

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 Narrative. The therapist asked a Contextual question and a Narrative question to the client in this session: “How often do you feel like you owe your family something?” (Contextual) and “What are the dominant narratives for you growing up?” (Narrative)
2. CLINICAL ASSESSMENT – The client shared about a time she helped her father with his taxes and he made a comment to her that expressed that he was not happy with her. The client internalized this negative message that she received from her father. It may help the client to explore her self-talk in order to be able to build a new and more positive narrative of herself.
3. INTERVENTION STRATEGIES – When the client claimed that there is a lot of junk with past stuff in her, the therapist externalized the problem by correcting what the client said. The therapist made it clear that the junk is out there, not in the client.
4. CLIENT STRENGTHS / CLINICAL GAINS – The client is smart and an intelligent woman. When the therapist asked the client what reasons she may have to rebuild relationship with her parents, the client knew that it would be for her kids. With the proper help, I believe the client would be able to begin to know how she would like to behave in a certain emotional situation, plan it, and then make it easier to carry the plan through.
5. CLIENT RESISTANCE
6. DIVERSITY ISSUES IDENTIFIED
7. SPIRITUALITY EMPLOYED IN THERAPY
8. ETHICAL ISSUES
9. THERAPIST USE OF SELF
10. OBSERVERS EMOTIONS / REACTIVITY – I was glad that the client is interested in continuing her sessions with the therapist. I felt that she could make progress with the therapist in the time she is taking a break with her EMDR therapy due to her therapist being away and focus on the work that she has begun with her marriage and family therapist.

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 continuing to ask the client about her family of origin because the client said that it has been helpful to think about her family of origin stuff. I would also consider exploring more of the client's learned behaviors from her family of origin.

Tina Joen name

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