

**PROCESS RECORDING**

**Student's Name:** Kevin Hull

**Date:** 1/30/17

**Number of interviews with this client:** 7

**Client name:** John

Field Instructor's Comments	Interview Content	Feelings/Reactions
<p>I'm glad we thought it was good to come + talk to you!  How was that for you? Show's something is working - do you notice a change in him from start until present?</p> <p>How did it feel to hear him say this about having to call Crisis?</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: Good and bad, but mostly bad.  K: I'm sorry. Do you want to start with the good?  J: Well I have got to stay at my girlfriend's house the past couple of days.  K: That is fun.  J: Well it is because everything is crazy at home. I did not even want to come to school today, but I thought it may be good to come and talk to you.  K: What happened?  J: Remember how I told you about my mom's job.  K: Yeah. She takes care of an elderly woman right.  J: Yeah. Well that woman wants her to start staying there.  K: What do you mean?  J: Like live there from now on. My mom came home from work last Tuesday the day after I saw you all red and freaking out. We had to call crisis because we thought she was going to kill herself.  K: Does your mom work directly for the elderly women or a company?  J: She works for a company that helps the</p>	<p>What else is the client feeling  What else are you feeling  What else might you have done</p> <p>I can tell that something is wrong because of his body language.</p> <p>I really feel bad for John because this past month a lot has happened.</p> <p>Wow. That must have been stressful for John.</p>

<p>Does it feel to you that he is "adulting" past developmental age?</p> <p>Good job pointing out + validating.</p> <p><u>Is this irrational?</u></p>	<p>woman.</p> <p>K: Is it your mother's job to stay over at people's homes?</p> <p>J: No, there is another man there that lives in the basement that does that.</p> <p>K: If that man is there, why would your mom have to stay there as well?</p> <p>J: Because the guy just sits in the basement drinking all day and gets paid.</p> <p>K: I do not think the woman has the power to tell your mother she has to stay overnight and begin living there.</p> <p>J: We have had problems with this woman in the past. I hope my mom gets a new job because when we talked to her boss she said it is out of her control.</p> <p>K: I can tell that this situation is very stressful for you...</p> <p>J: Yeah. I am scared that if my mom leaves, my dad will start drinking again and I will be all alone. I think I would be alright because I know how to cook; I can get a job, and will be getting my license soon.</p> <p>K: Wait, wait, wait. Lets slow down. You said that you think if your mother leaves your father is going to start drinking.</p> <p>J: That is what happened last time.</p> <p>K: When?</p> <p>J: When I was little, my mother went to live with her friend and he started to drink.</p> <p>K: How long has your father been sober?</p> <p>J: About five or six years.</p> <p>K: Do you think that it is possible even if your</p>	<p>I think John is very confused about the situation and the dynamics of his mother's job.</p> <p>I am very confused, but all I know is that this situation is stressful for the client.</p> <p>I challenged the client's irrational thoughts.</p> <p>This must have been before John was in foster care.</p>
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Good job in drawing his attention to cognitive distortions, noting to him that you've noticed a pattern is a nice way to show you are paying attention, and sometimes it can be hard for people to notice thought patterns themselves.

Sounds like he is receptive + is able to see where these interventions can go.

mother left he could remain sober?

J: Yeah. He just gets really stressed out.

K: Would you agree with me that when you become stressed you begin to think about only negative outcomes?

J: Yeah. My brain just automatically thinks about the worst.

K: I want to try something. What I want you to do is close your eyes for one minute and think about something you are grateful for.

J: Alright

----one minute silence

K: Do you feel more relaxed.

J: Actually, I do haha

K: This is just one relaxation technique. There are tons of different ways to relax. Such as listening to music, working out, deep breathing and more.

J: I work out with my friend almost every day during the week.

K: That's awesome. I love working out.

J: It is great. It helps me get my stress out and just get away because while you are at the gym all you can do is workout

K: Could not agree more.

K: I think remaining relaxed will lead to more rational thoughts, which will lead to less worry, and better behavior.

J: Makes sense.

K: Practicing relaxation techniques such as meditation will help bring rational thought and positive thoughts.

J: Yeah. Like when I first came in to talk to you

I learned this technique in my Advanced Practice with Adults.

I love working out I will continue to use this throughout our time together.

CBT at its most basic form.

I'm glad you and he are able to chart the change process, so to speak. Looks like you are both able to identify what has been working.

How did he take this challenge that you put out there?

What made you decide to shift gears here?

Interesting dip into this topic. Encouraging pros/cons or +/- is a great way to look at motivation and also areas of need.

I was very stressed out and only thinking about negative outcomes, but now I am more relaxed and thinking more normally.

K: Do you remember when we talked about CBT a couple of weeks ago?

J: Yeah.

K: We discussed how irrational thoughts can always be debunked.

J: Yup.

K: Do you think it is possible instead of thinking your mom will leave and your dad will start drinking. Your mom will stay and your dad will remain sober.

J: Yeah that this possible.

K: You can always challenge irrational thoughts. Like I said before it is much easier said than done, but it is possible.

J: Alright. I will try to do that.

K: I want to change the topic a little bit and discuss how you manage your stress.

J: Okay.

K: So when you get stressed out how do you usually manage it?

J: Ummm I usually just play a video game where I race cars or I listen to music. Other than that I am not really sure.

K: Those are two great techniques in my opinion.

J: I have really been contemplating smoking pot.

K: What would be the positive of smoking?

J: It is just a quick way to relieve stress.

K: What are the negatives?

J: Well it is unhealthy and dangerous.

I explained CBT in the most basic form. Discussing how certain thoughts lead to certain feelings that lead to certain behaviors.

Again I challenged the client's irrational thoughts.

I want John to know that he can learn to challenge his own thoughts.

I think those are pretty good techniques to manage stress.

I obviously do not want John to smoke marijuana, but I want him to make his own

Motivational interviewing  
might be useful in dealing  
w/ th substance use...

NICE JOB!

This is awesome.

Validation, positive regard,  
all sounds like are positive  
interventions + he is benefiting.

How do you feel like things are going with this kid?

K: Also it is considered a gateway drug. Have you ever heard of gateway drugs?

J: No. Not really.

K: Gateway drugs are drugs that lead to more hardcore drugs.

J: Like heroin and cocaine?

K: Could be. Also, individuals that use drugs for so long to deal with their stress do not know how to manage stress without drugs.

J: I am not going to lie. I smoked twice like last year but did not really like it. I probably will not smoke again but I was just thinking about it.

K: I really appreciate how open you are. I know that it can be very hard.

J: Nah, it is easy with you. I trust you.

Talked about Valentine's day

Worry vs. Fear

choices. However, I thought it was important to talk about how it can lead to other drugs and how it is not a healthy way to manage stress.

I really enjoy how open he is with me because it makes my job much easier.