

## **Adriana Izquierdo**

### **Greeting**

**Therapist:** Hey Karissa how are you?

**Client:** I'm doing pretty okay

**Therapist:** good it's nice to see you again thank you for coming in

**Client:** yeah it's good to see you too

**Therapist:** okay so before we jump into our session and I just want to remind you about confidentiality um just tell you that everything we talk about is completely confidential unless you express harm toward yourself or others um do you have any questions about this?

**Client:** No

### **Mood Check**

**Therapist:** okay, so last time we we met we kind of just talked about your depression and some things that were kind of triggering your depression um that's something you really wanted to work on and you were having a really difficult time with your depression um do you remember when we did the mood check when we kind of put your depression on a scale from one to ten?

**Client:** yeah

**Therapist:** okay, so I want to begin by doing that first is that okay with you?

**Client:** mhm

**Therapist:** okay, so on a scale from one to ten with one being not at all and ten being the most depressed you've ever felt how have you felt within the last seven days?

**Client:** probably like a seven

**Therapist:** okay and um in this moment, sitting here right now, on a scale from one to ten how do you feel now?

**Client:** um I would say it's come down to like a six.

**Comments Summary:** Although I think I did well providing the scaling question and summarizing part of our discussion from the previous meeting, I think I could improve on better flow and not saying "kind of" as often.

### **Agenda**

**Therapist:** okay, okay and that's definitely come down since last week so I'm glad to see that um so like last time we met as well I also mentioned that we're gonna set an agenda before we get into our sessions um just to serve as a guide so you know what we're gonna do next and so forth and that way there's no curve balls thrown at you and just to have a general idea of what we're gonna cover

**Client:** okay

**Therapist:** is it okay if we go ahead and set that now?

**Client:** yeah

**Therapist:** okay great so um first we're just gonna kind of go over an update since we last met um just tell me about what's going on um anything that has recently come up this week um and then we're gonna review the worksheet which I'm glad you brought in thank you for completing that um we're just gonna kind of go through it together and see what thoughts you were having last week what emotions you were feeling and then what actions you were kind of having because of that okay um then we are going to set our agenda for what we're going to work on today so um we can try to tackle two issues but if we don't have time I want to set one specific

issue that you feel that you really want to work on today and then we're gonna go, go ahead and work on that together um then um we are going to do another mood check um I also have another worksheet that I would like to share with you um we're gonna summarize our session and then I'm gonna ask you for some feedback. Does that sound okay?

**Client:** yeah it sounds good

**Therapist:** okay, is there anything you would like to add to this agenda?

**Client:** no, it sounds pretty thought out already

**Comments Summary:** I think I did well with explaining everything we were going to cover and asking the client if she wanted to add anything to the Agenda. I still think I need to improve in being clearer when I speak rather than having all the "ums" and "kind ofs".

### Update

**Therapist:** okay okay great um so um tell me a little bit about what's been going on since I last saw you.

**Comment:** Although I think this is an okay statement, I could have been more intentional in bridging the gap between both sessions. I think part of the reason I did not do this is because I mentioned the mood check from last week twice already and I was probably trying to avoid being repetitive. However, if I had not done that I could have done better at bridging the gap in this section.

**Correction:** So last time we met we discussed your anxiety and the reason you reached out for help, which I want to commend you for because I know it can be difficult to do this. So tell me about what's been going on since I last saw you.

**Client:** um well last time, like you said earlier, I was pretty high on that depression scale so it's it's been a little better since I've come down a little bit but it's still, I'm not where I'd like to be um work is pretty stressful and that's giving me like a lot of anxiety with that whole situation and then just I don't know recently like working on the worksheet you gave me it's helped it's made me realize more of like where my depression might be coming from and like issues with that and it has to do with like my relationship with my boyfriend and just like a lot of things have been like stemming up from that.

### Review Homework

**Therapist:** okay and you mentioned the worksheet um do you want to go ahead and look at that together and we can kind of work through it together

**Comment:** I do not think I did a great job here. I should have paraphrased what she said and then pointed out the homework assignment.

