

**Self-Evaluation Paper**  
by: Karissa Goodman

Karissa: Hi, Jocelyn, so good to see you. Again. Thank you for coming back in.

Client: Thank you. It's nice to see you too.

Karissa: Awesome. So just before I begin, I just want to go over confidentiality. Again, remember everything that you say here stays here unless you plan to harm yourself or someone else, whether it be an elderly a child or a disabled individual. Then as a mandated reporter, I am mandated to report that. Do you have any questions about that?

Client: No. It seems like when you told me last time.

**Mood Check**

Karissa: Okay, so, from our last session, remember, we did kind of a mood check at the beginning just to kind of see where you are, where you were throughout the week and how you were doing so I can only do that, again to start off our session just to place yourself on a scale to see where you are and where you want to be. Um, so on a scale from one to 10 one being it was a great week. Perfect, everything went perfectly fine. And 10 being absolutely terrible, like worst week of your life. Where would you put yourself on the scale for this past week?

Client: I probably be like a seven. The last part of week was pretty rough.

Karissa: A seven.

Client: it was fine in the beginning, but towards the end, like I said, it's just it was pretty bad.

Karissa: Okay. So it's gotten a little worse. So where would you put at the beginning of the week?

Client: Maybe like a four?

Karissa: Okay.

Client: Like it was okay. Nothing like out of the ordinary so it was a normal week.

Karissa: Okay.

Client: Like I said the past couple days have been pretty hard.

Karissa: And I look forward to talking more about that with you today. So on that same scale, where would you put yourself right now sitting here in this office?

Client: Maybe like an eight. I know it's a little bit higher the number I said before, but like, I think since we're about to talk about what happened this past week, it's it's gonna bring up some stuff.

**Summary Statement:** I would say that I did alright on the mood check. I definitely stumbled over my words and did not deliver the mood check as smooth as I could have. Instead of focusing on one emotion or feeling to measure, I just measured how her week was going in general. I think I did a good job by recognizing and listening to her when she said that her week had changed halfway through. I then asked what number she was at during the beginning of the week, the end of the week, and currently. This allowed me to compare the changes she had experienced throughout the week.

**Key Correction:** "I hear you saying that you are currently at a seven on this scale for our mood check. That is a pretty high number. What does a seven look like to you?"

**Set the Agenda**

Karissa: Okay. And I definitely want to dive into that. But before we do, I kind of set the agenda of what we're going to go over today, if that's okay with you. Okay, so we're going to talk about,

like kind of a refresher of what we did last and I kind of just want to get an update on how this past week went, I heard that it's been really stressful. So I kind of want to dive in deep there. And review the homework I see that you brought in, so thank you for bringing that back. We're going to go over that, see how that went and what changes we can make for this week. Um, then also want to find out what's most important to you to talk about today. I know life can be crazy, and we have a lot of things going on. So I want to see what's most important to you that we can tackle in today's session. And then I want to work on that and work through it, um do some more cognitive behavioral therapy, which we talked about last time, and seeing how we can switch our negative thinking more positive thinking and kind of changing those automatic thoughts. And then at the end, I'd like to give you another like practice activity like the one you have right here, kind of just to help you throughout the week to aid you in that thinking process. And then at the end provide, go over like a summary of everything we talked about and hopefully I can get some feedback from you on how today's session went. Do you have any questions about that?

Client: No. Sounds good.

**Summary Statement:** I notice that I say “so” and “I kind of ...” a lot in this section. Looking back on this, using “I kind of want to ...” makes me seem less confident in myself and my skills. I think I did a good job at explaining each step and what will be covered in the session, it just seems like a huge list to me now. I need to slow down and take my time explaining what the client can expect from the session. I ended it by asking if the client had any questions rather than saying “Is that okay with you?” which a good improvement for me.

**Key Correction:** “Before we go any further, I would like to set the agenda for today’s session so we both know what to expect. Please let me know if there is anything else you would like me to add to our agenda once we go over it.”

### Update from Previous Session

Karissa: Okay Jocelyn. So um, in our last session, we went over cognitive behavioral therapy about how um our automatic thoughts, we have an automatic thought when a situation happens, something that just like snaps in our head, we're thinking about that. And we talked about how your automatic thought leads to an emotion of how you're feeling, and then that can influence your behavior. Does this sound familiar what we talked about last week?

**Comment:** I was on the right track but got jumbled up with explaining and going over automatic thoughts. As I re-read this, I got confused at what I was trying to say. I would most likely confuse my real-life client too.

