

Adam Turner CBT Project Transcription

Therapist: Hi Darcee! How are you?

Client: I've been better, but we're making it.

Therapist: Better?

Client: Yeah...

Therapist: Okay okay!

Mood Check

Therapist: So, uh, first and foremost, before we get started, uh, we're going to do, um, a mood check. So, um, just to see where you are right now. So, on a scale of one to ten, ten being the greatest and one not being so great, how would you rate yourself?

Client: Like myself, like...

Therapist: Like as far as how you're feeling, where you are.

Client: Okay, um, I mean, feeling like, so one is not so great?

Therapist: Yeah one is feeling not so great and ten is feeling really great.

Client: Ugh man, I would say at a two or three.

Therapist: Two or three?

Client: Yeah...

Summary: So, for the mood check, I believe that I did pretty well getting some simple details as far as what the client was feeling at the moment. However, with my overall expressions and demeanor, it could've been a little more sympathetic. I also could've used more complete sentences as well without using "um" and "uh".

Key correction: "So, what we are going to first is a mood check. Would that be alright with you?"

Agenda

Therapist: Okay. All right. Well, um, I'm just going to tell you about the agenda for today.

Client: Okay

Therapist: First and foremost, I'm going to get an update on, um, where you are. We're going to go over the last previous homework assignment or activity assignment that you did the last time. Also, um, we're going to continue talking through the problem. And, um, also we're going to do some more homework or another activity. Then we're going to do a summary, and then I'm going to get some feedback. Does that sound good?

Client: Yeah, that's fine.

Therapist: Okay. All right.

Summary: I believe that I did pretty well with setting the agenda for the session. I also could have cut out most of the "ums" while I discussed the agenda.

Key Correction: One of the major corrections that I would make would be in the first sentence where I begin to start stating the agenda. A better way of saying it would be, "First, I am going to get an update on where you are. We are going to go over the last previous homework that we agreed upon the last time. We are also going to continue talking through the problem that you have. And depending upon how the session goes, we can collaboratively set up another

activity for you to do until the next session. Finally, I will do a summary and then I'm going to ask for some feedback. Does that sound good?"

Update from previous session

Therapist: So, um, I just want to get an update on where you are right now. You said that you're a two or three when we did the mood check. Would you mind explaining that a little bit?

Client: Yeah. This week's just been really tough. Like, just readjusting to life after the divorce you know like it's been rough everything like everything reminds me of him and it just really hurts. I just, I don't know, I blame myself a lot like I just feel like this is all my fault. And if I had been better, done better.... I don't know I just feel like things could have been different, didn't have to be this way. I'm just really lonely so it's just been a tough week just processing a lot.

Therapist: Okay.

Client: Yeah..

Comment: Here, I believe that I did a great job of listening to the client about how she was feeling ever since the last session. However, I could have asked some more specific questions about how she was feeling to be more empathetic.

Correction: "I'm truly sorry about what you have been going through. I couldn't imagine what that must feel like. What makes you blame yourself for the reason that he left? How often are you having this feeling? On a scale of one to ten, how intense is this feeling?"

Review Homework

Therapist: Okay, so, so um, so last time, your homework assignment was journaling. We had you write through....now we're not really solving anything right now.

Client: Mhmm

Comment: The second sentence here could've just been a question about how doing the journaling went for her. It could've been more straight forward. I could've also done much less stumbling and left out the word "um" so that I would sound more confident.

Correction: "Alright, so last time, we had decided that your homework assignment was simply journaling. Would you mind sharing how that process went for you?"

Therapist: We're just simply just, you know, writing how you feel, whatever thoughts you have every single day.

Client: Yeah.

Comment: I could've been a little more specific with this sentence and not as redundant since journaling already suggest writing down how the client feels during the process of what they are going through.

Correction: "We had decided that each and every day that you would write in your journal every day your thoughts of what you are thinking in terms of the divorce. Would you mind sharing some of the things that you wrote down?"

Therapist: So what are some things that you, um, that were, you don't have to explain everything that you wrote exactly. But what are some things that came across your mind when you journal or like something that you wrote down?