**Correction:** So what I hear you saying is that your depression has decreased since last time we met but you're still not where you would like to be, is that correct? (Client responds) I also heard you mention that work is stressful and your relationship with your boyfriend has also been difficult, but that the worksheet was a helpful tool, is that right?

**Client:** yeah

**Therapist:** okay so um do you want to tell me about it kind of work me through the process?

**Comment:** I think this stems from a bad previous statement.

**Correction:** Well I am very glad to hear that, would you mind walking me through the worksheet and the notes you wrote down?

**Client:** yeah so um over here is where I wrote down um like the situation I was in whenever I was having like um I think you called it like an automatic thought last week

**Therapist:** yes

**Comment:** I was demonstrating active listening.

**Client:** of like I'm not good enough and so um I did two separate situations like you said so like the first one was like at work when I felt like really incompetent with my boss and like what what thought went through my head of I'm incompetent like I can't do this I'm not good enough and then tied it to like the emotion of feeling like very anxious and like why am I here and just like the situation as a whole

**Therapist:** okay

**Comment:** I could have pointed out the action here so she could see the CBT concept.

**Correction:** Okay, and I see here that your reaction to this was to clock out and leave. So the thought is I am incompetent I am not doing good, the feeling is anxiety, and the reaction is you clocking out and leaving. Can you see how the concept that we talked about last week applies to this situation? (Client responds) Okay, good. So tell me about the second situation.

**Client:** and so then for the second one was with my boyfriend like we went on a date this week and um just thinking that I wasn't good enough for him that he doesn't love me anymore he's gonna leave me and just the situation that was there and then like the emotion running through my head at that time as well

**Therapist:** okay and then I see that you wrote um for your action for work um when that situation arose you just left work, is that right like is that what, the action you had due to the, okay

**Comment:** Again, I think this is not a good statement, but it is due to the previous mistake. I would not correct, I would omit this statement and say it before.

**Client:** yeah, I clocked out early

**Therapist:** okay and then with your boyfriend um when you guys went to the movie and you kind of, the movies, and you ended up feeling like you weren't good enough um and then um your action was that you just shut down and you just didn't want to talk to him or talk about anything at all

**Comment:** Instead of clarifying that "I'm not good enough" is a thought not a feeling, I fell into the same mistake as she was and although I tried using the CBT concept, it did not work well because of that mistake. I do think I did a good job paraphrasing.

**Correction:** Okay so you and your boyfriend went to the movies and while you were there you started thinking that you weren't good enough, then you began feeling your anxiety rise, so your action was to shut down and you just didn't want to talk to him or talk about anything at all is that correct? (Client responds) Are you able to see the concept here as well? (Client responds)

**Client:** mhm, yeah normally though we're like really, he's my best friend so like we're really like chatty and talky but I noticed in this one you said to like watch what I do so I, I just kind of like shut down and like didn't want to talk anymore.

### **Prioritize Agenda**

**Therapist:** okay, okay um so I want to kind of take a second to um think about everything we've discussed, last week, with your update, with your sheet, um what's the most important thing for you to ah, for us to cover today?

**Client:** um I'd say the problem that's like weighing the heaviest on me that I'd like to start to tackle first would be like my relationship with my boyfriend and like that whole situation

**Comments Summary:** I think I did well with this comment by asking the client to prioritize what she wanted to cover that session.

## **Working on the problem**

**Therapist:** okay so can you tell me a little bit more about that

**Comment:** I am satisfied with this comment because it is an open-ended question that allows room for the client to give me as many details as she wants.

**Client:** yeah um I don't know I guess just recently like within the past couple of months I've just been feeling like some type of way like really like scared that he's gonna break up with me he's gonna leave me and like due to like the way I look like how I dress how I act like I don't look like other girls like other like really skinny or really like pretty long hair just like smiles like I had braces for like six years, like I'm just I'm not that typical like magazine like movie girl and I don't know I'm just like being surrounded by it a lot of the times I just feel like he's gonna leave me because I don't look like that

**Therapist:** okay so as I hear you talk about that about like you know how you feel about just comparing yourself to other girls I, I hear you saying that if you don't look like those girls if you don't look like the normal magazine girl if you don't look like the girl that has long straight hair, perfect teeth, perfect smile, skinny, if you don't look like that then you feel like your boyfriend is gonna leave you. Is that kind of what I'm hearing?

