

Self-Evaluation

Introduction:

Therapist: Hello Eldriana. How are you? Thank you for coming again I know it's been about two weeks or so and I appreciate you coming, once again to meet with me. So, to check in between the weeks, I wanted to do a mood check. Do you remember how it works?

Summary statement: Here I tried to acknowledge that the client was able to be present. I gave her positive reinforcement.

Key correction: "We can begin by sharing with me briefly how your week went. Is that alright?"

Client: Yeah. A little bit, yeah

Mood Check:

Therapist: It's a scale from one being like the worst, or let's start off from zero to not having anything to to one being, you're feeling low or to like the 10 of really bad. So how would you say you're feeling right now?

Summary statement: It was a little confusing or not clear in labeling what each number represents. A better mood check statement to explain would be to say mild, moderate, or severe. Another method is to clearly state the scale rating.

Key correction: "Can we start with how you've been doing this week? One represents on the scale feeling really bad and ten means really good".

Client: Yes. Okay. I'll say that is maybe a 6.5.

Therapist: Um okay, so it's a little bit more than half. Uhm so could you share with me, why you chose six and a half.

Summary statement: I should've provided more empathy and needed to rephrase the statement to find the emotion.

Key correction: "6.5 seems you're feeling pretty anxious, angry, or sad?"

Client: Um, I feel a little bit better than last, last time we met. However, something came up this week. And that's why I felt like now I'm at 6.5.

Therapist: Okay. And what's the feeling or emotion of 6.5.

Summary statement: The mood check is to help identify the emotion a client has been struggling with. This statement can be rephrased to clarify what is the mood.

Key correction: Can you share with me how does that look like to you?"

Client: It's more anxiety.

Therapist: Okay. So it's still kinda like our previous session of anxiety.

Summary Statement: I tried to paraphrase of what the client stated to confirm I understood what she was sharing.

Key Correction: "I look forward to continuing to work with you on managing anxiety."

Client: Yes.

Agenda:

Therapist: And it's like a 6.5. Okay so kind of um for our session today we will first talk about our last session. Then we will be moving on to the homework assignment to see how it went. If it was helpful or not. Uhm and then review last week's homework assignment to see what could we work on. Uhm and then on you mention about a situation so that could be, if you like something else and the issue. And then we'll just uhm we'll just briefly talk about the new assignment, and then uh you could provide some feedback about our session for today. Any questions or clarifications?

Summary statement: Setting the agenda is quick and to the point. This statement followed through. Adding the explanation for setting the agenda makes the process of therapy more understandable.

Key correction: "Setting the agenda provides an expectation for the session and encourages participation."

Client: Uh. Not Really. Uhm no. Thank you.

Update from previous session (Cognitions):

Therapist: So tell me uhm, based on before we go into what you would like to share about your situation. If we could look back a little bit at uh the previous session. Uhm what would you say was helpful for you?

Comment: Guide more key points from the previous section to elicit thoughts as client might have forgotten. I engaged into cognitions but not in this section.

Correction: "Remember at our last session you mentioned about working on your anxiety and learning about CBT".

Client: Uhm I guess what was useful is the fact that you were listening, without judging me and that uhm I was able to see that how I think affect my reaction or something like that.

Therapist: Okay.

Comment: This was a brief response to the comment that the client shared. I should have added a brief clarification on CBT.

Correction: "Yes, last week we reviewed how CBT works. First, our thoughts influence our emotions, then our emotions influence our behaviors".

Prioritize the Agenda

Therapist: So um you know my goal again is to listen and uhm to help you as best as I can to work on this issue or the anxiety you have to decrease.

Summary statement: Try to include more inclusive pronouns, such as "You've mentioned in the last session about anxiety and this week as well. Is that what you would like us to work on today?"

Key correction: "I have a list of things I'd like to go over today, and then I'll ask you what you'd like to add. Is that okay?"

Client: okay

Review Homework:

Therapist: Uhm so let's now move on to reviewing uhm the homework assignment.

Comment: Provide confirmation from client to make sure she is ready.

