

Segment One:

Skills

Mood Check

Therapist: If you remember from our previous session uh I did a mood check and I'm going to do one on you today as well. So what a mood check is, is that we look at how your stress has been doing, which is what we talked about last week and in the previous session. So what we're going to do is rate it on a scale from 1 to 10 from this last week to see how you're doing. So on a scale of 1 to 10, one being no stress at all and 10 being the most stressed you have ever most stressed you have ever been what would you rate your stress in this past week

Client: seven

Therapist: Okay so it was, it was on the higher end of the scale. So that so you had a pretty good amount of stress

Client: Yeah, I would say so.

Comment: I believe that in this section I would have used less “so.” I also think that I could reworded “and I’m going to do one on you today as well.” I think this did not sound that great.

Correction: *Today we are going to do another mood check. As a reminder, this mood check will look at how your stress has been doing. We are going to rate your stress on a scaled from 1 to 10. So, on a scaled from 1 to 10, one being no stress at all and ten being the most stressed you have ever been, what would you rate your stress in this past week?*

Agenda

Therapist: Real quickly I want to let you know on what we're going to do with our time together today and we'll go over everything here in a second. So, first we will start with a mood check to find out on how your past week has been and how you've been feeling. And then we're going to review the homework that you did, we will then prioritize the agenda, what that means is that um we are going to find out what you want to talk about during the session and what's most important to you and that's what we will focus on that. We will then work on an issue and also learn more about cognitive behavioral therapy and a few of the skills that go along that and then towards the end we will set new homework that will help you practice these cognitive behavioral skills. And then at the very end we will go over the summary of everything that we've covered today in this session. And I will ask you for some feedback on how I did and how the session went. Does that sound okay?

Client: yeah that sounds okay

Therapist: Perfect, and do you have any other questions before we continue?

Comment: I think that I could have worded this part better. I believe that I did better than last time. I would possibly just make this section a little more concise. This section is important to be clear and concise. This part gives the client an idea on what to expect and lower anxiety of the session and it helps the overall process.

Correction: Before we continue, I want to go over our agenda for today. First, we will start with a mood check to find out how your past week has been. Then we will review your homework. Then we will proceed to prioritize the agenda, what this means is that we are going to choose a specific topic you want to focus on during our session today. We will then work on the issue and learn more about cognitive behavioral therapy. Towards the end we will set new homework that help practice cognitive behavioral skills. We will then go over the summary of what we covered in today's session and then I will ask for some feedback on how the session went today. Does that make sense? Do you have any questions?

Update from Previous Session

Therapist: All right so, um since we last met I want you to tell me in maybe two or three sentences how your past week went? Um, how exactly have things been going since we met last.

Client: This past week was filled with a lot of stress because of a lot of deadlines we have because of this uh upcoming thanksgiving we usually have a lot of things to get finished by then. Because of my position in the company I had to I had to supervise and also work on a lot of projects that um that were very high priority and uh, although usually it's time like this I pretty cool under pressure because of the deadline because of the importance of these projects um i was put under a lot of stress because of it.

Therapist: So, you mentioned that so your stress has been a lot higher than this past week um from because of the deadlines that you've had to meet. So, things have been a lot even more stressful than when we last met is that correct?

Client: yes

Therapist: Okay, so I kind of want to go back on the scale that we did earlier um and just kind of rate your stress right now so basically how do you feel about in the session how do you feel um how is your stress doing? For for example one again is the lowest amount of stress that you've have felt and then 10 is the most stressful, so what would you rate that as right now?

Client: Right now, let's rate it as probably five

Therapist: Okay so it's a little bit lower than what it has been this past week correct?

Client: yeah

Therapist: Okay I'm glad so I hope this session will help out a little bit with the stress and see how we can work together to deal with some of the stress.

Comment: I would limit when I say "um." I would also limit when I say "so." When I first speak, I would reword it and also not say kind of. I could have been more sure of myself. Show more empathy when I hear how the stress has been affecting the client.

