

## 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 Contextual and Bowenian. The therapist continues to shed light in the ways the client is loyal to her family/family rules, and the therapist is moving towards assisting the client with changing own patterns in her family of origin.
  2. CLINICAL ASSESSMENT – The client uses getting busy as a defense mechanism to survive. The client admitted that the main purpose of all the multiple activities outside of work that she partakes in is for distraction.
  3. INTERVENTION STRATEGIES – The therapist asked the client process questions throughout the session. The therapist also confirmed for the client that doing less will do a lot for the client in terms of her mental health and emotional progression as he shared that he does not think that keeping herself super busy is helping her if she is serious about becoming functional and healthy and recommended that she begin to cut down on her activities slowly.
  4. CLIENT STRENGTHS / CLINICAL GAINS
  5. CLIENT RESISTANCE
  6. DIVERSITY ISSUES IDENTIFIED
  7. SPIRITUALITY EMPLOYED IN THERAPY – The therapist asked if the client thinks God knows what she does not know about her family. He also asked if the client thought that He can reveal it to her if He wanted to and said that maybe God is protecting her from her memories until she can handle them.
  8. ETHICAL ISSUES
  9. THERAPIST USE OF SELF
  10. OBSERVERS EMOTIONS / REACTIVITY – I felt compassion for this client. I also feel hopeful that the client will be able to get better if she begins to allot her time and energy in the right direction as the therapist recommends instead of keeping busy to medicate herself.
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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 consider sharing a DBT Card called "End with Build Positive Experience" with the client. I would consider sharing this card with the client in hopes of helping the client develop a good habit of building positive experiences near the end of each day to end her days on high notes and learn to enjoy herself instead of staying busy up until she makes herself quickly fall asleep.

\_\_\_\_\_ Tina Joen \_\_\_\_\_ name      \_\_\_\_\_ 04.04.2023 \_\_\_\_\_ date