Correction: Is it okay to move on to the next part?

Client: okay. So I brought it. So this is the assignment.

Therapist: Okay. And so before we get more into a little bit about it. Did you think this was helpful or it was okay?

Comment: Asking did you think is not an open ended question.

Correction: "What are your thoughts on completing the homework assignment?"

Client: Um, I think it was okay, meaning that it helped me to understand everything but with the situation of today, if it was helpful from then like I will not do the same assignment again for this week. If you understand what I'm saying.

Working on one problem:

Therapist: Sure, we'll we'll definitely look into something else.

Comment: Here I wanted to reinforce that when assigning homework it is not concrete and not just the therapist making them up. Reminding the client that they have a voice in collaborating in assigning homework is important to share.

Correction: "Yes. If you would like to try a different assignment for this week coming up, we will work together to change it".

Client: Okay.

Therapist: Okay so based on here. It's uh an experience of a childhood that you had. Uhm so you mentioned uhm. Was it that when you were younger it easier to make friends?

Comment: I tried to find an example of the client's past to start challenging her cognitive distortion of mind reading.

Correction: Try asking first is this the first time experiencing not belonging?

Client: Yes, exactly. I have parents who are missionary parents, so I'm used to move a lot. And we had friends that were all, also in the same situation as me say was easier to connect because we like oh my parents are also uhm missionary workers, so we will click. that I think it's the first time that I'm where I'm somewhere where there is not a lot of missionary parents also.

Therapist: okay so it's like kinda made it was easier through like having common ground, like children your age? Okay and now coming here because in this school that you're new at because there were not much common ground. You uhm there seems to be a core belief that that they don't like you. Because you don't share, maybe that interest with them.

Comment: Here I was paraphrasing what the client shared and was making sure I understood.

Correction: Can you share with me someone you may know that has had the same experience?

Client: Yes, and I feel like it's harder to make friends.

Therapist: Okay, uhm. So moving on then uhm the situation one was that...can you share me a little bit more.

Comment: I should have showed a little more empathy and let the client elaborate more. And then transition on what's next on the agenda.

Correction: I'm sorry at the moment you are experiencing that it's hard to make friends. At times it can.

Client: I said that I felt alone. Uh because I didn't feel like I was part of a group or friends. So, I felt a lot alone. That's what I wrote for the situation why.

Therapist: Okay. I'm sorry you felt alone in this situation. Uhm and what was the automatic thought right away when you felt alone?

Comment: My focus was to have the client come to the conclusion of her automatic thought.

Correction: What thoughts did you have right after?

Client: uhm maybe I looked weird or maybe the way I'm dressed up, or my accent, make people doesn't want to be friends with me.

Therapist: Okay, and what was the emotion you had when you have these thoughts?

Comment: I was reviewing the thought described with the feeling after.

Correction: How did you feel?

Client: I was sad.

Therapist: You were sad?

Comment: Here I echoed her response so that she may also recognize the thought to the emotion.

Correction: The thought of no one wanting to be your friends made you feel sad?

Client: Because I'm not used to that so and besides I was really anxious. I like to play and talk with friends. And it's hard right now.

Therapist: Right so because of this transition, you know you are feeling lonely and feeling sad. Uhm but you do enjoy that company with friends.

Comment: I was trying to gather my thoughts and understanding to see if I gathered all the facts correctly. I could have provided more CBT or generalize the experience she is experiencing.

Correction: "Relocating and attending different schools can create various emotions". In your case you have been feeling lonely and anxious.

Client: Yes. Exactly.

Therapist: Okay. Was there anything else or questions with this homework assignment or?

Comment: Here I wanted to make sure I covered any questions the client might have had for this homework assignment.

Correction: "Do you have any further questions or need clarifications for this assignment?"

Client: No. I think that was a good way for uhm because I showed it to my mom. It was a good way for her to understand a little bit more about how I feel. So it was helpful. Yes.

Therapist: Okay. Great. Thank you for working on this homework assignment and now we'll move into the next part. Uhm so now going back to what you mentioned about the situation came up. Uhm is that something you would like to talk about today or you have something else?