Client: I mean, yeah, I mean generally helped help to just kind of be able to just to write things down but I think like the thing that I began to realize most as I was journaling, was that I just

kept realizing how much I am really blaming myself. And I just kept writing like, man this is just my fault, like, if I had just done this better. If had done that better, things could have been different we could still be together, I'd be happier right now, but I just wasn't a good enough wife. Like I didn't treat him I guess as good as I could have.

Comment: While asking the question, I could've used some better words and also the question itself could've been shortened as well. In other words, the question that I was asking could've been more concise.

Correction: "Would you like to share some of the thoughts that you wrote down in your journal since our last session?"

Therapist: Hmmm

Client: Yeah I just... yeah I just gotta say I guess that was mostly my thoughts.

Comment: Here I could've waited until my client had finished expressing herself and her feelings and could have talked about how great it was for her to be able to go back and reevaluate her thoughts while writing her journal.

Correction: "It sounds as though while writing in your journal, you were able to really delve into thoughts. I appreciate you sharing your journaling experience with me!"

Prioritizing the Agenda

Therapist: Okay so, so those being your thoughts. Okay, so we're going to continue doing is working through those thoughts, and those feelings.

Client: Oh okay

Therapist: About, you know, how you're feeling after the divorce.

Summary: This statement could've been executed better. It mostly could've been worded in a way where I use probably more professional vocabulary. The statement could have been used along with the first statement where I began the cognitive skills of the session.

Key Correction: "Alright, so what we are going to being doing is working through some of those thoughts and feelings that you currently have about your divorce."

Client: Mhmm

Working on one problem and teaching cognitive skills (working on distortions and automatic thoughts)

Therapist: So, basically. So as of right now, what I'm hearing or what I've gotten so far is that you are pretty much blaming yourself for, um, the end of the divorce. You believe that is completely your fault that, uh, he left you, that, you know, that the relationship ended in the marriage ended and now it feels as though you are reaping the consequences or... not consequences necessarily, but you know you're really feeling the after effects. You're saying that everything around the house, you know, even though he's not there, it makes you, it does remind you of him. So basically, you say that you blame yourself. So that's pretty much what you're thinking. On a scale of one to ten, how much do you really believe that, um, that the divorce is all your fault or, or that it was your fault?

Comment: From my previous practice video that I had done before the real video, my professor had pointed out that this was a major part that I had skipped which explained why it was eight minutes instead of fifteen minutes. This whole statement could have been more concise and used much less stuttering. However, I believe that I did a great job of summarizing her feelings so far.

Correction: “As of right now, what I am hearing from you so far is that you are blaming yourself for the end of your marriage. You believe that it is your fault that your husband had chosen to leave you and that you are really feeling the aftereffects of your divorce. Everything that you see around the house reminds you of him. Did I get that right?”

Client: I don't know. Probably like an eight.

Therapist: An eight. Okay. So, when you believe....so when you say to yourself that it is your fault that your marriage ended how, what do you what do you feel? How do you feel when you think that?

Comment: With this question, I was able to move forward after getting an answer from my client about how she was feeling after the divorce. Once again, the question could use less stuttering.

Correction: “So you gave yourself the rating of an eight. When you say to yourself that it is your fault that your marriage ended, what and how do you feel?”

Client: I feel distressed, I feel a lot of self-hatred.

Therapist: Distress and self-hatred. Okay. So you say you feel this distress and hatred. How strong are those feelings of distress and hatred?

Comment: I could have cut the statement down to just the question. However, I believe that I asked a question while continuing to teach her the cognitive skills.

Correction: “So you say that you feel a lot of distress and self-hatred. On a scale of one to ten, how strong would you say are those feelings of distress and self-hatred?”

Client: Like a nine.

Therapist: A nine?

Comment: This question could have been expanded a little more and could have been somewhat specific while asking her about these feelings.

Correction: You rate your feelings of distress and self-hatred a nine?