**Correction:** “Okay Jocelyn, do you remember in our last session we went over a basic definition of what cognitive behavioral therapy is? We talked about automatic thoughts and how these are so fast to happen that sometimes we miss them. We worked through how these automatic thoughts are connected to our emotions and what we feel which leads to how we act and behave. Does this sound familiar?”

Client: Yeah, it does.

Karissa: Do you have any questions on any of that before we kind of go further today?

**Comment:** I did a good job asking if the client had any questions, but I neglected to let the client talk about how the new knowledge about cognitions impacted them in the past week.

**Correction:** “Now, would you mind telling me how you used this new information about CBT and automatic thoughts during this past week?”

Client: I don’t really have any questions. I just want to see what my homework has like, what my homework, in essence helps me with understanding CBT a little bit more to connections.

## Review Homework

Karissa: Okay. Yeah, and we can definitely do that right now. So why don't we go over, I see you brought it. So do you think you can walk me through the homework that you brought?

**Comment:** I appropriately transitioned into reviewing the homework, but I think I could have reviewed the guidelines with her before we dove right into it. I should have clarified what I expected and pointed out what would be key to go over together for this session.

**Correction:** “Absolutely. I see you brought back your practice exercise from last week, would you mind if we went over it now? Remember last week we decided that you were going to identify two situations that were rough for you. You then were to write down what thoughts went through your head in that situation and how those thoughts made you feel. Can you walk me through your situations?”

Client: Yeah, so um, I know you told me to put down two different situations. And so I didn't really have anything in the first part of the week because like I said, it was a four.

Karissa: Mhmm

Client: So it wasn't anything too crazy out of the normal. So later towards the end of the week, that's when I was like, this is a good time to write them down. Thankfully, I kept this in my purse since I do like to go workout in the morning

Karissa: Mhmm

Client: and make sure like I try to get out and get some fresh air and all that fun stuff. So I just leave it in my purse that way I can take it with me in case something happened.

Karissa: Yeah.

Client: So the first situation I put down was, I was on the phone with my mom. And we're just having a normal conversation because I know we spoke about last time like I don't live with my parents anymore.

Karissa: Mhmm

Client: I'm a junior in college. So I dorm so I live three hours away from home.

Karissa: Okay, yeah.

Client: So I try to call them at least every other day if I can't talk to them every day. We're on the phone and are asking how the day was, if anything new, any new updates about her and my dad, but she was being kind of short with me.

Karissa: Mhmm

Client: And so, like, the first thing that popped in my head was like, Oh, no, like, Did I do something wrong? Like is she okay? But the more like, she kept talking, I sounded like I was bothering her.

Karissa: Okay

Client: I was kind of thinking like, my mind. Like, since I'm here with my mind went to the worst. And I was like, my mom doesn't love me. Like, I'm just bothering her, like, why am I even on the phone with her? So like, my thought was like, I'm unlovable.

Karissa: Mhmm

Client: I just, I don't feel like my mom loves me, which I think can be an absurd thing to think about. But I just thought in that moment, I'm just bothering her. So I just kind of like cut it with my mom.

Karissa: Yeah

Client: I see you're really busy. I'm just going to go, she said “okay bye”. And so that kind of taught me a little bit. So the emotional end up feeling like scared of the thighs like the emotion I was feeling was just like sadness and despair

Karissa: Mhmm

Client: because like I said my mind was the complete negative thing I could think about.

Karissa: Yeah

Client: So that was my first situation.

Karissa: So before we go into the second one, um, on that scale for the emotion you just described, um, with the one being, you didn't feel it at all, it was fine. And 10 being the strongest you felt it, where would you put yourself on that scale for this situation?

**Comment:** I clearly was not listening to the client very well, because I forgot what emotion they had just said. Instead of clarifying what emotion they were feeling in that situation, I just jumped into a scaling question and made it pretty vague. This could have confused the client or made me come off as though I was not listening.

**Correction:** "Can you tell me again what emotion you were feeling the most when this situation occurred? On a scale from one to ten, with one being not sad at all and ten being the saddest you have ever felt, where would you put yourself on that scale in this first situation?"

Client: Maybe like an 8. It wasn't enough for me to like, harp upon it for a couple of days. But I did end up like just sitting in my car, because when I called her

Karissa: Mhmm

Client: I was just sitting in my car and I was just sobbing.

Karissa: Okay

Client: I was like, I'm an only child too.

