Progress Note

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| Date: March 19th | Start Time: 15:49 | 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 session, the purpose was to raise the awareness of other family member’s emotion and introduce some ways of emotional regulations. After asking the treatment plan, I confronted different teaching style between Randy and Elizabeth. Elizabeth explained “gentle hand” and admitted that she didn’t pay much attention when they were terrible. I asked about Faith’s relationships with her friends, but Elizabeth thought her daughter did not need any friends and blamed teachers for Faith’s struggles for academic and social relations. I explored the methods the Walker family has to ease their emotion. Elizabeth and Faith showed interest in learning the new techniques of emotional regulation, but Randy considered drinking was better and had no idea about why he should do this. I introduced the deep breathing techniques and sometimes took to teach them how to do that. Elizabeth planned to write the sticky notes to remind herself of practicing a deep breath. I believed Elizabeth’s behavior could show the family started to take a step to change. By asking about their unmet needs, Randy said he didn’t feel is needed by his family and Elizabeth said she only wanted Randy to listen to her. I contacted Elizabeth started to see from the positive side because she expressed her happiness when they had the family movie night. I assisted Elizabeth in showing her emotion in another way by asking her the reason she yelled at Randy. Elizabeth explained shouted to get Randy attention and her anger and offensive language could arise Randy’s attention. Elizabeth also confessed that she wanted Randy to be home, but she felt Randy could leave anytime when he was with her. However, Randy did not understand the what Elizabeth mean, and he said Elizabeth never do anything. I assumed that Elizabeth wanted to engage with randy emotionally, but Randy, considered his childhood experience, it would be hard to join with others emotionally. I think couples can take some communication class to help them learn how to communicate with each other effectively.

Plan: Continue assessment on the treatment plans

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