Client: Yeah

Therapist. Okay. Alright. So, when you....so when you think that...when you feel distressed and hatred about him, you blame yourself for your husband leaving you, when does...when does when, when do these thoughts come about? Like, you know, is it like when you're when you get up in the morning is it during the day? Is it during the evening, let's say when you're doing your journals? Or you're doing some type of activity when do those thoughts normally come up?

Comment: Once again, a little less stuttering. However, I believe I did a great job of asking about the occurrence of these feelings that she has in her day-to-day life to get a review of her coping process.

Correction: “When you have these feelings of distress and hatred about your ex-husband, how often do these thoughts come about? Do they come about in the morning? In the daytime, or in the evening? Are you normally doing some type of activity when these thoughts come about?”

Client: With the worst thing so fresh. it's been just, I don't know, very much on my mind. I guess it's not so bad when I'm at work, because I am.

Therapist: You're distracted.

Comment: This statement was not necessary, and I could have kept listening while she was explaining when her feelings would normally come about. However, it could have been expanded a little more.

Correction: “You're normally distracted with specific tasks at work when these thoughts come up. Is that what I get from what you are saying?”

Client: Yeah I have other stuff going on but I do it's probably the worst night.

Therapist: Oh okay.

Comment: I could have used the “okay” less and more of the word “alright”. I also could have used the opportunity to address that her thoughts of self-blame come to her at night.

Correction: “Alright so you’re saying that these mostly get to you when are you’re at home at night about to go to bed. Is that what I am getting from you?”

Client: It's been really interesting.

Therapist: So, so when you get up in the morning you go to work you don't really have those thoughts so much but when you come back when you come back home, that's when those thoughts reappear.

Comment: This could have been asked in the format of a question instead of just simply stating. This way, I would have been able to get more accuracy and clarity about the occurrence of the client’s feelings.

Correction: “So you’re saying that when you get up in the morning to go to work, these thoughts do not occur or bother you as much, however, once you’re at home, that’s when those thoughts come back? Is that what I am hearing?”

Client: Yeah I mean I have like all day I'm reminded of him, like I feel like it's very present in my mind but definitely at my doors.

Therapist: Okay. Okay. So, when you.... so when you....when these thoughts come up, what do you notice happening in your body? Does your body have a specific reaction when those thoughts come about?

Comment: Once again, I believe that I should eliminate the word “okay” in the sessions. Here, I could have waited a minute and fully thought about the question that I was going to ask the client first. I also could have asked each of the questions once at a time.

Correction: “When these thoughts come up, what you notice happening in your body? I other words, does your body react a specific way when these thoughts come about?”

Client: My stomach gets really tight. I lose my appetite.

Therapist: So it's like hard to eat? It’s hard too...

Comment: Here with this statement, I could have just continued letting the client speak while thinking about the next question to ask. I also think that I should cut out the word “like” and could have just asked if it was simply hard for her to be able to eat.

Correction: “So what you are saying is that it is very difficult for you to eat? You’re saying that these thoughts often ruin your appetite?”

Client: Yeah a lot of tension in my stomach and like..

Therapist: Oh wow

Comment: I could have just stayed quiet and let the client continue to speak. However, I did miss an opportunity to ask if her stomach gets queasy.

Correction: “So you’re saying that your stomach begins to act very funny and get tighter?”

Client: My throat gets tight to get just too. Yeah.

Therapist: Hmm. Okay. And so, so you say that you're...these things happen your stomach is squeezing it's hard for you to eat, you don't have much of an appetite. And so, what is it that you do or that you don't do? Like is there is there something that you usually done but because these feelings after the divorce now... is it something that is there something you do to like, sort of, here, not cure, but maybe something as like get it off your mind or something you do to help yourself work through it? What is it that you do or you don't do when that when those thoughts come about?

Comment: I could have cut out the extra statements in the beginning. However, I believe that I did a great job of asking questions from the automatic thoughts form to help get some depth with the client about her thoughts and feelings. I also believe that I didn't have clear question of what I wanted to ask the client.