Karissa: Mhmm

Client: So I get all of my parents tension, if I'm like home and whatever. But like, since I'm away from home, I'm kind of deeply rooted in my family. And so like, I know they love and they care about me.

Karissa: Yeah

Client: But like I just in that moment, I didn't feel it from my mom. That's not something I feel very often from her.

Karissa: Okay, do you mind describing the second situation to me?

**Comment:** I feel as though I really rushed the client here and did not reflect her feelings about her mom. I did not show any empathy and just jumped to my next question. I was not in the moment and was more focused on what I was going to ask next.

**Correction:** "That sounds like it really hurt you. I can see that your family is very important to you, especially your parents. Thank you so much for opening up to me about that and sharing it with me. Are you ready to move on to the second situation?"

Client: Yeah, um, so my parents aren't together anymore. They got divorced when I was like five years old, so my dad's pretty nonexistent in my life. So like I said, I'm a junior in college and I know this may sound super crazy, but I know my emotion shouldn't be affected by like, I'm not okay. I've never had a boyfriend before.

Karissa: Mhmm

Client: And so I know that even though I haven't and like my mom loves me or whatever, I sometimes get thoughts like all my friends are getting boyfriends now. Like my guy friends are all getting girlfriends after finding someone. And I'm like, "shoot" like I'm never gonna find anyone like my freshman and sophomore year are up. Thankfully, I've made friends and none of them are ever going to turn into anything else.

Karissa: Mmm

Client: I was just like, I don't feel like I'm gonna find anyone. So again, like the same automatic thought of me not thinking I'm ever going to be loved or like, get it from like a romantic standpoint.

Karissa: Okay

Client: I'm not gonna find anyone. So again, like that made me super upset. My friends wanted me to go out with them and hang out, but I was like, I'm just gonna stay in for the night, catch up on some homework that I need to do

Karissa: Mhmm

Client: Which ended up working out because I knew I was going to come here next couple of days. So I was like, I'll just get the homework done so I can replace that with this.

Karissa: Yeah

Client: So it ended up working out, but that was I felt really upset about it.

Karissa: Okay, so feeling really like upset and torn about that situation. So on that same scale, one being not upset and 10 being most upset you've been, where were you in that situation?

**Comment:** I feel like I should have asked what upset really meant to her. Sometimes upset is more serious for others than it is for me. I could have clarified more on what this looked like for her before I scaled it.

**Correction:** "I hear you saying that you were feeling upset about this situation. Can you tell me more about what this looked like for you? On another scale, with one being not upset at all and ten being the most upset you have ever been, where would you put yourself on this scale during that situation?"

Client: Like a nine

Karissa: Nine, that's pretty high.

**Comment:** I did a good job at acknowledging that this was a high number on the scale. I could have been more empathetic and asked more about what that looked like for her.

**Correction:** "Wow, a nine is pretty high up on the scale. What does a nine look like to you?"

Client: Yeah, this was last Thursday, so a couple days ago.

Karissa: Okay. Well, Jocelyn, did you find that this, um, practice exercise was helpful to be able to identify, um, your automatic thoughts and see how the emotions kind of tie into that and the whole situation?

**Comment:** I did an okay job at wrapping this up, but I could have done better. I also neglected to ask more about that Thursday and how the past couple of days had been.

**Correction:** "So you said on Thursday you were at a nine, did this continue for the rest of the week or did the number change?"

Client: I did. I thought it was pretty helpful. It was hard for me I'm not gonna lie because I'm not used to taking like my kind of thinkable my automatic thought was and putting it on paper.

Karissa: Mhmm

Client: So I think I'm I like, I tried to really harp on it and like see what my automatic thought was, if I wanted I could do that more with happier thoughts, but I thought maybe like the ones that brought me down a little bit more will be better to put on the homework assignment.

### Prioritizing the Agenda

Karissa: Well, thank you so much for bringing that in and being willing to talk to me about it. So now I kind of want to go into, um, what you want to work on here today. What is most important thing that you want to get out of today's session?

Client: I think I just want to understand why I feel the way I do. And like I know it may not be like necessarily an issue, but it's something that bothers me. And so it is an issue but to me it's an issue will not be an issue someone else what's an issue me?

Karissa: Okay

Client: So I think just trying to figure out why I feel that way.

