

1. THEORIES IDENTIFIED

2. CLINICAL ASSESSMENT

Good rapport between client and therapist. Client circling issue? Spoke about “emotional bids,” seems to have significant emotional intelligence. Client’s thoughts seem a bit scattered.

LOTS of inner child work has been done/is being done. Client spoke much of the session about children and her inner child, as well as covid and fear about illness.

3. INTERVENTION STRATEGIES

One up/one down

4. CLIENT STRENGTHS / CLINICAL GAINS

Filed divorce papers with Jason. Sense of relief. Open to further communication
Feeling free in a new relationship and feeling herself, having fun

5. CLIENT RESISTANCE

6. DIVERSITY ISSUES IDENTIFIED

bipoc

7. SPIRITUALITY EMPLOYED IN THERAPY

Play not work. Game of life. Points for tears
Meditation

8. ETHICAL ISSUES

9. THERAPIST USE OF SELF

Very gentle. Talked about the new year and how she was, how celebrations were

10. OBSERVERS EMOTIONS / REACTIVITY

11. SUGGESTIONS FOR NEXT SESSION

Ella Kelly name

2.9.23