Correction: "So you're saying that these thoughts and feelings ruin your appetite for you and that it is very difficult for you to feed yourself? Also, what is it that you do and that you don't do? Is there something that you like to do help get your mind thinking about something else?"

Client: You know, like, when I'm at work I just kind of push them away. But at night, it's a little harder I just feel really hopeless and unmotivated. And a lot of times I don't I just, I don't feel like I can do much I just go to bed and lay there.

Therapist: So you say when you're at work you push it away. What do you is...is that when you're working on specific assignments?

Comment: This could have been more of a question and not a statement. I should have thought more about the question that I was going to ask. My word choices could have also been more specific as well.

Correction: So you're saying that when you are at work on the job, you tend to put these thoughts away because you have specific tasks to complete? Is that what I am getting from you?

Client: Yeah I mean you just got to do what you go to do. I'm a nurse, and so it's pretty fast paced, there's a lot going on.

Therapist: Hmmm. Right.

Comment: I could have stayed silent. However, within the session, I believe that I was using these words to just to simply show that I was understanding my client.

Correction: "So because of the fact that you are a nurse in a fast pace environment, it is simply crucial that you stay on task because of the fact that you have so much going on in that type of environment? Is that what I am getting?"

Client: There's not a whole lot of time to sit and think about everything. Like all my mind but I just kind of have to can it. Just do what I gotta do.

Therapist: Just, just pretty much push through it because it's so much going on it's a very chaotic environment. Okay. So what I'm going to do is, what I want to do is pretty much, I want to challenge this thought that you have that it's your fault that relationship ended. Right?

Comment: I believe that with this statement, I was showing my understanding of what the client was dealing with. However, the statement could have been worded better. I could have just used questions instead.

Correction: "So while you are at work, there isn't much time to really think about anything, including the thoughts that are running through you head? Did I get that right? So, what I would like to do is to challenge this thought that it is your fault that the relationship ended. Does that sound good? "

Client: Okay.

Therapist: So, what is the evidence that supports that or what is the evidence that supports the idea that it's your fault that the relationship ended?

Comment: Here, I believe that I did very well with beginning the process of challenging my client's thoughts about her self-blame and her belief that the relationship between her and husband ending was her fault. The question overall could have been asked a little more decisively

Correction: Can you provide any evidence that supports the idea that it was your fault that your marriage came to an end?

Client: Well, I mean, he definitely, if he were here you could tell you a lot of things. I mean I guess I was too critical and I don't know I didn't really do things the way that he wanted and I guess I could have.... I could have compromised more. Just things I just didn't do well, and I think I nagged him too much. Like, I don't know, I guess I just feel like I just didn't do things the way he would have me do them.

Therapist: Hmm. So you said, you said you were critical? As in like what is, what does that mean? What does critical mean? Define that for me.

Comment: I believe that this was one of my best points during the session. I could have cut the “hmm” at the beginning. I say this is one of my best moments simply due to the fact that I really getting the client to truly think. I believe I missed an opportunity to ask how critical she really was of her husband on a scale of one to ten.

Correction: “So you believe that you were very critical of him? On a scale of one to ten, how critical of him were you exactly?”

Client: I don't know, I guess. He didn't always do things the way I wanted him to either.

Therapist: Okay. Okay. So you'd say you say that, because the evidence that you know was related into the relationship was your fault was that you nagged him, that you were critical he didn't do things like you wanted him to?

Comment: I probably should have used the word “okay” here. However, I think I did really well asking the question about her relationship with her husband and what brought it to an end.

Correction: Would you say that because of this evidence, that it was you fault that the relationship ended simply because you nagged him and was critical of him not doing things like you wanted him to?

Client: Yeah...

Therapist: So, what is the evidence.... do you think there's any evidence against that? Or that counters that that point of view?

Comment: I believe that I could have asked this question in a different way. In other words, the question specifically could have been much more specific. However, I believe that this is another one of my strong points during the session because I was at the point where I was truly beginning to challenge the client's thought patterns about herself.

Correction: Do you believe that there's any evidence against the idea that it was your fault that the relationship ended simply because you were nagging him or being too critical?”

Client: Counters like....