**Summary Statement:** I would say that this section went okay for me. I validated the client by thanking her again for bringing the homework and her willingness to discuss it with me. Again, I said "I kind of want ..." which makes me look less competent as a therapist. I did a good job at asking the client what was most important to her that we cover in this session, but I should have paraphrased her response and clarified on what she specifically wanted to focus on.

**Key Dialogue:** "What I am hearing you say, please correct me if I am wrong, is that today you would like to focus on understanding why you are feeling the way you do. Is this correct?"

### Working on Problem and Teaching Cognitive Skills

Karissa: Okay, and um, okay, so we can go ahead and dive on into that. So I've been hearing a pretty common theme of feeling unlovable and like, nobody's going to love you, like you said, your, um, guy friends and your girlfriends have all found significant others and you're just here and that's the automatic thought, like you mentioned of I'm unlovable, nobody's ever going to love me and you said that made you feel very upset. Is that right?

**Comment:** I think I jammed too much information into this introduction here. I went over a couple different things, not clearly, and did not clearly state what her automatic thought was. Then I went straight to the emotion. This was an unhelpful summary in my opinion.

**Correction:** "I definitely want to dive more into that with you right now. I have been hearing a common theme of you feeling unlovable today, would you agree? You have mentioned earlier that the majority of your friends are in relationships, and you have the thought that nobody is ever going to love you. This is an automatic thought. You also explained that this automatic thought has led to you feeling very upset, is that correct?"

Client: Mhmm

Karissa: Can you describe, um, a specific situation that has happened this past week with that, with the automatic thought came ...

**Comment:** I sound very unsure of what I am trying to say and of what the automatic thought is. I should have worded this sentence differently.

**Correction:** "Can you describe another specific situation where the automatic thought of 'nobody is every going to love me' came up for you this past week?"

Client: Of me feeling unlovable?

Karissa: Mhmm. In that situation, like in regards to romantic,

**Comment:** I noticed that the client here said "feeling unlovable" when this is more of a core belief. I should have politely corrected her here and distinguished the differences for her.

**Correction:** "Well thinking you are unlovable and believing it are what we can define as a core belief in cognitive behavioral therapy. This is different from a feeling. You may believe that you are unworthy and think that nobody is ever going to love you which leads to a certain emotion. Can you tell me about a situation where you had the automatic thought of nobody will ever love you?"

Client: Um, I was out to eat with my really close girlfriend and her boyfriend so I was 3<sup>rd</sup> wheeling.

Karissa: Mhmm

Client: And I have no issue like going out with them. Just going to get food or like going grocery shopping because me and my girlfriend live together.

Karissa: Mhmm

Client: So like her boyfriend like is over all the time. And so since he's over, it's cool and I don't mind third wheeling but like, I want to also feel that way. Like I also want to have someone.

Karissa: That's understandable.

**Comment:** I could have asked a more detailed question here along with being understanding of what she had said.

**Correction:** "I see that this is something that you really crave. What did you do in this situation when your housemate has her boyfriend over and you find yourself third wheeling?"

Client: So, but like I don't, I don't hate them because I see all the time. It's just like I would like to have that too.

Karissa: Mhmm

Client: Overall, things like the having movie nights or doing homework together.

Karissa: Yeah

Client: Or like I said, like a lot to do with them. But this one specifically we were going out to eat. And so like, they like ended up splitting the bill, like the cost was cheaper, I mean I can pay for myself.

Karissa: Mhmm

Client: It's just more expensive, but like, like those kinds of things.

Karissa: Okay, so would you say that part of why you're feeling or thinking that you're unlovable is because you don't have a boyfriend?

**Comment:** I feel like I fed this answer to the client. I should not have done this and should have let her answer it without my guidance.

**Correction:** "Okay. Let's think for a minute together. What is a reason that you are thinking and believing that you are unlovable?"

Client: Yeah.

Karissa: Okay. So if I'm hearing you correctly, um, what you're kind of thinking is "if I don't have a boyfriend, that means I'm unlovable"?

**Comment:** I told the client that they were "kind of thinking" a thought. This is what they were thinking, and I should have been more confident in what I was saying.

**Correction:** "Okay. What I am hearing you say is that if you do not have a boyfriend, then that means that you are unlovable. Is this correct?"

Client: Mhmm

Karissa: Okay. So on a scale from one to 10 right now with one being "I don't believe it at all" and 10 being "I believe it more than anything", how much would you believe that automatic thought of "If I don't have a boyfriend then that means I'm unlovable"?

**Comment:** I am satisfied with this comment. I focused on how much the client believed the automatic thought and scaled it so that she could visualize it.