Correction: Could you tell me in two or three sentences how your past week went since we last met?

Empathy: You mentioned that your stress has been a lot higher this past week. I am sorry that you have been so stressed out.

Using the same scale that we used before, how would you rate your stress on a scale from 1 to 10? One being the lowest amount of stress and ten being the most stressed you have ever been.

Review Homework

Therapist: So um let's take see let's take a look at your homework I know I asked you to do something uh some homework last week I kind of want to go over it. So, I also wanted to remind you about cognitive behavioral therapy. So, cognitive behavioral therapy once again is looking at how your thoughts impact on how you feel and then how you feel impacts on what you do. So in the previous session I asked you to write down a situation where you felt stressed and upset. Um were you able to do this?

Client: Uh yes it was a little bit not as much as the first assignment i was given because of the amount of projects I've had to do and I didn't really have time to think about it as much as I would like to but I did get a little bit.

Therapist: Okay so we will look over that situation and kind of work through it and see what thoughts and feelings were um in that situation. Uh so you said you were able to do it, but not as thorough?

Client: Once or twice.

Therapist: Okay, once or twice. So not as much as the first time, correct?

Client: Yeah

Therapist: Okay did you find it kind of helpful to write those situations down?

Client: Um, I would say yes yeah it was it was helpful just to take a break and kind of sit back and look at what, how I was feeling and what I was thinking about when I was feeling certain

way. It was it was a bit comforting like I said it wasn't as often as I would like, but when I did do it, it kind of helped.

Therapist: So, it helped to kind of take a step back and just evaluate, um the situation what you were thinking and your feelings in that situation.

Client: Yeah

Therapist: Okay, so going back on the situation that you wrote down could you tell me a little bit about the

Comment: I would possible review if the client was able to do the assignment. I would ask if they had a “chance” to do it instead of “do.” By doing this I do not come off in a way I do not want to. I let the client do their own thing and not get offended if they did not do it. I would take out the “ums” that I said in this section.

Correction: Before we continue, I would like to remind you about what cognitive behavioral therapy. This is looking at how your thoughts impact how you fell and then how you feel impacts on what you do. In the previous session, I asked you to write down a situation where you felt stressed and upset. Did you get a chance to do this?

Prioritize the Agenda

Therapist: So from what you've mentioned so far you have had stress from work and most more specifically, because you've had a lot of projects at work. So, um is this the situation or yes is this the situation you would like to work on today, stress specifically from work?

Client: yeah

Comment: I would make the question I asked more of an option. I think that I picked out the homework for the client, however the client should choose. The client should be the one to self-determine.

Correction: I know you have mentioned stress from work being a problem. However, I want to take a step back and ask you what would you want to focus on today?

Work one Problem and Educate on CBT

Therapist: Okay, so going back on the situation that you wrote down could you tell me a little bit about the situation.

Client: Um it was uh it was in last week Monday. Um this is when we were given uh certain deadlines for a few projects that were the last products that we had to complete. Um these were the the due dates. They were given out on that day and um when he found out that we only had about two weeks about two weeks maybe less than two weeks to get these things finished, um

my first thought was I don't know how we're gonna do all these plus the other other projects that were due on the same around the same time um so kind of made me feel overwhelmed.

Therapist: Okay so, you said your initial thought was um you don't know how you're going to be able to complete it correct?

Client: Yeah complete all the projects plus the ones that were given in the day.

Therapist: And the emotions around that was that you felt overwhelmed.

Client: Yes

Therapist: So so, that's that's a good sign as well that you kind of um know the difference a little bit between your thoughts and emotions. So like I said before when you when you're looking at cognitive behavioral therapy it's important to recognize and know the difference between emotions and thoughts so our emotions are usually on how we feel and for the most part when we look at situations and when we go through things we often are more aware of our emotions. Because it's things that kind of happen automatically but we don't sit back and evaluate that there was a certain thought that happened before that made that emotion and that brought this emotion up. So I know we also talked about automatic thoughts in the previous session but just as a reminder, um automatic thoughts are thoughts that just pop into your head. So sometimes you don't even there you don't even notice that these thoughts are occurring so when you feel, for example like for example for you stressed or upset often times, like I said before you've already had an automatic thought and that is behind the feeling that you're having and then in result you feel upset or stressed and then you act a certain way on based on how you feel.