**Comment:** I think this sentence could be worded better.

**Correction:** Okay, so what I hear you saying is that you compare yourself to what a typical magazine girl looks like, and while you compare yourself with them, you don't feel like you fit in that model, you don't feel good enough, so you feel like your boyfriend is going to leave you because you don't look like them. Is that what you're saying?

**Client:** yeah that thought runs through my head a lot

**Therapist:** okay and how, and and you mentioned that you don't feel that you're good enough that's kind of the, the key thing you mentioned, you don't feel that you're good enough, um when you compare yourself to other girls

**Comment:** I do not like this comment because I think I went around in circles instead of speaking clearly.

**Correction:** Okay, so one of the thoughts that I noticed while we reviewed your worksheet and while you were speaking is the thought that you're not good enough. It seems that thought comes up often for you.

**Client:** mm-hmm

**Therapist:** so on a scale from one to ten with one being not at all and ten being the most you've ever believed something, how much do you believe that's true?

**Comment:** I am satisfied with this comment because I provided a scale and explained what each number meant.

**Client:** today, like right now?

**Therapist:** (nods as in yes)

**Comment:** I am not sure if this is appropriate or if I should verbally confirm. I am also not sure if when I ask this question, I should ask it based on that current moment, in the last seven days, or in general?

**Correction:** Yes, right now

**Client:** Um, I'd probably say like an eight.

**Therapist:** okay so that's pretty high um and when ah when you think about this when you when you think I'm not good enough, how do you feel, what emotion do you feel?

**Comment:** Again, too wordy.

**Correction:** So that's pretty high, when these thoughts come to your mind, what emotion do you feel?

**Client:** um very like anxious and like I'm walking around on eggshells like do I need to go buy like this expensive acne treatment do I need to lose all this weight do I need to like start wearing contacts not my class so it's just like very anxious and like on my toes about everything

**Therapist:** okay so I'm hearing a lot of anxiety you feel anxious when you, that's the emotion that's kind of predominant when this when you, when these thoughts are going through your head um on a scale from one to ten with one being not at all and ten being the most anxious you've ever felt, how anxious do you feel?

**Comment:** I think I did a good job with the scaling question, but I could improve on clarifying thoughts and feelings to the client.

**Correction:** Okay, so I hear you saying that you feel like you have to walk around on eggshells, like you have to buy expensive acne, like you need to lose weight, but I want to clarify that those are thoughts you are having. The emotion I did hear you point out is anxiety. You mentioned you feel very anxious when these thoughts are running through your mind. On a scale from one to ten with one being not at all and ten being the most anxious you've ever felt, how anxious do you feel?

**Client:** probably like a nine, like it's pretty up there like it consumes all of me like when I start feeling like that

**Therapist:** okay so that's pretty high as well so your thoughts you rated at an eight and your emotions you're feeling at a nine, um so tell me about a specific situation when when this happened when these thoughts were going through your mind

**Comment:** I am satisfied with this statement aside from the ums and stuttering.

**Correction:** okay so that's pretty high as well, so your thoughts you rated at an eight and your emotions you rated at a nine. Tell me about a specific situation when these thoughts were going through your mind.

**Client:** um well probably this past week um me and my boyfriend we had date night, we have it once a week, and we went mini-golfing, I love mini golfing and like I'm not that bad either so it's pretty fun and um so we're mini golfing and then there's just like all these other couples and like I see the girls like you know they're wearing like cute little outfits like they're so skinny and like perfect hair perfect teeth like just literally like they just like walked out of a magazine or a movie and then like I'm over here like not like that and I don't know these thoughts just overwhelmed me

**Therapist:** okay so that's when you started thinking I'm not good enough and you started feeling anxiety?

**Comment:** I would word this better.

**Correction:** okay so that's when you started thinking I'm not good enough and you started feeling anxious?

**Client:** yeah really comparing myself to them

**Therapist:** okay um so when does this usually happen like is it, is this only when you go mini-golfing or when do these thoughts come to your mind?

