SOAP Note

Date of session: 2/1/2024

Location of session: Foster Home

Subjective:

In the beginning of the session the client was excited to share that it was her stuffed animal's birthday. She went on to share that they were going to celebrate by “watching a lion movie”. The conversation then shifted when her foster mother asked her how school was. She went to grab her weekly reports and held on to them. She appeared to be upset when her foster mother asked to see the report. J.B. responded “it is none of your business”. She stated that she was upset because she got a sad face on her report. The social worker then asked how she could try to do better next time. J.B. responded “I just try to pay attention, you know I have a hard time sitting still”.The social worker then asked the foster mother about updates on J.B.’s behaviors. The foster mother shared “she flashed the in-home worker after getting out of the shower”. The foster mother then asked J.B. if she remembered that and she whispered“I don't know”. The foster mother then asked J.B. if it was bothering her that she was talking about it. J.B. yelled “yes” and walked out of the room. The remainder of the meeting was held with the foster mother discussing other recent behaviors. The foster mother shared J.B. “loudly thrusted the door to get the family’s attention to then flash her private areas”. The foster mother also mentioned that J.B. has no friends due to always being in therapy or meeting with a social worker.

Objective:

The purpose of this session was to get an update on J.B.’s behaviors.The session began with high energy as everyone appeared to be happy. J.B. was excited in the beginning of the session sharing her plans for the night. Her mood shifted to being slightly frustrated when the conversation was about her school work. When her foster mother asked to see her report J.B. closed off her body language by crossing her arms and legs. She got quiet when the foster mother brought up her behaviors with the in-home worker. J.B. appeared to get uncomfortable when the foster mother brought up her sexual behaviors. J.B. balled her body up on the sofa and looked at the ground. When asked if the conversation bothered her she yelled “yes” and quickly left the room. J.B. did not return to the room for the remainder of the session.

Assessment:

It seems as though J.B. does not like to receive any criticism or to feel like anyone is judging her as seen through her actions surrounding her school report and discussion of sexual behaviors. J.B. has had a history of abuse and neglect from her birth family. It could also be assumed that she has been exposed to sexual behaviors in some way as she is reenacting something that she has seen. It can be assumed that she is acting out as a means to get attention from her foster mother. She needs friends to have her social needs met outside of the home so she may not have to crave attention so much at home. This could possibly stem from trauma and having emotional needs that she may not be able to verbally express. .

Plan:

The next session is planned for February 8, 2024. The goal of the next session is to discuss ways that she can make friends at school to meet social needs. The social worker will collaborate with J.B. and the foster mother to come up with strategies to make time for J.B.’s social life.