

**PROCESS RECORDING**

**Student's Name:** Kevin Hull **Date:** 11/14/2016

**Number of sessions with this client:** 2 **Client name:** Emma

Field Instructor's Comments	Interview Content	Feelings/Reactions
<p>But - if she hates gym, despite the opportunity to expend energy, is it a negative to take her from a class she hates?</p>	<p>Record word for word (to the best of your ability) what happened during the interview (or the selected segment of the interview), including both verbal and nonverbal communication.</p> <p>K: How are you doing E: Good K: I realized today that you have switched classes because the semester changed so you don't have typing anymore... E: Not anymore... you took me out of gym... K: Do you like gym? E: No, I hate gym. K: So taking you out at this time on Mondays works for you. E: Yup K: Cool E: I really do not like changing in the locker room. I think I am going to ask the nurse if I could change in her office before gym. K: Does the locker room have a bathroom? E: Yeah but it is gross in there and what if my clothes or something fell on the ground. K: Good point. I think your idea of changing in the nurses is great! E: Thank you. K: Remember last week we talked about that this meeting we would create goals... E: Yup K: So I would like to do that then we can just talk more and get to know each other more and play a card game. Does that sound good to you?</p>	<p>What else is the client feeling What else are you feeling What else might you have done</p> <p>I really hate taking kids out of gym because it is usually the only time to get their energy out.</p> <p>Well at least she does not like gym.</p> <p>I feel so bad!</p> <p>I think that is a great solution!!</p> <p>Providing a schedule for the session will help relieve some stress because she will know what to expect.</p>

I love how you have taken this idea and run with it, it sounds like it's making the goal-setting process more of a mutual agreement than an "expert" - client situation which can create distance, in a negative way.

This is a really cool way to look at it - self determination in order to let them shoot you down as a way of taking down some of that "expert" - client dynamic.

E: Yeah

K: I am going to draw a diagram to make the goals and objectives a little easier to follow and understand.

E: Okay

K: So if this is where we are right now (draws dot on bottom of page) what do you want to get out of our time together (draws x on top of page)

E: I want to be able to talk to people comfortably.

K: Like who?

E: Like random people

K: Like the cashier at taco bell

E: Yes exactly haha

K: Do you have problems talking to teachers or family members?

E: Not really. Teachers I have to talk to and family members I am more comfortable because I know them.

K: Okay so I am going to write that on the top above the X. (Draws line from bottom to top of page) so what objectives or little goals do you have to complete before reaching the larger goal of talking to people.

E: I think even attempting to talk to people would be a good first objective.

K: Perfect I think that is a great first objective.

E: I do not really know what should be next.

K: Okay let's brainstorm together.

E: Alright.

K: How about we make one of the objectives talking to people even if it is uncomfortable.

Like if you go to a store or something talk to the

Making goals and objectives into a diagram like a road map makes it easier for kids to understand the process.

I like having the kids create the goals because if they create them then they will want to complete them more (self-determination).

Commenting about stuff she said last session is important to bring into this session so she knows that you were listening and remember what we talked about last session.

Great first objective!

Sometimes it is important for the clinician to give suggestions about give room for the child to deny what you suggest.

Do you feel like this is directive, or is it more like she's not giving much to work with?

Definitely meeting her where she's at -  
It decreases the possible feeling she could be "turned off" by therapy what is super directive before you even establish rapport + dynamic.

cashier even if it is really uncomfortable for you.

E: Yeah. I think that could help.

K: I remember last week you said that you only talk about feelings and emotions to your step mother...

E: Yeah...

K: How about we make an objective talking to either your mother or father about something that you are not comfortable with.

E: Yeah

K: It does not have to be your feelings or emotions but something that you usually do not talk to them about.

E: Okay.

K: Do you think that should be the first objective before attempting to talk to people that you do not know that well.

E: No I do not think so. I think it would be

easier for me to talk to a random person to order food or something than talk to my dad or mom about an uncomfortable topic.

K: Alright. That is a perfect first goal. Do you think that is good?

E: Yeah.

K: We can always go back and change them too. These are not like set in stone haha that is not really how I do things.

E: Cool

K: Do you have any ideas about a second goal?

E: I want to be able to leave my house without being so anxious.

K: Why does leaving your house make you

Again, bringing in what she said last week is important.

Giving Emma the ability to change the objectives gives the client control and self-determination.

Great second goal

In the first week she said that she liked going

anxious?

E: I think it is because I think everyone is looking at me or making fun of me.

K: I remember in the first week you said that you liked walking outside in nature and taking pictures. That is leaving the house...

