

Rylee L'Italien

Case Note for "Sarah"

April 27, 2016

11:30 am

Client has returned for second session. Client's presenting problem has not changed from previous session as it remains the complications of her parents divorcing. Client presented as calm as evidenced by "normal" speech rate but presented as frustrated as evidenced by continuous repeating of concerns relating to relationship with father. Client discloses attempt to discuss emotions with father but with no progress. Client states feeling "unappreciated" with this situation still having direct effects on social and academic life as evidenced by spending more time off campus.

For the next session, the plan is to continue to discuss effective forms of communication to rebuild relationship with parents, especially father. Client will make another attempt at communicating with father and return to next session with feedback.