

PROCESS RECORDING

Student's Name: Kevin Hull

Date: 11/21/2016

Number of sessions with this client: 3

Client name: Jose

Field Instructor's Comments	Interview Content	Feelings/Reactions
<p>Nice way of both showing investment + interest by showing you recall last session's subject matter, as well as using open-ended statements to tie it in and to encourage clarification</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 J: Just normal K: What was that...? J: Everything is normal. K: I guess that is better than bad. J: Well actually stuff is pretty bad right now for me. K: Why is that? J: My dad got arrested this weekend. K: I am sorry that must be really hard. J: He was drunk and tried to fight a cop. K: Where you with your dad when this happened? J: No, I was with my mom. K: What feelings did you feel when you mom told you the news? J: I was angry and sad, because I do not want him to be in jail. K: Last week you said that you have anger towards your father because he said you changed his life, but he still continues to drink. J: Well he had not drank in like a year, until this weekend. K: Do you think that this incident brought up some of those feelings? J: I guess, my mom said she missed him (with a smile on his face), but my dad told me in the</p>	<p>What else is the client feeling What else are you feeling What else might you have done</p> <p>I could tell something was wrong.</p> <p>Emotions that I was expecting.</p> <p>This is not what he said last week, but I was not sure if I should have questioned his belief?</p> <p>At least he found a positive in this tough and</p>

Nice job identifying this.
Isn't this one of Anna Freud's
defense mechanisms?

What do you see as a "typical"
relationship? Again, be mindful
of your own/opinion/experience
+ how it could cause biases.

past that they can no longer be together. She just feels bad for him because he is in prison...

K: Yeah...

J: I think I told you this in the past. But no one messes with my dad while in jail because of his reputation. Not even his cell mate will try to mess with him.

K: Last week right before we left you said that you feel sadness about your father not having a father. Do you want to talk about this more?

J: I can just not imagine how sad he is and that makes me sad.

K: Yeah that must be very hard.

J: It is but I am a fighter just like my dad. Not like physically but like mentally you know.

K: Yeah I feel you. But last week you discussed how at times you have issues handling your anger.

J: It was worse in the past. Like one time with my sister, I threw a picture at her and the glass broke when it hit the ground and she stepped on it. But I was like seven when that happened.

K: So you think that you are better at managing your anger now?

J: Yup. Do you know a girl named "Amanda"?

K: No, I do not know her at all. Is she in your grade?

J: No she told me she is in eighth grade but I saw her in seventh grade lunch so I am questioning that haha...

J: Anyway she is the only one that makes me (clenches fist) Grrrrr.

K: Why is that?

negative situation.

Jose keeps trying to change the subject off his father and the emotions he feels around his father's arrest and not being in his life, by talking about how his father is awesome and has no flaws.

Door knob statement last session, and I believe that it is highly important to explore.

Jose constantly related himself to his father. He looks up to him a lot.

I feel that is a somewhat typical brother/sister relationship.

Any idea on where

he is going with all of this and how it

hes back in? How might you gradually bring this

back from digression - it's possible this could be a form of avoidance whether he realizes or not.

That's fine... we don't always know what to say, and here it gave the opportunity for him to clarify or expand if he wanted/felt able to.

J: Ok I will tell you a story. So my friend "John" has a broken leg and she constantly hits him in the leg in the hallways on purpose and while walking to school in the morning my group of friends saw her put her broken bike in front of a bodega and I knew she was just going to leave it there. So I told her you cannot leave that there but she told me she was going to get it after school, but I knew she was lying and guess what...

K: What?

J: She left it there and never came and got it.

K: Do you think just walking away from situations like these is better than getting involved?

J: No because I stick up for people and I feel that is my purpose in life. My dad taught me to stick up for your own and I do.

J: Like one time Amanda and John were both standing by a car, and I saw Amanda just push him into the car. So I ran over and she tried to hit me but I deflected it. Also, John went to Amanda's house once and Amanda's mom told John that she was... what is another word for like crazy...

K: Insane

J: No I think he said like psychotic, mentally psychotic.

K: Have you ever talked to Amanda about why she picks on you and your friends?

J: No.

K: Do you think that would be a good idea?

J: Yeah, but I do not know if she will listen

Do not get involved!!

Jose wants to follow in his dad's footsteps but his dad is a bad influence

This story is very confusing and it sounds like John and Amanda may like each other and Jose does not understand that they may be struggling to show their feelings towards each other and it manifests in ways of violence.

I really did not know what to say, because I want to teach him not to get involved with situations but he has a strong belief around sticking up for his friends.

I think that is a good idea...

good problem solving.

sounds like he responded well to the support.

wonder why he brought up hurricanes as a shift from something pleasurable like him enjoying family?

K: I think it could help the situation and possibly get her off your back.

J: Yeah

K: Do you think you could do that?

J: Maybe on the way to school one day because she will not be able to not listen or walk away.