E: Yeah. I like being alone in nature but it is when I am like on the side walk with people or at the mall with a ton of people is when I get nervous.

K: I see

E: I also get very anxious when I am in a car because I have no control over what happens or the other cars on the road.

K: That makes sense; I see where you are coming from.

K: Do you have any ideas how you could reach this goal?

E: I do not know

K: How about making yourself leave the house at least twice a week and go to a place that makes you feel uncomfortable like the mall or something.

E: Yeah

K: I also think it is very important to know what makes you anxious. Like for example, is it when people are behind you or looking at you for some reason. Just understanding what makes you anxious is important. Keeping a journal of these feelings may help you understand your feelings.

E: Okay. I will start making a list in my phone of when I get anxious. Like should I just write

outside, so I am confused but I will ask for clarity.

That makes sense and now I have clarity.

I will remember this because it seems to give Emma a lot of anxiety when she does not have control.

She thought of the goal, but is lost about how to get there.

Suggesting objectives to Emma in this situation is important because she needs help understanding how to work towards the goal.

Great ideal

Which is another good reason that idea of control + self determination in goal setting, eh?

You got it!

Nice way of being  
supportive since you noticed  
she seems to have trouble  
identifying the HOW.

Did this talk work?  
What was her response  
NON-VERBALLY like?  
Keep an eye out for this -  
really adds dimension to  
work with anyone you see  
Not just specific clients.

Popular topic, accessible,  
good call

what is happening at the time?

K: Yeah. It does not have to be anything special but it may help to look back at it on a daily or weekly basis and see if there was a pattern of what made you anxious.

E: Okay

K: Lastly I think it is really important to learn coping skills to handle your anxiety...

E: Yesss (nodding head)

K: Like deep breathing or other relaxation techniques.

K: Would you like to add anything else to this goal?

E: No I think it is good.

K: What about our first goal we created?

E: I think that one is good too.

K: Okay. I want to explain to you how we are going to work towards these goals.

E: Okay

K: I think if we just talk about your week since the last time we met and talk about your feelings, we will complete the goals. I do not think having a structure like a class at school would be very helpful.

E: I agree

K: So, what has been up with you since last time we met?

E: This week I didn't really do much, like I had no reason to leave the house really.

K: What did you do at your house?

E: Watched movies and read books. I really like movies.

K: Me too. What is your favorite movie?

It seemed like she agreed and learning coping skills were important to her.

I agree. I think the goals and objectives are good.

I was trying to explain to her that we will not focus on a single goal or objective in one session or even talk about any of the goals in a session. Some sessions we will talk about topics that are not related to either goal.

In my opinion, with this client one of the best therapy techniques is talk therapy and just talking through her week.

Also, I did not want to pick a difficult topic to talk about because we do not have a great relationship yet (only second session) and

<p>How did SWU respond to this?          good insight - we're not perfect.</p>	<p>Actually that is really hard to answer. What are some of your favorite movies?          E: I love What's Eating Gilbert Grape.          K: That is a great movie. Leos first film.          E: I also love Tim Burton movies.          K: I do not really know any of his films. Do you know Wes Anderson?          E: No I have never heard of him. I used to watch Tim Burton with my dad. The first one I saw was The Nightmare Before Christmas.          K: I have never seen that.          E: You got to watch it. I also like Robin Williams.          K: Goodwill Hunting is so good.          E: I like Mrs. Doubtfire and Jumanji          K: I was just about to say Jumanji is good too. It is kind of creepy through. Like how it is like the 1960's then present day then back to the 1960's it creeps me out haha          E: Haha I know me too. I watched it with my mom when I was younger and it kind of freaked me out.          K: What kind of books do you like?          E: I love the Harry Potter series. I have read them a couple of times.          K: Cool. I am not a huge reader.          E: I like most books but I hate books without plots.          K: I love movies that have no plot haha          E: Haha why?          K: I do not know they are just good. Like Taxi driver or High fidelity. They do not really have plots but they are so good. Are you one of those</p>	<p>because we talked about goals which can be stressful for clients.           She really likes movies, Television shows, and music just like I do. It is important to find similarities with your clients because you can build a relationship around that similarity.           I love Robin Williams.           I really like books but not into reading because I am dyslexic and it is hard for me.           I should not have brought up Taxi Driver because it is not appropriate for her age.</p>
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<p>I noticed that too. Everyone starts somewhere - not necessarily on a deep note.</p>	<p>readers that starts a book and has to finish it E: Not really. Most of the time I finish the book because I usually like it but if it is boring I will just stop reading it. K: Makes sense haha E: Yeah haha</p>	<p>Emma and I are starting to build a relationship.</p>
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