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CBT Self-Analysis

In this client session, I believe I guided the interview well for my client. Although this session was only 10 minutes, I was able incorporate how we will be using the CBT model and the structure of future sessions. My strongest section I delivered was the mood check. In the mood check portion, I allowed the client to reflect and summarize his experiences. I then used scaling questions to expand on their mood. Once the client identified themselves with a place on the scale, I asked clarifying questions to support the client's claim. I was able to ask these questions with the intent to inquire about the client's overall goals by ensuring that they are involved throughout the conversation. This client was mandated to receive sessions with me so, I wanted to seek more information from the client's perspective on what they have been experiencing.

I think I need to focus on delivering with a more natural and genuine approach. I also thought that I was speaking a lot throughout the session, but as I reviewed the video with my clinical mentor, she assured me that from a bigger scale, in a longer session I may not feel this way anymore. It is better to set a clear understanding between the client and I in the beginning to fully have an effective session going forward. Practicing my delivery would be the best intervention for my insecurity. Being a therapist means that I will continue to build relationships with my clients and improve my engagement methods. My clinical mentor mentioned that I can better engage with clients by practicing each section without referring to the script. This would help me develop my own script that would emphasize my authenticity and intention. If I could redo this session, I would try to shorten the explanation of setting the agenda, so I can have more time to use an example of the client's problem to help educate them more about CBT.

The client was mandated to receive a couple of sessions with me to help him control his emotions that were triggered by the news and politics. Throughout the session, I asked the client to explain what happens when he sees the news. The client expressed how once he watches something new on TV regarding politics or local news, he becomes upset and continues arguing in his mind. I was not able to address this issue he was having with CBT, but I assured him in the beginning how we will be incorporating CBT into these sessions. I also mentioned how this session was to get a general idea of what has been going on and what his goals are regarding his success in therapy.

There were no specific interventions given to my client regarding their issue. In the session, I was only able to educate the client about CBT and how we will be implementing it throughout the rest of the sessions going forward. From the beginning of the session, I attempted to get to know my client by asking them questions like “have you gone to therapy before?” and “did you have any trouble logging into Zoom?”. This allowed me to easily transition towards introducing ourselves and the roles we hold. Asking clarifying questions and paraphrasing are two skills I have embedded into my engagement with all clients. The client’s issue was a problem I have never encountered before in the past, so it was important to ask questions on what the client was trying to express. In a case where I have trouble conceptualizing the client’s problem, I would ask them questions throughout the session to make sure I am able to provide appropriate feedback. Also, being honest with the client shows transparency. I can simply ask the client “what did you mean by...?” or “I didn’t quite catch that; can you explain a little more?”. If I had more time with the client, I would have taken the time to introduce the automatic thought record. Once I educate the client on this, I can then make an agreement with them and suggest

this as a helpful activity. The automatic thought record would be a helpful way to set a baseline to see how the client progresses.

When I first introduced myself with Cognitive Behavioral Therapy, I was a bit confused. I had to re-read several paragraphs and listen to the lectures multiple times to fully grasp the material. I struggled to solidify the foundation needed to educate clients on CBT. After studying, I found that teaching myself aloud helped me to finally understand what I was learning. Once I settled on a learning method, practicing with other pseudo clients made it much easier to further develop my therapeutic skills. The feedback I have been receiving has been encouraging and influenced my growth. Although I have been practicing, I have noted other areas that need improvement. Some sections of a session like confidentiality can sound rehearsed. I wish to find new ways to introduce these sections with a more personable approach while including key information. By the end of the semester, I hope to be confident in educating clients on CBT and displaying myself as a genuine service provider.