So you told me already that some of the like one of the thoughts that you had initially was um i'm not going to be able to finish this in time because of all the things that you've had already other deadlines that you had so was there any other thoughts that you had in that moment?

Client: Um not that I can remember I just, that's what I wrote down. This original thing I worked on that I was feeling pretty overwhelmed.

Therapist: Mm-hmm, so basically you were just and for the most part worried that your projects um would be delayed or would be late or you wouldn't have enough time to do everything.

Client: Exactly

Therapist: When you feel, so when you feel stressed or just kind of feel in a sense overwhelmed, how does that show or affect your behavior?

Client: Um i get pretty uh, pretty I guess stern with um the people who work under me when I'm working on projects with them uh this usually comes with the job you have to be more of a boss than usual.

Therapist: So I hear there's like a lot of pressure with that and and expectations as well from you said you're the boss, but is there anyone um anyone else that oversees everything?

Client: oh yeah. Usually on projects like people above you do not work on them they're usually just you know the real supervisors but we're in my position in the company, I kind of do the work but also oversee some.

Therapist: Right, so you have expectations of those employees but then those supervisors also have expectations from you as well, correct?

Client: Yes

Therapist: So it would be overwhelming to have all these deadlines and all these expectations as well from your supervisors waiting on the work to be done.

Client: Mmhmm

Therapist: So kind of going back on evaluating um the situation and the thoughts and emotions that you were having how was it like for you to recognize the thoughts that you were having and how those thoughts were going with those emotions?

Client: It kind of kind of made me realize how easily I can sort of doubt my ability and ability of my co-workers. Yeah it's it had just happened quite fast as soon as we, as soon as i heard just the dates and you did this stuff and how big these products were and how important they were. Started feeling the pressure even though I hadn't started anything.

Therapist: So in a sense you're having all these thoughts and emotions but did before doing this exercise or thinking about the situation in this way did you realize that you were having these kind of thoughts about yourself about doubting yourself and being overwhelmed?

Client: um, no not really.

Therapist: Was it in any way helpful to kind of see that

Client: yeah and yeah it was in a way. It didn't really help take away the feeling of being stressed to number one but to help me realize kind of see how easy it could uh it could happen. And just kind of put it to notice myself.

Therapist: Well I'm glad that it helped in some way and it sounds like for the most part it was helpful.

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Therapist: Before we continue is something that's called cognitive distortions. So, we were not really able to talk about that in the previous session. So, I have a list of them that I will give you um but I'm gonna go ahead and explain to you what they are and read them and you can go ahead and read them more into depth later when the session's over. So, basically cognitive

distortions are patterns of thinking that we all have so we all do these distortions at some point in our lives most of us have a few that we use a lot and they're all just basically thinking patterns that are not necessarily helpful to us. So, most of the time these distortions are in fact skewed and not really based on truth so one of the things that we do in cognitive behavioral therapy is that we learn to identify the different types of cognitive distortions. Um and specifically the ones that we tend to use. Um mostly so the reason that we really do this is so we can learn to catch ourselves in certain negative thinking patterns and then we can make a choice to think in a more balanced way in a more positive way about certain situations so I wanted to point out earlier you were saying a few things, a few negative things about yourself. And um things about work so oftentimes when we have these automatic thoughts it's for the most tends to be negative and one of the cognitive distortions that is found in the list that I gave you is called a negative filter. So, reading off the list a negative filter it says that you focus almost exclusively on the negatives and seldom notice the positives and in quotes it says look at all look at all the people who don't like me. So, what this really means is that in certain situations and in circumstances you sometimes you basically see the negative side of things and discount all the positive things that are occurring.

