

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 – In this session, I was able to identify Contextual and Bowenian theory. I noticed that the therapist used contextual language at one point in the session and Bowenian concepts towards the end of the session.
 2. CLINICAL ASSESSMENT – The therapist assessed that the client has loyalties to her family although she is not close with them. The therapist also assessed that the client comes from a dysfunctional family and that it would be better for the client to learn how to live differentiated from her family than to live cut off, with the exception of in the case of ongoing abuse in the family. It will be helpful for the client to learn how to stay connected with her family without staying connected to the abuse that happened.
 3. INTERVENTION STRATEGIES – The therapist asked process and relational questions. The therapist asked the client to try to express something in the way her mother would say it to her, and the therapist asked process questions like what the client would consider a trip to see her family on Easter as good.
 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 asked for feedback during the session on how the client felt the sessions have been going for her thus far. The client shared that she is finding it helpful because the therapist asks a lot of questions that make her think. The therapist is also presenting to be a non-anxious presence in the therapy room for the client.
 10. OBSERVERS EMOTIONS / REACTIVITY – In this session, I began to think that this client has a lot of knowledge and is inclined to keep learning more. I feel, however, that this client does not need more knowledge, but more self-confidence and self-worth.
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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 might consider sharing a DBT Skills-Building card with the client as an intervention. I might consider sharing a card from the Emotion Regulation category called "End with Build Positive Experience," which conveys the idea to end your day on a high note and to enjoy yourself. I would want to introduce to the client developing a habit of building positive experiences near the end of each day in order to help the client to work on relaxation.

Tina Joen name 03.21.2023 date