting her solid self via dissociation from traumatic memories.

6. DIVERSITY ISSUES IDENTIFIED

7. SPIRITUALITY EMPLOYED IN THERAPY

8. ETHICAL ISSUES

9. THERAPIST USE OF SELF

The therapist was transparent in his emotional responses to the client's story, such as evoking a sense of shock by saying, "Wow!" to the client's sharing.

The therapist also employed sensitivity training through his use of self by prefacing questions to the client several times with: "Do you feel comfortable sharing [with me]..."

10. OBSERVERS EMOTIONS / REACTIVITY

I laughed audibly when the client disclosed that she leads marketing for a pharmaceutical company, given her somatic pain history and how work has been a positive anesthetic for her emotional and physical pain.

I experienced a strong reaction of shock when she shared that her brother used to sexually abuse her when she was younger and that her brother tried to kill himself when he confessed later on in adulthood.

I am inspired and in awe of this woman's determination to heal so that she can live a life free from the burden of unresolved trauma.

I am overwhelmed by her timeline.

A: If you were the therapist for the next session, what questions would you ask or what interventions might you consider?

- What is it like for you to have a male therapist?
- When was the last time you cried?

Shawn Li February 28, 2023