Comment: I want to say that I should say “um” less. I put a lot of content here because I explained CBT twice. I reminded the client about what CBT focuses on and then explained to the client about some cognitive distortions. I think that I would shorten this a little bit.

Correction: Before we go further into the session, I want to take some time to explain what cognitive distortions are. Here is a list of them. I am going to go ahead and explain what cognitive distortions are. They are patterns of thinking that we all have. However, these patterns of thinking may not be helpful to us. These distortions tend to not really be based on truth. We all have done some of cognitive distortions in our lifetime.

Set new Homework

Therapist: So quickly our time is coming to an end, but I wanted to talk about just review um on the homework so we talked about how writing a situation down was important and we have been doing that so I want you to continue to write down a situation where you feel you feel stressed out um and just kind of evaluate what thoughts went through your head and what emotions are associated with that. On top of that I also wanted to add in the cognitive distortions uh from the list I gave you, I wanted you to identify two or three distortions that you may use sometimes, um do you think that's something do you still think that's something you can do until our next session?

Client: Yes, I believe so.

Therapist: okay so do you think it'll be helpful though that's the most important part.

Client: I think so, I think it will be helpful, the other homework has been helpful, so I don't doubt that this would also help as well.

Comment: I think that this was a lot of things to handle at once. I would reword the way I said it in a more concise way.

Correction: I wanted to review on the homework that we have talked about today. You mentioned how writing a situation down when you feel stressed was helpful, so we are going to continue to do that. Is that okay?

This activity will help evaluate what thoughts went through your head and what emotions were associated with that when you were stressed. We also added on, identifying two or three cognitive distortions that you see yourself using. Do you think that this is something you can also do until our next session? Do you think it will be helpful?

Summary

Therapist: Okay well before we end here, I kind of want to summarize everything that we've done. Um so first when we began the session, we started with the mood check and looked at how your stress was over the last week. Then we prioritized um your work situation basically this is what we're going to talk about during the session and that's what we decided to focus on today. We then had an update on how you were doing, how you've been feeling this past week, and then we looked at an agenda and talked about what we're going to cover um in the session. So, then we evaluated the situation and evaluated our thoughts and then I was able to kind of talk about a little bit more about um CBT and cognitive distortions. Then we also set some new homework I believe that was everything so far, do you think I missed anything? Or does that basically summarize everything?

Client: That's a good summary for everything

Comment: Do not say “does that basically summarize everything?” Highlight that progress has been made since the last session. Add in a question of what they think is most important to remember. I would also take out , “um and kind of.”

Correction: Our session is coming to an end and I want to go over everything we have done in this session. First, we began with a mood check and looked at how your stress has been this past week. Then we prioritized what we were going to focus on today, which was stress from work. We then had an update on how you have been doing over the past week. We then looked at our agenda for today. Then we evaluated the situation and the thoughts we were having in the situation from the homework. From the homework experience, I saw some progress towards knowledge of CBT. Then we learned more about Cognitive Behavioral Therapy and cognitive distortions. After that we set some new homework. Is there anything that I missed?

What do you think is going to be most important for you to remember this week?

Feedback

Therapist: Okay, so now this is a time where I'm going to ask you for feedback on today's session so what did you think of today's session?

Client: Um it was good to talk about what happened this last week. So, I was kind of relieving or relief

Therapist: Mm-hmm. So it helped you a little bit, it kind of relieved you a little bit just talk about

Client: Yeah to just get it out

Therapist: Is there anything that I did that bothered you?

Client: Um, no.

Therapist: Okay okay good. Is there anything that I got wrong?

Client: Everything was pretty spot on.

Therapist: Lastly, is there anything that you would like for me to do differently next time that we meet?

Client: No, nothing that I can think of.

Therapist: All right well that sums up our time today and so I'll be looking forward to seeing you next time.

Comment: Personally, I think I did better with the feedback this time around. I would add in if the client needs a certain topic addressed in the next session. These words help me understand how the feedback went during the session and if anything needs to change.