Client: Probably like a 10.

Karissa: A 10. That's pretty high on the scale, Jocelyn.

**Comment:** Again, I acknowledged that this number was high but did not have her describe what it looked like. A 10 is the highest on the scale and asking this could have helped me understand it better.

**Correction:** "That's a really high number Jocelyn. Can you describe to me why it is a 10?"

Client: Yeah

Karissa: And how do you feel when you think this? If you could give me like one specific emotion?

**Comment:** I could have simplified this into one question instead of asking two.

**Correction:** “What emotion do you feel the most when you have this automatic thought?”

Client: Maybe, like if I was put in that, like if I was to be in that situation again, I think lonely.

Karissa: Lonely. And on that same scale, one to 10, one being not lonely and 10 being absolutely lonely. Where would you put yourself there?

**Comment:** I did not take time here to reflect on the emotion that the client had just shared with me. This would have been a good spot to ask more about the emotion to see how much it was affecting here and what it looked like to her.

**Correction:** “Lonely. What does lonely look like to you? On a scale from one to ten, with one being not lonely at all and ten being the loneliest you have ever felt, where would you put yourself on that scale?”

Client: Like an eight because I have my friends, but in regards to a boyfriend then it's still an eight.

Karissa: Okay.

**Comment:** I could have asked for more details on what an eight looked like to her and what it meant to be there.

**Correction:** “An eight is still pretty high on the scale. Can you clarify for me more on why you rated yourself at an eight?”

Client: It's not a 10.

Karissa: Okay. And with this specific situation like you just mentioned with going out to eat and like third wheeling your, um, your, was it your housemate and her boyfriend correct? Um, when that happened and you had that feeling of loneliness and the automatic thought that we just talked about, what did you notice that was physically happening to your body? Like did you notice your started to tense up, you got short of breath, your hands got sweaty, like kind of what physically happened when the automatic thought went through your head?

**Comment:** I asked some good questions here but got a little lost with my words. Instead of saying “automatic thought” and leaving it at that, I should say what the thought is that she is dealing with. This will allow the client to not question what I am talking about.

**Correction:** “Okay Jocelyn. When we have these types of feelings and automatic thoughts, sometimes our bodies tend to react in different ways. Some people might feel heaviness on their chest or become out of breath. With this specific situation of third wheeling your housemate and her boyfriend and experiencing the feelings of loneliness along with the automatic thought of ‘nobody will ever love me’, what did you notice physically that happened to your body during this situation?”

Client: I kind of felt like my, my chest get really heavy,

Karissa: Mhmm

Client: Like I'm just wanting to sink in my chair and kind of shut down. But like I knew because this happens all the time. It's like, I should just get over it. And so I kinda just shrugged it off as well.

Karissa: Okay

Client: Just pretend its not there.

Karissa: So when you say you shrugged it off and pretend it's not there, can you elaborate on that more for me? Like, what did you do when that feeling of heaviness on your chest and kind of just wanted to sink away? Like what did you do next?



**Comment:** I asked multiple questions right here that should have been separated out. I should have focused just on her telling me more about what “shrugging it off” meant, and then went into what she did next.

**Correction:** “When you say you ‘shrugged it off’, what do you mean by that?” Client Response. “You mentioned experiencing a heavy feeling on your chest and wanting to sink away, what did you do next when you felt like that?”

Client: Um, I, my roommate my housemate, she caught me and was like “are you good?” and like I just snapped out of it and was fine. I was just thinking about whatever, like, I'm just here for an excuse, just to kind of like just mask it.

Karissa: I see, kind of like compartmentalized it and like, put it away, like put a mask on like it.

**Comment:** I could have simplified this sentence and made it flow better.

**Correction:** “It looks to me like you are compartmentalizing what’s going on inside and putting it away, masking it like you said. Would you agree with this?”

Client: It's not for her to deal with.

Karissa: Okay. So Jocelyn in cognitive behavioral therapy, we have what we call cognitive distortions. And that's just a really fancy word for, um, negative thinking patterns, and we all have them. Everybody goes through them. There're many different types. And from our time talking today, one that I'm really hearing, um, you talking about with your situation is labeling. And, um, labeling yourself as unlovable, undesirable. Nobody wants me, would you agree with that?

**Comment:** I did an okay job at introducing what cognitive distortions were to my client. I did not explain what labeling was and just assumed that she knew what it meant. I should have taken the time to explain and define this distortion to her.