K: I think that is a great idea and a very mature way to handle this situation.

J: Yeah. I think I may try that.

K: Cool. Do you have any plans for Thanksgiving?

J: I am not sure. We usually go to North Carolina, but this year we cannot because of money.

K: Who do you know in North Carolina?

J: My Aunt and little cousin live down there. I really miss my little cousin. I am like a father to him.

K: How old is he?

J: I don't even know, I have not seen him in a long time.

J: I wish we were going. Hasn't there not been a hurricane there in like three years..?

K: I am not sure

J: I think hurricane Mathew was the last one.

J: Also, last time we went we took the train and everyone fell asleep but me, we could have missed our stop if I was not awake.

K: That must have been a really long ride and I am sure your mom would have woken up for the stop.

J: Maybe

K: So do you know what you plan on doing this

I hope it works!!

I wanted to bring up a fun topic, to ease Jose's emotions.

I am confused because he just said that his family usually goes down to North Carolina for Thanksgiving, but he just said that he has not seen him in a long time.

Sounds like you're being hard on yourself... from his response it doesn't seem to have been harmful to support his hopefulness.

Showing genuine positive regard for him were by problem-solving/exploring the idea he brought up. Did he give you any sort of feeling that this was not a good direction to go in?

year instead?

J: No I guess just hang with family and eat food.

K: I love thanksgiving food. What is your favorite?

J: I don't really know. I like it all. My aunt makes this really good chicken thing.

K: Your aunt from North Carolina?

J: Yeah

K: Are they coming up from North Carolina for Thanksgiving?

J: I do not know. I hope my dad is out for Thanksgiving.

K: I hope so too

J: I do not know if I will even see him, if he is out though because I will be with my mom and her side of the family.

K: Maybe you can ask your mother if you could split time, if that is what you want.

J: I am not sure

K: Okay.

J: Do you like video games?

K: Kind of yeah.

J: What games?

K: I like Skate 3 and Fifa.

J: Oh I love Skate 3 and I like Black Ops too

K: I never really got into Call of Duty

J: I hope it get Infinite Warfare for Christmas. It looks so cool.

K: I have not seen anything about it.

J: What do you do outside of counseling?

K: What do you mean?

J: Like what do you do?

K: Hang out with friends, work out, and

I do not think I should have said that because Jose still has unresolved anger and emotions around the arrest. Also, it may have got his hopes up when I have no idea if he will be out of prison.

I do not think violent games are good for Jose, especially because he is so young.

I do like Call of Duty but did not want to tell him because it is not appropriate for him and I do not want him to think that it is alright to play because my therapist plays it.

What? That was so random.

I do not really understand the question or why he asked it.

Meeting him where he's at - this was a really good way you responded to his question that took you off guard.

Reframing and bringing it back around to him + exploring what could be behind it

Sounds like you guys have connected here!

skateboard

K: I also go to school.

J: Like college.

K: No I am in grad school, which is like a step above college

J: So you are trying to figure out what you want to do... actually that is college right?

K: Yeah

K: I basically go to school to be a better counselor.

J: How do you do it all?

K: Like how do I get my homework done and stuff

J: Yeah

K: I have learned how to manage my time.

J: What does that mean?

K: Like when I have homework I will schedule out time in my day to complete it.

J: Ohhh

K: Like I will hang out with my friends but I will leave there house early or go over after I completed my work.

K: In middle school I used to do all my homework before I went out and played.

J: My dad told me to do that, but I want to be able to play before it gets dark.

K: How about completing half before going out then completing the rest after.

J: That is a really good idea.

K: Do you ever have trouble focusing while doing work?

J: Sometimes

K: I have some techniques that may help you.

I think that is the best way to describe graduate school to a sixth grader.

That is a very mature question to ask for an eleven year old and I believe that he is searching for help but does not know how to ask for it straight up.

I tried to explain to him how I completed work when I was his age.

I wanted to provide Jose with different

<p>Self determination....</p> <p>How did we respond to this?</p>	<p>First, is what I talked about before with completing half then going out to play then completing the rest after. The second, is doing homework for ten minutes, then do something completely different for two minutes, and continue doing that until your homework is done.</p> <p>J: Like I could play two minutes of video games....</p> <p>K: Video games may not be the best idea because it may distract you for longer than two minutes. I was thinking like you could air box or something for two minutes. Then you could play video games after you are all done with your homework.</p>	<p>techniques that may make it easier for him to complete homework.</p> <p>I do not think video games would be a good two minute break activity, but I could be wrong.</p>
--	---	--

I think your picking up on the possibility that we is seeking help but unclear on how to ask is an interesting point to consider. critical thinking!

Just be mindful of directiveness - after all you guys are still figuring each other out. The video games idea does ~~and~~ to be a hot button topic, but we don't know if they influence him good or bad... trial + error for coping skills + distraction. Can always revisit it later... sounds like overall it is going well though!