Therapist: Yeah that's kind of the opposite?

Comment: Here, I believe that I could have done a much better job of being specific with question of finding alternate or opposite beliefs of what the client was believing about herself.

Correction: “Yes. Is there alternative point of view that counters your belief that the end of the relationship was your fault?”

Client: Umm well, I guess like he really wasn't willing to work through it. So that was kind of his choice. Like I was willing to go to counseling or just keep trying, but I guess ultimately it was his choice.

Therapist: Okay

Comment: Instead of saying “okay”, I could have used it as an opportunity to ask a question here. However, I believe that I was confirming and validating what she was saying.

Correction: “In other words, he didn’t want to his part in the relationship and put effort towards saving the relationship. Is that correct?”

Client: I guess that that's kind of like, that could be on him. Yeah.

Therapist: So basically.....so you're saying that you were willing to, you're willing to fix things with him? You wanted to correct, you wanted to do better, you wanted to contribute to the relationship, and that he on his end, he didn’t want to do it. He didn't want to... he didn't want to try to work with that, is that correct?

Comment: I could have really expanded my vocabular here and used some different words. However, I believe that I did well with asking more questions to gain an understanding of what she was saying.

Correction: “You’re saying that you were willing to fix you relationship with him and he didn’t seem to want to work along with you so that the both of you were able to move forward?”

Client: Yeah...

Therapist: Okay. So would you consider that to be like an alternative explanation or maybe...

Comment: This could have been a complete question and possibly could have been expanded a little more. It also could have been a moment for me to continue to let the client explaining as well.

Correction: “Would you consider that thought to be an alternative explanation or possibly a different reason as to why the relationship ended? Is it possible that his unwillingness to work it out with you possibly was the reason for the end of the relationship?”

Client: Yeah, yeah.

Therapist: Okay. All right. Okay, so what do you.... so what do you what do you believe that that could have been the worst thing could have happened?

Comment: Here I was mainly asking questions just to challenge the automatic thoughts. However, it surely could have been worded better without “okay”. Otherwise, I believe that I did a great job of inquiring more about the automatic thoughts that she was having.

Correction: “What do you believe that could have been the worse that could have happened out of this entire situation.”

Client: I don’t know I guess it's kind of simply the worst could happen has already happened.

Therapist: Okay.

Comment: At this moment, I wasn’t exactly sure what to ask but it was definitely a missed opportunity to ask another question or delve into her definition of what she believed to be the worst that could happen.

Correction: “So you believe that him divorcing and leaving you was already the worst thing that has already happened?”

Client: Yeah, I guess like the worst thing would be that he left me because I just wasn't worth fighting for. Well, I really like it really was my fault because I just wasn't good enough for him.

Therapist: So, okay. So, I think that was the wrong question, but since, since it already happened right it says a divorce already happened, and you're in, um, you know you're dealing with the after effects now, what do you think is a way you can cope? How do you think you can cope with this?

Comment: I believe that I could have worded this a little bit different. But I believe it was at this point that I was able to finally get somewhere with the client in terms of how she was dealing with the situation overall.

Correction: *“How are you coping with being divorced at the moment? Are there any specific activities that you do to help you to cope with the situation?”*

Client: Um. I don't know I guess I could get more involved with like, my friends, or just I don't know maybe I could volunteer somewhere do something to get connected with people, maybe I wouldn't feel so lonely that way so maybe that's something I could do to cope.

Therapist: Okay. All right. So, with those things, what do you what do you believe to be the best that could happen? You know, now that this is past now this has happened, what do you think is the best thing that could happen?

Comment: I believe that I did a great job of asking these questions. There isn't much that I would change outside of the wording and possibly making the questions more concise, these were great questions overall.

Correction: *“Now that the divorce has happened and you are trying to move forward, what do you believe is the best thing that could happen?”*

Client: To find joy and meaning and find meaning in life again.

Therapist: Find joy and meaning in life?

Comment: I believe that I made the client feel a little more understood when I asked and repeated her statement to make sure that I understood.