**Correction:** “Okay Jocelyn. With cognitive behavioral therapy, we recognize that everyone has cognitive distortions. This is just a fancy way of saying that we all go through patterns of negative thinking. One pattern that I have observed with you, is that you tend to label yourself quickly. Labeling is when you assign a negative trait to yourself. In your case, you have labeled yourself as unlovable and undesirable. Would you agree with this?”

Client: Yeah, unfortunately I would.

Karissa: Okay. And the whole point of cognitive behavioral therapy is to turn those negative thoughts, the negative distortions, into positive thinking. And that's what I kind of, I really want to dive in deeper with you in today's session and in our next couple of sessions to kind of turn that around and so we can take a more positive outlook on that. Does that sound okay to you?

**Comment:** I confused myself here. Looking back on this, I can see what I was trying to say, but am not sure if that was clearly expressed to the client. I should have specified again here what negative thinking her and I were going to work on.

**Correction:** “Okay. The goal of cognitive behavioral therapy is to learn how to identify our negative thinking, in your case labeling yourself as unlovable, and turn it into positive thinking. This is something I want to work on more with you today and in our next few sessions. How does that sound to you?”

Client: Mhmm

Karissa: Okay, so the first step in that, um, with the automatic thought of, if I don't get a boyfriend, then that means I'm unlovable. What evidence do you have that proves that this automatic thought is true?

**Comment:** I did an adequate job with transitioning into the evidence. At this point in my review, I would change the automatic thought that I say to her.

**Correction:** “Okay. The first step in this process is to see if you have any evidence to prove that this thought is true. So, for your thought of ‘nobody will ever love me’, what evidence do you have that proves to you that this is true?”

Client: I think the evidence is that, like I said, like my friends, they all have boyfriends and I don’t have one and they seem happy all the time.

Karissa: Okay

Client: They seem content with their lives because they, they always have like a default friend to hang out with. And so if me and all my friends are hanging out, that means like there's significant others will come as well. So by that I'm like, 9<sup>th</sup> wheeling.

Karissa: Yeah, okay. And what evidence do you have that goes against this idea that says, I am lovable, I am worth it?

**Comment:** I neglected to process with her the evidence that she did have to prove her thought was true. I just skipped over it and moved to the next step.

**Correction:** “Okay, so what I am hearing you say is that your evidence that this is true is that all your friends have boyfriends and you do not have anyone. Is that right? On the other side of this, what evidence do you have that says this automatic thought is not true and that you can be loved?”

Client: Um, I think I'm like, like I said, like my housemate like she caught something was wrong. Something I'm really grateful for her about is that she'll catch that kind of thing just to like, check up on me like, even though they have someone, she's really good at making sure that I'm checked up upon,

Karissa: Mhmm

Client: Like, I'm okay. Like, she makes time for me.

Karissa: Okay, sounds like a really nice housemate and that you guys have a really good connection.

**Comment:** I could have asked more about her relationship with her housemate and if this has been discussed.

**Correction:** “It sounds like you and your housemate are close and you have a good connection with each other. Is this something you have talked about with her before?”

Client: Mhmm. I've known her since we were like three years old.

Karissa: Okay

Client: So we went through like all the elementary school, middle school, high school, and college

Karissa: I'm really happy to have that support system there for you.

**Comment:** This sentence is not clear. I know what I was trying to say to commend the client and let her know that it is really good to have this positive support.

**Correction:** “It seems like you two have been through a lot together and that she means a lot to you. I am happy to see that you have this positive support in your life.”

Client: Thank you.

Karissa: So, um, I want you to kind of imagine with me for a second, um, what would be the worst thing that can happen in a situation like that? Absolute worse?

**Comment:** Again, I continue to use ‘kind of’ when transitioning into something new. This looks like I am not confident in what I am about to do. I should also warn the client that this may be hard to think about.

**Correction:** “Okay Jocelyn. I now want to transition into something else, and this can sometimes be hard to think of. Think with me for a second, what would be the worst thing that could happen in this situation? I want you to think of the absolute worst case scenario.”

Client: If I graduated college and I didn't have anyone.

Karissa: Okay

Client: Then what I mean everyone like it's like not for me like a boyfriend or whatever, but also like my friends just kind of disappeared to

Karissa: Just being alone?

**Comment:** I minimized her worst-case scenario. I should have shown empathy and processed this more with her.

**Correction:** “That sounds like it would be very hurtful. Thank you for sharing that with me. Having no one would be very scary and lonely.”

