Progress Note

|  |  |  |
| --- | --- | --- |
| Date: Jan 31st | Start Time: 15:48 | End Time: 16:29 |
| Type of Contact: In person | Members Present: The Walker Family (Randy, Elizabeth, Matthew, and Faith) | | |

Assessment Results: None-administered

Summary: In this meeting, I planned to use developmental assessment to know the changes in the family dynamic. By asking the historic family information, I found Elizabeth had harsh experiences after she married to Charles, Faith’s father, ten years ago. Elizabeth had distant relationships with her parents and always had fights with her brother. Elizabeth stated her desire of being independent and being cared. Charles physically abused Elizabeth and Faith. However, Elizabeth didn’t divorce until Charles went jail after Faith’s 6th birthday. She moved back to her parents’ home, then, dated with Randy for eight months, and moved in with Randy. Faith also said she had better relationships with Randy. Elizabeth confessed that Matthew is Randy’s boy, but Randy didn’t like Matthew. The turning point of the family story related to the birth of Matthew. Two questions were evaluated based on their story. First, I asked about the reason they decided to move in together so quickly. They didn’t have concrete reasons, but both of them felt it was the right thing to do. Elizabeth mentioned Randy took care of her and made her an extraordinary person. Then, I asked about the reasons they thought would influence their relationships. Elizabeth said Randy didn’t find her attractive after she gained a lot of weight. I assumed Elizabeth and Randy had an unresolved issue because Elizabeth had lots of complaints. Randy reluctantly explained that he lost his job at that time and didn’t know how to be a father. He refused to talk about his father either. Randy indicated “nothing special before” he met Elizabeth. Because of Randy’s reaction, I assume Randy ‘s childhood and early experience could be a part of reasons for their problems.

Plan: Evaluating the how the relationship change

Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_