

## CLINICAL OBSERVATION CASE REVIEW NOTES

### 1. THEORIES IDENTIFIED

- Object Relations, as both individuals seem to have projections of family of origin trauma and/or experience playing in current relationship.

### 2. CLINICAL ASSESSMENT

- 2 Female individuals Chris and Regina/Lesbian Couple
- Couple presented in same location this session, both Regina and Chris were cuddled with each other on bed.
- Couple expressed their deferring meanings and value they put on money. Chris verbalized "always having cash" growing up as she received it from her father.
- We learn Chris got pregnant at the age of 21.
- Chris talked about how she lived in an environment of secrecy growing up with her dad especially. Her father used to take her to the park and give her money for not telling her mom he had his mistress with them.

### 3. THERAPIST USE OF SELF

- Dr. Wells was able to point out that Chris seems to be excited and energized by the secrets.
- Dr. Wells pointed out how the way that Regina and Chris met was founded on a secret, as she was already in another relationship at the time, Dr. Wells used this to lightly challenge Regina's stance on being secret less.

### 4. OBSERVERS EMOTIONS / REACTIVITY

- I found the attitude of Regina to be more flexible and easy-going this session.
- I found myself becoming uncomfortable with couple lying next to each other or on top of each other in session.
- I noticed how Chris was the one in the couple this time to show hesitancy in moving forward, as she said she doesn't know if she was ready for being completely transparent.

### 11. SUGGESTIONS FOR NEXT SESSION

- How will Chris handle needing to be transparent in marriage?
- Further explore Regina's need to be a "helper" or "fixer".
- What does it mean, to be wrong for Regina?