Client: Yeah, I can think if I literally had no one.

Karissa: Okay.

Client: That would that would crush me.

Karissa: Okay. That would be very crushing, sounds crushing as well. So on the opposite end of that spectrum, what would be the absolute best case scenario like the best thing that could happen out of all of this?

**Comment:** I think I could have explained this better to the client instead of abruptly transitioning like I did here.

**Correction:** “That sounds like it would be very crushing as well. Now I want to think about the opposite of this and focus on the positive. For this same situation, what would be the best thing that could happen?”

Client: I feel like the best it'd be like if I end up finding someone, and get to like go on dates together with my friends to like so since my housemate has a boyfriend over all the time, we could go on double dates and like, watch movies together. We were here just like spending time together. I think that would be pretty fun.

Karissa: Okay, so to kind of recap on that, like the worst thing would be losing everyone, not just not getting a boyfriend, but losing all your friends and everyone by the time you graduate college. And then the best thing would be getting a boyfriend and being able to do those double dates with your friends like they're doing and that would be like the best.

**Comment:** I am satisfied with my response as I clearly recapped what the client had said her worst and best-case scenarios would be.

Client: Mhmm

Karissa: So out of all of that, so that's kind of like our spectrum right here. What would be the most realistic thing?

**Comment:** I did not explain this well enough for the client. This phrase came across as confusing instead of helpful like I intended.

**Correction:** “Now that we have defined the worst thing that could happen and the best thing, what do you believe would be the most realistic outcome between these two?”

Client: If I put myself out more. I can be introverted but like I'll be an extrovert when I need to be.

Karissa: Mhmm

Client: If like I just put myself out there more with my friends and say “hey let's go do this”. I'll go do it and make it fine. Like I'll make another guy friend and then you know, like turn something more, like more potential there.

Karissa: Mhmm

Client: I think that'd be more realistic.

Karissa: Okay. And so going back to your housemate and how she's a good support in your life. If your house me was going through this exact situation, what advice would you give her? What would you tell her?

**Comment:** I did not recap and process the clients most realistic outcome with her. Instead I jumped into the next step.

**Correction:** "Do you feel like putting yourself out there is something that would want to start doing?" Client Response. "When thinking about people who are important to you, if your housemate was going through this same situation of thinking that nobody was ever going to love her, what would you say to her?"

Client: Just knowing like, what would I tell her?

Karissa: Mhmm. What would you tell her?

**Comment:** Clearly the client was confused about my question, so I should have clarified more here.

**Correction:** "Yes. If your roommate thought that nobody would ever love her, what would you say to her?"

Client: That she should just try to get out more. I wouldn't be like, if she's open to it, I set her up like a double date, or, I'm sorry, like on blind dates to see what she's into. But also know that like, she doesn't have to have a boyfriend. Just to like make her happy because she's always happy even before she had a boyfriend. She was happy. So like, she doesn't need someone there to make her feel better.

Karissa: Okay, so not really needing someone in your life to make you happier, feel better, like find your worth?

**Comment:** I think I should have processed what she would have told her housemate with her a little more, understanding better why she would say these things to her.

**Correction:** "So what you would tell your housemate would be that she does not have to have a boyfriend in order to be happy or feel better about herself. Is this correct?"

Client: Mhmm

Karissa: Okay, so with the situation that you're going through, what would your housemate tell you, you think? What advice would she give you if you told her about all of this?

**Comment:** Instead of just saying "the situation" I should take the time to restate it since we have covered so much information in the interview already.

**Correction:** "Now let's reverse this. What would your housemate say to you when you think that nobody will ever love you?"

Client: Tell me tell me the same thing.

Karissa: Mhmm

Client: Probably like yeah, I wouldn't just do blind dates unless I asked her to do that, but I really feel like, she'd say "you've done fine all this time, like, what makes you think that you're worth and where the love come from has to come from like, a significant other?"

Karissa: Okay. How does that make you feel?

**Comment:** I think I should have paraphrased what she had just said and added this into my question.

**Correction:** "So your housemate would say that your worth and love does not come from having a significant other. How does that make you feel knowing this is what she might say to you?"

Client: Like hearing myself say that, like it's, it sounds easier than done like, easier said than done. I don't know, I feel like it's hard to swallow.

### **Collaboratively Setting Homework**

Karissa: Absolutely. And that's what I want our sessions to be about, kind of like tackling those harder concepts. And so leading into our practice activity that I want you to work on this week, um I have it right here. So what I want you to do is when you have an automatic thought, so like the ones that we're working on right now is "I'm unlovable", "I'm never going to find love", "I'm going to be alone". Is that right?

