

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 – I was able to identify two theories in this session – Solution Focused and Contextual. The therapist asked a scaling question to the client and assessed that the client is still loyal to some things the client’s mother said in the past even if the client knows that it may not be the healthiest.
2. CLINICAL ASSESSMENT – The therapist was able to assess that the client learned some role expectations from her mother. The therapist was also able to assess that it may be helpful to bring awareness to the patterns the client has in her life, such as awareness to the possibility that the client may have learned from her mother that choosing is wrong.
3. INTERVENTION STRATEGIES – The therapist asked questions throughout the session to continue to assess and gather more information on the client. The therapist asked questions to find out what the client is looking for in therapy within the time they have together, and the therapist also asked about the client’s prior experiences with dating. The therapist used a scaling question to gauge where the client feels she is in still feeling stuck in where she comes from.
4. CLIENT STRENGTHS / CLINICAL GAINS
5. CLIENT RESISTANCE
6. DIVERSITY ISSUES IDENTIFIED
7. SPIRITUALITY EMPLOYED IN THERAPY
8. ETHICAL ISSUES
9. THERAPIST USE OF SELF – The therapist was able to feel the client’s tension in the therapy room, which I could not sense as much from observing in the other room. The therapist asked a great question towards the end of the session about whether he was the first male therapist the client is seeing and displayed a sensitivity and carefulness to approaching and working with this client.
10. OBSERVERS EMOTIONS / REACTIVITY – I felt compassionate towards this client as I learned that she has had multiple experiences of being assaulted throughout her life. I want to root

for this client to be able to heal and become a healthier person who is able to engage in healthy dating, as she also desires to be able to do in the future.

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 want to ask when she does not feel physical pain and/or to ask questions to explore if there are any patterns to the onset of her feeling physical pain. I also would like to ask if there are any male friends of hers who have the qualities of the kind of guys she likes.

Tina Joen name 03.07.2023 date