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**PROCESS RECORDING**

Student's Name: Kevin Hull Date: 1/27/17

Number of interviews with this client: 2 Client name: Jake

Field Instructor's Comments	Interview Content	Feelings/Reactions
<p>Glad you feel more comfortable with it. Don't forget to mention that this also includes abuse/neglect. Throwing in the part about not going around telling others his business is definitely good reassurance.</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: Alright  K: These past couple of weeks have been messed up because of Martin Luther King day and finals.  J: Yeah, it has been crazy  K: I am usually going to pull you from class on Monday, but I did not want to go two weeks without meeting.  K: Because last time we meet (1/9) was our first time meeting.  J: (nodded head)  K: I just wanted to review confidentiality and what that is and some other basics of what we are going to do.  J: Alright.  K: Anything that is talked about within this room stays in this room. Unless you threaten to harm yourself or others, you give me permission to share with others. That does not mean that I am going to be going around telling everyone though. And if the courts mandate me, which will most likely not happen but if it does I may by law have to disclose some information. So basically the only thing that will make me have to tell someone about what we talked about is if you threaten to harm yourself or others.</p>	<p>What else is the client feeling  What else are you feeling  What else might you have done</p> <p>I hope!</p> <p>I wanted to review a little about what we talked about in our first session.</p> <p>I feel that I am becoming much more comfortable with talking about the introductions and it is much smoother than it was when I first began at the start of the fall semester.</p>

Does he seem like someone who could use some basic rapport-building to work into a therapeutic relationship before jumping right to treatment planning? Or did he seem to take this direct approach ok?

Nice using the road map metaphor - seems like your clients have been really responsive to it!

J: Yup, I remember.

K: Cool

K: Also I wanted to remind you that I am a very laid back type of person and willing to talk about anything you bring to our time together. With that being said, this is your time and you can get what you want out it.

J: Okay, I will try to talk haha

K: I understand if you do not want to open up to me. You barely know me. I get that.

J: Yeah

K: I would like to create mutual goals, because I do not want to make goals for you that you do not want to accomplish. Because I do not want to make goals for you that do not want to do. Does that make sense?

J: Yup, I completely get that.

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

J: 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)

K: I think of it as a road and we are going to be making stops on our way to completing the overall goal.

J: I think a big goal would be limiting my depression.

K: Alright. Okay so that is a large daunting goal, so if we make smaller goals to accomplish, it will help us reach the larger goal of depression.

K: Okay so I am going to write that on the top

I think it is important to give your client a bit of your style.

Opening up can be very difficult.

I believe that creating mutual goals is extremely important when working with high schoolers because they will not want to complete them if you make them by yourself.

I have done this in the past but it went much better this time.

I agree.

This might also have been a good spot to see if he would expand further on the anxiety about time.

if he only has one goal at this time, it's ok - when doing IAP your good strong objectives + interventions can support having just one. You do not have to grab at straws - sometimes the best are the most easy. Do you get the feeling that his newness to therapy + talking openly might have something to do with it?

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 depression?

J: Being less anxious about everything, especially about time.

K: Cool that is a great objective. We can work on coping strategies and work on lessening your over thinking. Do you have any ideas for the next objective?

J: Making myself happy, by not always focusing on others.

K: Like focus on the positives in life and not only the negatives.

J: Exactly.

K: You can think of a positive in every situation. For example, you may wake up and think dang I have to go to school, but you are healthy and alive.

J: That is so true.

K: Do you have any other objectives for this goal?

J: Nope

K: How about any other goals.

J: Honestly I do not have any other goals, other than depression.

K: Alright that is fair enough. Also, we can add goals as we go.

J: Sounds good.

K: I want to let you know that I have never been depressed in the past. So I do not know what you are going through. I am here for you in anyway and you can talk to me about anything

Anxiety can be a big goal itself, but Jake thought it would help his depression, so we decided to place it as an objective.

This is a feeling and opinion that I believe. I have to stop expressing my opinions within sessions.

He only has one goal, so I will have to create more for the treatment plan but I will make it work from what he provided me.

Trying to explain empathy and understanding to clients can be difficult but I feel that it is extremely important to building a relationship and gaining respect from the client.

Are you worried that he might be skeptical of you if he thinks you haven't "been there"? You are a genuine guy with really nice active listening skills - sometimes showing/demonstrating can go further than telling can. You sound almost like "qualifying" ... be loose + straight up! You have skills, just be confident in them  
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and I will show you support. But I will never understand what you are going through.  
J: I know what you mean.  
K: It's like if you are trying to understand someone that has experienced a loss of a parent. You can be super supportive and want to help them but you will never completely understand what they are going through.  
J: Ohhh I get it.  
K: Perfect. So I want you to be the teacher and teach me about your depression, because I am not in your head or know how you are feeling.  
J: You got it haha  
K: But I want this to be completely stress free. You feel me?  
J: Yup.  
K: And if you are not ready to open up or you are struggling to open up at the start of the session that is completely alright. I can bring games and we can just talk about school and other stuff that you enjoy, until you are comfortable.  
J: Cool.  
K: I understand what it is like to be in high school. I was not there too long ago myself.  
J: Haha yeah.  
K: We will meet next week, actually in three days, on Monday.  
J: Alright  
K: Have a great weekend.  
J: You too.

I did not think he fully understood what I meant so I decided to explain it again.

Good thing I did because it sounds like he did not understand it the first time, even though he said he did.

I do not want therapy to cause more stress or anxiety for Jake. I know therapy can be scary but I want him to understand that what we will be doing will not be stressful.

I wanted him to understand that if he is not comfortable opening up I understand.

I wanted him to be able to relate to me in some way.