**Comment:** I did a good job at transitioning to setting the homework for the session. I always get stuck on how to involve the client more in the homework process. I could have asked her what she would like to work on for the week and then came up with a CBT exercise based on that.

**Correction:** "Absolutely. This is what I want our sessions to focus on, working on those negative thinking patterns and tackling those harder concepts. Now I want to give you another practice activity like you worked on last week. Was there anything in particular that you would like to focus on in relation to your automatic thinking of 'nobody will ever love me'?"

Client: Mhmm

Karissa: So I want you to write it down right here. And then I want you to write down, like we did today, any evidence that proves it is true. But then I want you to counter it with an evidence that proves it's not true. And I want you to do this two to three times this week, and bring it back next week. And we can go over it and see how, um, the evidences prove or do not prove that the automatic thought is true. Does that make sense? Do you have any questions?

**Comment:** I am satisfied with the response I gave and assigning homework that is CBT appropriate.

Client: No, it makes sense.

### **Providing a Summary and Eliciting Feedback**

Karissa: Okay, now I want to give a summary of what we've talked about today, because our time is coming to a close. Um, so you came in and we did a mood check. And on that mood check, you said that currently you're at an eight on that scale. And we prioritized our agenda. We went over your homework again, thank you for bringing that in. You did it perfectly. It was great. We talked more about cognitive behavioral therapy with like cognitive distortions and found out that, um, you have been labeling yourself. And so then we kind of went through it and found evidences that prove that your automatic thought was true, and that it wasn't true. And now we have a new practice exercise for you to work on. Did I miss anything or leave anything out?

Client: Not that I can remember.

Karissa: Okay. Well now before we end, I kind of want to give you a few seconds to tell me, Um, how did this session go for you? Is there anything I can work on for our next session?

Client: I really liked that this was like we went more into depth of what CBT was, like compared to the first session, because like, we just got a brief overview, or I got a brief overview of what it was, but also like just going over the homework together.

Karissa: Mhmm

Client: I thought that was really helpful.

Karissa: Okay, awesome So when you come back next time we can go over this week's homework. How does that sound?

Client: Okay, that sounds good to me.

Karissa: Okay. Well, thank you so much for coming and Jocelyn. I look forward to seeing you next week.

Client: Thanks, you too.

**Summary Statement:** I believe this could have gone smoother for me. As I re-watched my video and read this transcript, I seem to be rambling. I should have summarized more of the automatic thought as well as the goals that the client was striving towards. During the feedback, I think it is important to let the client know that all feedback, good or bad, is welcome. These sessions are for them and I think this is a great spot to reinforce that.

**Key Dialogue:** “As we end our session, I want to give you the opportunity to give me any feedback you may have. I want to know what is working for you and what I can improve on to better help you reach your goal. This time is for you and I want it to be beneficial for the both of us.”

### Reflections

I have seen immense growth in myself as an advanced, autonomous CBT therapist throughout this semester. Throughout this paper, I have seen growth in the way I word and ask questions as well as how I process responses with the client. One of the hardest parts about learning CBT was training my mind out of the “case management” mindset that I was stuck in. I find myself wanting to solve the problem and provide tangible resources to fix it, this is not how CBT works. This semester allowed me to slow down and learn more about thoughts. I learned so much that I never had even thought of during my undergrad. I feel more equipped and prepared to talk with clients on my own and continue on this path of learning.

Throughout my interview I noticed that I really like structure. I like to finish one thing and move straight to the next item on the agenda. Sometimes this can trip me up if I do not take the time to dive deeper and find out more about what the client had just said. I also tend to use the phrase “I kind of want to ...” a lot in my sessions. Going back and listening to this, I look less confident in myself and as a professional. I want to come off as confident and like I do know what I am doing when I am in a session with a client. I think I have done an adequate job at examining evidences with clients and educating them on what negative thinking patterns are and how everyone experiences them.

For the future, I plan on using CBT with myself to practice identifying my negative automatic thoughts and then watching how they influence my emotions and behaviors. It intrigues me to practice these skills on friends and families and to see that what I am learning in class actually works. During my practicum next semester, I will be starting my own caseload and practicing CBT on my clients with my supervisor’s guidance. I am excited to be demonstrating my skills and learning more about this profession that I have fallen in love with.