**Comment:** I am satisfied with this comment because I am asking for times when she notices this happening.

**Client:** um probably whenever we go out in public like and there's other people around or if we're like I don't know like watching a movie or something and he makes a comment like oh that

actress is so beautiful and then you know like I think to myself I'm like well heck I don't look like that so like am I not beautiful and then just like it puts me in this cycle and then I start thinking about it and then I'm like okay well I don't look like that so then he's gonna break up with me and it's just like a mess

**Therapist:** okay, when when you feel like this, like when these, when you're thinking this when these situations when in these moments when you're thinking I'm not good enough or you see yourself comparing yourself to other people um do you notice anything happening to your body like any physical reaction like a heavy chest, like does your head start hurting what what physical um what physical things do you notice?

**Comment:** I believe I overthink what I want to say rather than letting it flow and this causes me to be too wordy and to stutter. However, I do think I did a good job giving her examples of what a physical reaction would be.

**Correction:** okay, so when you think I'm not good enough do you notice anything happening to your body like any physical reaction such as a heavy chest, does your head start hurting, what physical reactions do you notice?

**Client:** um I definitely feel like some tension especially like in my shoulder

**Therapist:** okay

**Comment:** I am demonstrating active listening.

**Client:** and like I don't know I kind of get like short of breath like I don't I don't want to be there anymore and like my hands get really sweaty

**Therapist:** okay and what do you do after that

**Comment:** I could paraphrase what the client said.

**Correction:** So you notice tension on your shoulders and your hands get really sweaty. So what do you do next?

**Client:** um probably not like the most healthiest thing to do in a relationship I recognize that but I usually tend to just like shut down so like this past week when we were at mini golf and then it started happening we were like not even halfway through the game and like I just lost all my motivation and my momentum to continue the game and I asked him to take me home and he kept asking me why and now I was just like I just, I can't right now I don't feel good I don't want to talk I turned my phone off when I got home ignored all his calls and everything and kind of just like isolated myself

**Therapist:** okay, so um I mentioned last time that CBT cognitive behavioral therapy focuses on how thoughts influence your emotions and your emotions influence your actions and this is a perfect example of that, of you're thinking I'm not good enough you're comparing yourself to other girls and I'm not good enough so then that makes you feel anxious um and then that makes you shut down um and I and I really want to take a look at the thought you're having I'm not good enough, there's there's um within therapy we use ah this thing called cognitive distortions and it's just a big fancy word um for normal unhealthy thinking patterns that we all have um and it sounds like what you're doing is comparing yourself a lot, you're comparing yourself to girls he thinks are pretty on TV or to girls that are the traditional pretty girls um or to girls that have like long beautiful hair you're comparing yourself to them um and I really want to challenge that thought, is it okay if we go ahead and try to challenge that?

**Comment:** I do not think I did great at normalizing and paraphrasing. However,

**Correction:** So you tend to shut down? (Client responds) Well, a lot of people actually tend to shut down when they deal with similar thoughts and emotions and that's why it's so helpful that you are able to recognize that this is unhealthy, but also recognize where those actions and

feelings stem from. During our previous session and earlier in this session I mentioned that CBT, cognitive behavioral therapy, focuses on how thoughts influence emotions and emotions influence actions or behavior, and this is a perfect example of that. You're thinking I'm not good enough so then that makes you feel anxious and that feeling causes you to shut down. I would really like to take a look at the thought you're having, I'm not good enough. In therapy we analyze something we call cognitive distortions and it's just a big fancy word for normal unhealthy thinking patterns that we all have and it sounds like what you're doing is comparing yourself a lot, you're comparing yourself to girls he thinks are pretty on TV or to girls that are the traditionally considered pretty girls or to girls that have like long beautiful hair, and I really want to challenge the thought that you have when you compare yourself to others, the thought of not being good enough. Is it okay if we go ahead and challenge that thought?