Correction: Now is the time where I am going to ask you for feedback. What did you think of today's session? Is there anything that I did that bothered you? Is there a certain topic that needs to be addressed next session?

Segment Two:

Reflection & Issues:

A. Cultural Issues:

There were no cultural issues that surfaced during the session. There is on cultural issue that was specific to my client. This issue was on the stigma of therapy. In the client's culture therapy and mental health is not something they partake in. The client was taught to just deal with things on their own. Therapy is seen as weak and frowned upon. The client was short on his responses and was trying therapy out because of his last resort. Therapy was not openly accepted to the client. If this issue was shown in the session, I would not force the client to do anything they did not want to participate in. The client is there on their own for the session and it will only

be affective if the client wants to participate and seek change. If this cultural issue would have happened during my session, I would have explained what Cognitive Behavioral Therapy is in a different way and show the client that it is a tool that is taught to a client and then that client will take those skills and eventually do them on their own. I would explain that I understand the stigma around mental health and therapy and that if I were to make the individual or client uncomfortable at any moment to let me know. I would make the environment as comfortable as possible. For future reference, I would also educate myself more on the stigma around therapy and mental health and find ways to reach the client in the best way possible. I would do this to increase my cultural competence. I would also ask the client on what their needs were and how I could make the session suit their needs the best. I would enforce this a lot more. I know that as a practitioner you are already supposed to do this, but I would have to become self-aware of my actions and words.

Reflections on your growth and performance as an advanced autonomy practitioner

I believe that I have improved in facilitating CBT therapy sessions. In the beginning of the semester I felt like I really did not know what I was doing. I was more nervous about practicing and often fell short on time. I always kept looking for things to say and the right questions to ask. I do still have some room for improvement. Although I have some room for improvement, I feel like I have come a long way. I find myself sometimes not having enough time. I need to focus still on showing empathy better, because I feel like I like in that part. I do think that I can also sharpen the questions and words that come out of my mouth. I believe that I have become better at explain what Cognitive Behavioral Therapy is and I am starting to quite enjoy it.

In order to strengthen my role as an advance autonomous practitioner I need to keep practicing. I need to keep practicing on different pseudo clients and possibly even educating myself more on Cognitive Behavioral therapy. I also feel like I can use the practices that I have learned on myself to see how well it works and how far I have come. I think it is also important to surround myself around peers that are also learning cognitive behavioral therapy. I plan to continue using these skills and practicing them during my break at least once a week on a person. I will try and see if I can practice on my family members and educate them on what I have learned so far. Overall, I feel a lot more comfortable than I did in the beginning and I think that it is beginning to show. I know I still have a long way to go and it will take years of practice in order to get the perfect flow, but I cannot wait!

Reflections on your experience of using technology in the second half of the semester

There were a few positive things that I learned or experienced through using technology. I think that it was all a learning experience, because I have not done class like this before. I do think that it was beneficial, because I could be home and still participate in class. It was quite beneficial, especially with working full time and having other responsibilities. One other positive thing is when it came to practice with pseudo clients. I think technology was beneficial because we could do it over video chat and even in our own home. I was also able to record with technology for my videos and that also was quite helpful.

I think that using technology also helped me learn in a different environment and perspective. It taught me to be flexible, understanding and patient. There were times where things would not go as expected, but it was important to adapt to the circumstance and continue. As a social worker or in therapy, it is important to be patient and understanding. Clients have different needs and are on different levels, so therefore it is important to have these skills. I feel like it taught me critically think of solutions to certain situations that I would not have had in class. An obstacle that I faced was probably feeling a little detached from my cohort, since it is online. I am a very outgoing person and love being around people and I struggled with that a little bit. However, the pros outweighed the cons. Another obstacle was my personal life and internet connection. I have had troubles with internet, and I did the best I could to solve my solution. It was an obstacle, however it helped me problem solve. Because of this issue I was able to call my friend on the phone and listen to class through there. Overall, using technology has really been beneficial for me.