Correction: *“Finding joy and meaning in life is the best thing that could happen? Is that what I'm hearing?”*

Client: Yeah.

Therapist: Okay. All right. So, what do you believe, was the effect of believing that it was all your fault? Or that the whole divorce was just all on you?

Comment: Once again, these were questions where I was challenging the automatic thoughts that she was having. There isn't much of the wording that I would change with this statement.

Correction: *“What do you believe was the effect of believing that the divorce and the end of the marriage was all your fault?”*

Client: It's a big load to carry it really weighs me down, makes it harder for you to find the motivation to try.

Therapist: Oh, so, so when you, when you believed in that, when you believed in that thought it really somewhat distracted you this kind of slow, so you're saying it like slowed down your motivation or your work ethic, to do things that you know you you sorta... you, you said at your job as a nurse that, you know, there's no time to really think about it you just kind of like, put it away, because it's so fast paced and chaotic but once you get home, you're back to thinking about it.

Comment: For some reason, I had stumbled upon my words. I'm not sure why I used the word “sorta” and paused for a second. However, I believe that I was simply getting a gist of what she was saying when she mentioned that it was a big load for her to carry.

Correction: *“When you believed in this specific thought, it had a huge effect on your motivation and your work ethic. It also had an effect on how you functioned at your job. But once you came home, you were right back to thinking about the divorce.”*

Client: Yeah. Yeah.

Therapist: Okay. So, what do you think can be the effect of changing, possibly changing that type of thinking? What do you think will happen if you started thinking the opposite of saying, “Okay, well, maybe he maybe he just didn't want to, you know, contribute or try to work through it”? What do you think can be the effect of thinking the opposite of that thought?

Comment: Here I believe that I asked some really great questions. I don't think I stuttered as much, and I was coming towards the end asking the questions to challenge the automatic thoughts.

Correction: “What do you believe could be the effect of changing that thought process? What do you believe will start happening if you thought to yourself that maybe it isn't your fault that the relationship ended? What do you believe could be the effect of having thoughts that are alternative to the thoughts that you shared with me earlier?”

Client: I think that if I didn't think it was all my fault. I wouldn't. I wouldn't compare myself so much and I might I might think that I would be worth more like maybe I am enough and like I might be able to try more things and get out there and meet more people and not be so lonely.

Therapist: Okay, so in other words you're saying, uh, in other words you're saying that if you didn't believe that, then you when necessary...you would be able to do more you'd be able to put yourself out there, you would be more social, hanging out with your friends, or work we maybe getting involved with the church is that is that what you're, you're saying?

Comment: This statement was a bit jumbled. I could have asked a much simpler question about her coping mechanisms and how she would function without those negative thoughts.

Correction: “So you're saying that you would be more outgoing, hang out with your friends more often, and be involved with your church more?”

Client: Yeah

Therapist: Okay, alright. So, if, if someone else, that was close to you say like a friend of yours was in this situation, or the same situation as you're going through, what would you, what would you say to them exactly If they were in your same predicament?

Comment: This was one of the best questions that I asked in the entire session because I believe that it really helped to give her some perspective about her own situation. The question could have been shortened some.

Correction: “If someone else that you knew, such as a family member or friend, was in this same predicament, what would you say to them?”

Client: I think I would tell them that there's things like this it's never totally one sided, so that they should forgive themselves, and look to stop dwelling so much on the past, and to start looking to be better in their life and who they are and what they're doing, focusing on the good of their life instead of just what they're missing.

Therapist: Okay so, so basically, moving forward, like, you know, in other words I guess what from what I hear you're saying you're saying that you would tell them to at least learn from what happened, and to forgive themselves and then to focus on the positives in their life and move forward is that is that what you're saying?

Comment: I believe that I summarized what she said perfectly. I'm not sure if there's much that I would change about this statement, outside of cutting out the word “you know”. I think

Correction: “Moving forward, you're saying that you would encourage them to learn from what happened and to forgive themselves and to simply focus on the positive things in their life. Is that what I'm getting?”