**Client:** by all means

**Therapist:** okay so is there any evidence that supports the idea that you're not good enough?

**Comment:** I am satisfied with this comment because it is straightforward.

**Client:** besides like my negative thinking

**Therapist:** besides your negative thinking is there any evidence that supports it?

**Comment:** I could probably have said something different to convey the same message.

**Correction:** Well, your negative thinking is not proof, is there any proof that supports your negative thinking?

**Client:** um, I can't really, I can't really think of anything like evidence

**Therapist:** okay, so is there evidence that proves that you are good enough?

**Comment:** I could probably validate the client.

**Correction:** okay, good, so is there evidence that supports the fact that you are good enough?

**Client:** um I mean my, my boyfriend does like when we do have these conversations like sometimes I'll open up to him about it and he just like reassures me like you are beautiful I love you like I don't want that I want you and like I have like my family and my friends they're all really supportive of me and everything I do and like they really make me feel like I am good enough and like they're like my evidence that I'm worth it

**Therapist:** okay so it sounds like you have a really good support system and you have people that constantly point out that you are good enough and you couldn't think of one situation or one example that proves that you're not good enough um but if this were to be true if if you truly weren't good enough what's the worst thing that can happen?

**Comment:** I think I did well at pointing out her support system and the fact that she could not find evidence to support the idea that she is not good enough. I could still improve this comment.

**Correction:** Well it sounds like you have a really good support system and you have people that constantly point out that you are more than enough. When I asked you for evidence that proved otherwise, you couldn't think of one situation or one example that proved that you're not good enough, which is wonderful! So let's say that this horrible thing was true, if you truly weren't good enough, what's the worst-case scenario?

**Client:** um my worst case scenario would be my boyfriend breaks up with me because of what I think like because of me like of how I look

**Therapist:** and if that were to happen is that something you think you could handle, how would you cope with that?

**Comment:** I want to avoid asking multiple questions in one statement.

**Correction:** and if that were to happen is that something you think you could handle? (Client responds) how would you cope with that?

**Client:** mm lots of crying um but I don't, probably like my friends and family like I'm, like you said I have a really good support system and in the past when I've gone through breakups like they've always supported me and everything I do and so probably just talking it out with them and being with them

**Therapist:** and what's the best-case scenario if this is completely just unhealthy thinking and you truly are good enough what's the best-case scenario?

**Comment:** I could probably reinforce the support system and the unhealthy thinking.

**Correction:** so now, if this is completely just unhealthy thinking and what your boyfriend and family tell you is true, that you truly are good enough, what's the best-case scenario?

**Client:** I mean he doesn't break up with me and I don't know I guess I began to realize like my own worth and like how beautiful I truly am

**Therapist:** okay, what's the most realistic outcome like we did the worst-case scenario and the best case scenario, what's the most realistic scenario?

**Comment:** I am satisfied with this statement because I ask for the most realistic scenario.

**Client:** realistically speaking I know like my my sister um has told me I'm just in my head a lot and so I guess that's pretty realistic I tend to get in my head a lot and like my boyfriend's told me that and so probably like realistic it's just like, I am good enough like it's fine I'm just, Karissa you're just overthinking it

**Therapist:** okay, and you've mentioned your sister plenty of times before, is she somebody you value a lot in your life

**Comment:** I could have stopped at the last question. I am not sure if this one was necessary, but I could have also paraphrased before this sentence.

**Correction:** So others have pointed out that this is not true, and you are just overthinking?

(Client responds) You've mentioned your sister plenty of times before, is she somebody you value a lot in your life.

**Client:** oh yeah, she's my she's my best friend

**Therapist:** okay that's nice um if she were going through this same situation what would you tell her to do?

**Comment:** I think I should have said a little more about the comment the client made.

**Correction:** It's nice to have that type of relationship with your sister. If she were going through the same situation, what would you tell her?

