Progress Note

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| Date: March 14th | Start Time: 15:46 | End Time: 16:30 |
| Type of Contact: In-person | Members Present: The Walker Family (Randy, Elizabeth, Matthew, and Faith) | |

Assessment Results: None-administered

Summary: In this session, the purpose was to challenge family’s member's unhealthy belief and to provide the family strength to take action to change. I confronted with the open issue at the beginning. I assumed the cognitive intervention would efficiently help Elizabeth and Randy by pointing out the feeling Elizabeth had was only her suppose. I found Randy and Elizabeth never actually talked and express their emotions, and the reason was Randy said he had no ideas about Elizabeth’s disappointment. To guide Elizabeth to see the positive parts, I suggest they spent time together on talking about their past. Elizabeth, herself, brought up her ideas about going to the bar with Randy. During the discussion about trust issues, Faith suddenly interrupted and said she wanted to meet her father. Elizabeth asserted that Randy was Faith’s father and she didn’t want Faith to talk about her biological father. I feel Randy took action to changes and more open to the discussion. He said he felt upset about all the solution took his time, and he felt Elizabeth didn’t change a lot. I asked Randy to think about what he considered as necessary, also challenged him by saying that he said he wanted to be a part of the family and being a part of family needs his time. I asked about their food issue, and the progress was Faith took some snacks to eat in her after-school program. Faith had some problem with Foodbank which could be an excellent food source for the family; she felt it was for poor people, and her friend will laugh her. Elizabeth said the limitation on transportation prevents them from Foodbank. Then I recommend other sources called WECAN, but the family was not interested in getting help from the informal social organization.

Plan: Evaluating the how the relationship change

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