Progress Note

Date: February 12th Start Time: 16: 10 End Time: 16: 49

Type of Contact: In-person Members Present: Randy, Elizabeth, Faith and Matthew

Assessment Results: Individual Rating Scale

Summary: In this session, I planned to bridge assessments and interventions and introduced the individual rating scale (see appendix D for Individual rating scale) to the Walker family to know how they felt about their problems and their expected goals to achieve. At the beginning of the interview, I reviewed and summarized their presenting problems and addressed the issue underneath the presenting problems. I examined the hypothesis I hold by asking “Do you think Faith has some behavior problems due to your conflict as a couples.” Elizabeth changed the topics to deflect my question. After the explanations of the individual rating scale, they did not show interest in rating scale. I planned not to spend too much time on it. By filling individual scale rating, I found that Elizabeth wanted more family time, for example, Randy came home earlier and helped share the house work. I asked couples to do some written commitments, also explained that they needed some concrete problems. The executable family activities were written down after agreement of all the family members. One of possible and realistic goals is that Randy agreed to make one night free to watch movie with the family. The other goal worked towards Faith’s behavioral problem, Elizabeth expressed she wanted Faith to attend after school program. However, Randy again emphasis on the discipline without any workable strategies. When asking Faith about school program, she was upset about talking her problem and she reported the importance of “a good sleeping and good lunch” would be helpful for her academic study. Randy was not sure if he could pick up Faith for after-school; therefore, the working plan for Faith after-school program should have more discussions in the next treatment. More findings from today’s interview are the negative circular loop of couples’ behavior and communication, Elizabeth’s defensive reaction, and their physical well-being. In this session, family set up one workable plan, further, more suggestions for the measurable and effective strategies should provide for Faith’s behavior problem and couples’ communication. In the next meeting, I will continue discussing with the Walker family about their expected goals.

Plan: Monitoring the working plan “Family TV time” and apply the cognitive intervention for the Walkers Family.

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Appendix D

Individual rating scale of the Walker family