**Client:** I'd tell her to stop thinking like this because she's beautiful inside and out and she's worth every single second of anybody's time

**Therapist:** that's nice; those are nice words to have for a sister

**Comment:** I do not like this comment.

**Correction:** It sounds like you see your sister's value, and even if she didn't see it herself, you would make sure she knew how amazing she is, is that what I'm hearing? (Client responds)

**Client:** thanks

**Therapist:** um what do you think she would tell you

**Comment:** Client already mentioned that the sister tells her it is just in her head so I should acknowledge that.

**Correction:** You mentioned that she often tells you that this is just in your head. If she were here right now, what else do you think she would tell you?

**Client:** probably the exact same thing like that I'm worth it and if um a guy leaves me because of such shallow and things like that like it, he wasn't worth it in the first place.

**Therapist:** yeah okay so as we walked through this as we went through this process I kind of saw like your body changed like you were a little tense you kind of like relaxed a little, your facial expression changed um do you feel that this was helpful, do you think it was helpful?

**Comment:** I should add a sentence to link the client's comments rather than jumping into something else.

**Correction:** It sounds like she also sees you how you see her. She sees your value and worth and she would encourage you to see it in yourself. (Client responds) So as we talked and went through this process, I noticed your body changed, you were a little tense and as we moved along you seemed to relax a little and your facial expression changed. Do you think this was helpful?

**Client:** I think it really was like being able to find, what'd you say like see the evidences like against my negative thinking and challenge it

**Therapist:** yeah, um so now that we walked through this, on a scale from one to ten with one being not at all and ten being the most you've ever believed something how much do you believe it's true now

**Comment:** I am satisfied with this comment except for the um. I think I did a good job with the scaling question.

**Client:** probably like a three or a four

### **Setting Homework**

**Therapist:** okay so you started at an eight, you thought I'm not good enough and you were on an eight and simply by walking through these steps you're now at a three or a four so this is this is proven to be very helpful and like I said I mean I saw it even while we were talking like your your demeanor changed, your facial expression changed and um and so I mentioned to you that one of the things I wanted to suggest was a worksheet we have um this is actually the worksheet I wanted to suggest um and and you tell me if, this is would be similar to what you did last week with the thought record I call, do you remember

**Comment:** I repeated myself too much. I need to be clearer with my wording.

**Correction:** Wow that's great! When you came in you believed this thought at an eight and simply by walking through these steps you're now at a three or a four, so we can see how helpful this has proven to be. Like I said, I noticed it even while we were talking, your demeanor and your facial expression changed. I am very glad this was helpful. As I mentioned earlier, I have a worksheet that I wanted to share with you and it is a worksheet that will help you walk through this process on your own.

**Client:** mhm

**Therapist:** ah, so tell me if this something you would be interested in doing I'll walk you through it and then you can let me know if this is something you you would be willing to do okay, so this is gonna be kind of similar to the last thing you did but what you would do is and and here are the instructions in case you need them but what you would do is kind of identify two or three situations within the next week until we meet again where you're feeling that you're not good enough when you're truly thinking I'm not good enough like I'm not, you're comparing yourself to others and you're like I'm not good enough and you write it down and you say on a scale from one to ten how much do you believe that's true and then you walk through this process and I mean you you see is there evidence that supports the idea that I'm not good and you weren't able to point one out here so I'm I'm almost sure it's gonna be really difficult for you to find something that proves that you're not good enough um but you walk through that and then you say is there evidence that I am good enough does my boyfriend tell me I'm good enough am I

truly am I good enough and then you ask yourself if I if this were the worst-case scenario what would happen, best-case scenario what would happen, what's the most realistic outcome and then lastly you just say like if my sister was going through this what would I tell her, what would she tell me and then at the end on a scale from one to ten you rate it again how much do you believe it's true after you walk yourself through that process does that sound like something you would be interested and willing to do?

