

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 – The theories I identified in this session are Bowenian and Contextual. The therapist is exploring to increase the client's differentiation of self and to help her plan how to implement boundaries she has been learning. The therapist also identified the client's loyalties of her faith and relationship with God that comes from her grandmother.
 2. CLINICAL ASSESSMENT – The therapist identified double bind messages in the client's life, which mirrors how actions and words did not match at home in her family of origin. In the same way, the client desires certain things in her life but is not able to actually work towards achieving them.
 3. INTERVENTION STRATEGIES – The therapist wants to help the client plan for intense situations and asked a lot of process questions. He also gently challenged the client on how she would be able to stand up for herself in this world if she does not choose to speak her mind at home.
 4. CLIENT STRENGTHS / CLINICAL GAINS – The client is getting better in communicating boundaries. The client is also learning that the more she is able to have control over herself, she will have to worry less about controlling other family members.
 5. CLIENT RESISTANCE
 6. DIVERSITY ISSUES IDENTIFIED
 7. SPIRITUALITY EMPLOYED IN THERAPY
 8. ETHICAL ISSUES
 9. THERAPIST USE OF SELF
 10. OBSERVERS EMOTIONS / REACTIVITY – It was really nice to see that the client has gotten a lot more comfortable with the therapist. This is the client's first experience with a male therapist, and I am glad that the therapist seems to be joining well with the client by being appropriately sensitive to her and gently challenging her at times.
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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 would like to continue to ask questions about the client's family of origin as finding more understanding there may help the client actually get better. I would also like to explore the family expectations that the client learned.

Tina Joen name

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