Client: Mhmm

Collaboratively Setting Homework

Therapist: Okay, that that's great. Okay. All right. So, until the next time that we meet what is something that, um, what do you think is a little activity that you think you can do you mentioned things such as hanging out with friends or volunteering at church more, what do you what do you think is some activities that you enjoy that you could possibly do?

Client: I could get together with some friends this week.

Therapist Okay. Right. Okay. That that's good, that's good.

Comment: Setting the homework could have been done a little better. It doesn't sound as though I gave it a chance to be a collaborative process like it should between therapist and the client.

Correction: "What do you believe is an activity that you can do until the next session that we meet that you enjoy doing to help you cope through this tough time that you are going through?"

Providing a summary and eliciting feedback

Therapist: Alright so I'm just going to do a summary of our session today. We're just going to do, we did a mood check, right, then we check to see if we felt we went over the agenda for today. We got an update as to where you are. And so we went over your last homework assignment which was you doing a journal, you know basically just journaling out your daily thoughts, you know what, just whatever came to your head. And so, the agenda was pretty much just working through that automatic thought about it being your fault that that the divorce happened relationship ended. And we were able to delve deep into the as to, you know, your feelings, you know, what was really going through your head throughout the day how you surely dealt with it. You said that you dealt with it by work just by shoving it away, and then because your job is very chaotic as a nurse, and but those thoughts came back to come back to you wants to go home. And so we went .. we talked about those things. We also discussed some alternative ways to think not alternate ways thing but some alternative viewpoints, about the whole situation went over say okay well, if it's not, what would you tell your friend or your family member if they are in the same situation. So you decided for your next homework activity that you're going to try to be more social and hang out with your friends to help you cope with your divorce, and so that you decide it will be your homework assignment for the next time. And so the last thing I want to do is just get some feedback for this session. How did you how did you....what did you think of this session?

Client: I think it was good I think it's, it was valuable to kind of look at the thoughts I've been having to challenge those asked questions about them. Yeah, it was really good. Thank you.

Therapist: That's great. Well, um, Darcee, I'm really glad you came back this time around. And I'm really looking forward to the next session. Alright see you later!

Darcee: See ya!

Summary: I believe that I did an excellent job of stating and summarizing everything that we went through in the session. The summary that I gave was very detailed and I think the client really was able to look at her situation from a different perspective and was very receptive. My ending of the session could have been a little less awkward.

Key Correction: "Darcee, this was a really great session. I'm looking forward to having you here the next time!"

Reflections

My skills have grown throughout the semester from taking the Clinical Practice Interventions class. Before the semester started, some of my colleagues and I were asked to a video where all of us were recorded and were asked to pseudo sessions with each individually and in groups. Coming out of recently finishing my BSW program at Oakwood University, I never learned how to exactly guide the client through the session, but I only learned about the different types of therapy techniques that are often used with clients including CBT. It was very relieving knowing that I wasn't being graded on the video because I didn't necessarily have the skills to implement CBT in a therapy session.

However, from the beginning of the semester, I was beginning to learn the specific steps of how to implement CBT in an individual one-on-one session with a client. A major assignment that was always required after every class was doing pseudo sessions with specific people. This assignment was always challenging for me because many of the people that I had the sessions with often had different schedules from me. Therefore, trying to schedule a pseudo practice session with them was always challenging. Another challenge was balancing all of the readings that I had to do for all of other classes as well. However, reading for this clinical intervention class has taught me more about mental health and working with clients and has me excited for my intensive classes that I will be taking at the end of the school year.

What I have done well with is getting the basic ideas of CBT in my videos even though there were mistakes that I needed to work and correct. However, the beauty of it that I have learned how use the specific rubrics to help better my skills in the near future. In my final video, I fixed the major mistake that I made in the previous video that was supposed to be fifteen minutes but ended up finishing at eight minutes. The mistake was that I only used the third of evaluating the automatic thoughts and only asked the client questions from that specific section. In the final video, I started from the first step and asked all of the questions from each of the three sections. Therefore, I was able to have a more proper dialogue with client in terms of evaluating her automatic thoughts and feelings.