**Comment:** Again, too wordy instead of straightforward.

**Correction:** I'll walk you through it and then you can let me know if this is something you would be willing to do okay? (Client responds) So this is going to be similar to the last worksheet you did, here are the instructions in case you need them, but what you would do is identify two or three situations within the next week where you notice yourself thinking you're not good enough, and you write it down. Then on a scale from one to ten you rank how much you believe that's true and then you go through this process just like we did, and you see whether there is evidence that supports the idea that you're not good enough and then you see if there evidence that supports the thought that you are good enough, such as does my boyfriend tell me I'm good enough, do my friends say I am good enough, and then you ask yourself what the worst-case scenario would be if your thoughts were true, what would the best case scenario be, and what's the most realistic scenario. Lastly, you ask yourself, if my sister were going through this what would I tell her, what would she tell me and at the end you rate your thought on a scale from one to ten, how much do you believe it's true after you went through this process. You would just hang on to that and we would discuss it at our next session. Does that sound like something you would be interested and willing to do?

**Client:** Definitely

### **Summarizing**

**Therapist:** okay so I'm gonna give this to you and you can just bring it in next time we meet um and then we'll just talk through that again okay

**Client:** mhm

**Therapist:** um so um I just want to summarize our session for today before we we kind of um wrap everything up um so we um did your mood check, we went through the agenda which we just got your update in the last seven days um you told me a little bit about the anxiety you're doing at work which we placed for our agenda for next week um you told me about the struggles with your self-esteem and your boyfriend your relationship and how it's affecting that um you also um we reviewed your worksheet which you brought in thank you so much for completing that and we kind of walked through the process of how your thoughts influence your emotions and your emotions influence your behavior um and you wrote two specific situations and you were able to identify the automatic thoughts that were going through your mind right before you felt that emotion um and then from that we pulled the situation, we pulled the something that we wanted to work on today which was working on your self-esteem um and the thought that you're not good enough and we kind of we kind of challenged that thought and we proved it to not be true we proved to be, that you are good enough um and then at the end we saw that your your thought was originally you believed it at an eight and then you came down two or three or four which is amazing um and then um we we went ahead and checked that again and then I gave you another worksheet which you're gonna complete within the next week and the next time you come we're gonna go ahead and discuss that as well and see how we can continue challenging those thoughts okay

**Client:** mhm

**Therapist:** um so do you have any questions about anything else we covered, do you think, does this, does this summarize our session for today?

**Client:** yeah

**Comments Summary:** I think I did well with summarizing, but I should continue to work on clarity and remember that a summary does not require as many details. It is simply a summary of our discussion.

### **Eliciting Feedback**

**Therapist:** okay so lastly I just want to ask you for feedback is there anything you um you want to suggest that I can improve on um to kind of help you better or assist you in anything else you further need?

**Client:** no I really like this worksheet and I think it would be very helpful this upcoming week

**Therapist:** okay well thank you so much Karissa for coming in a second time it was a pleasure meeting with you I hope to see you next week

**Client:** me too

**Therapist:** alrighty take care bye

**Comments Summary:** I forgot to ask for feedback in a better way. I should have asked, “what did you like about this session”, “what would you have wanted to have this session that was not done”.

### **Reflections:**

I have definitely seen improvements in my role as an advanced autonomous CBT therapist from the beginning of the semester until now. I think I feel a little more confident in my knowledge and skills, while still understanding I have much to improve. I believe my skills have specifically grown in the area of CBT education and the ability to help a client go through the process of identifying and challenging those thoughts. At the beginning of the semester I had no idea how to do either of those things, but now with the help of my professor, I have a better understanding of how to do that.

Some of my challenges include: speaking slowly and clearly, and listening to understand, not to respond. I speak fast and it is a challenge to slow my brain and thoughts down and to speak slow and clear for the client to understand. I also have a difficult time listening to understand rather than to respond. I think this is tied to having confidence in my knowledge because sometimes I second-guess myself so I think to respond so I do not make a mistake. On the other hand, I believe I do well in empathizing with others, explaining CBT and building rapport.

Overall, I believe I did well in my final video because I was engaged, I clarified what the client said, and I walked the client through the process of challenging her thoughts. I do not think I did my best, but I am constantly seeking to improve my personal and professional self. I will seek to do this by practicing these skills and asking for help when need. I truly appreciate those who take their time to teach us these skills and who care about our growth as professional social workers!