Comment: I didn't really acknowledge here how the client engaged her parent for support. I went on to the next part of the agenda.

Correction: "I'm glad you were able to show your homework assignment to your mom". Is it okay to move on to the next part of the agenda?

Client: Sure. I wanted to talk about this situation. What happened is that I meet some friends, well I though they were my friends. We hang out together lunchtime in between classes, and Saturday night, I was home doing nothing and I was calling into my Instagram, and I saw that the of all of them together, out the way now the one to watch a movie. And they, none of them texted me and asked me if I wanted to come.

Uhm So for me, it was kind of a shocked, or shocked sorry because I thought we were friends. And if we were friends you would invite me in those kinds of life situation.

Therapist: Those events that include you?

Comment: I repeated her response to confirm I was on track with that she was sharing with me.

Correction: You felt left out because you weren't invited?

Client: Exactly.

Therapist: Okay so let's see. Well, let's use the CBT model. Let's try to view this situation in that kind of perspective. Uhm So, what was the automatic thought that came into your mind?

Comment: My focus was to have the client think first and then provide CBT education.

Correction: CBT has three components to it; thoughts, emotions, and behaviors.

Client: The first thing I was like wow, I guess you're not my friends. That's everything that came into my mind. Because like I said, I believe that if we were friends, they would invite me so I guess it was more like Oh, so I guess we may be just classmates. Like in school. We're friends but outside it's another type of situation.

Therapist: Okay. And so now you thinking back to the scale. How much do you believe that thought that they see you as classmates and not us friends from a scale from one to 10 being the worst. Absolutely. And then one being, not at all.

Comment: I aimed at seeing how much did the client believe the cognitive distortion. I got a little confused in placing the scale.

Correction: How much do you believe that thought that they see you as classmates and not us friends?

Client: I say 8.5.

Therapist: 8.5. Okay, so that's kind of on the high side right?

Comment: I was displaying confirmation and validating her rating.

Correction: "8.5 is pretty high on the scale".

Client: Yes, it is.

Therapist: Okay. And how do you feel about this thought?

Comment: I was attempting to guide her perception with her feelings. I should have dug deeper into the root of the automatic core belief.

Correction: "Have you had this feeling before in the past?"

Client: It's, it's hurtful because I was getting into that phase of black hole. Finally, I have a friend, everything is good, and this came up and it was like, Oh, I guess it was hurtful.

Therapist: I'm sorry that you know they didn't invite or include you. Uhm...

and so, when has there been another time that uhm? Like looking back uhm where let's say. I know you said you mentioned that you grew up in, with a missionary parents so you were constantly, meeting new friends. Uhm was there a time where either they came to you first or you came to them first?

Comment: I provided to many questions. I should've focused on one at the time.

Correction: Could you explain to me if there's been another time similar, if it has happened before?

Client: Um, I guess it's because

they were not really active on social media. And I guess. Also, it happens before that we didn't go out all together. But I think the different was, there was a tool for hanging out together, it's not like the whole group was thanan just mixing one person. So I think that's what it was more difficult for me is the fact that that we are five that always hang out together, and they were 4 of them. So that means the communicate to each other about going out and you didn't come here with me, but if it was like, two of them together, and two of them went to another thing I think I would be like, I don't know, I just felt like it happened before. But it's because there was only two of them that went out, not like the group.

Therapist: Okay, so it's kind uhm of like in the past, it was like a smaller group and now it's like this time it's like a bigger group, right?

Comment: Here I was summarizing what the client shared with me to confirm I understood correctly.

Correction: Did I miss anything?

Client: yes, and it's one that also in looks like they all hang out together all the time. Compared that before, like I knew that they were closer to the person they were closer to another person so it was understanding when they are not like when we're not always all together. But the fact that they were all together and this missing me and no one had contacted me. That's why I was kind of upset. I don't know if you understand what I'm saying.

Therapist: Yes. So it's like uhm because you know it's like now the modern days there's social media.

Comment: Just as the client was pointing out a difference of the old to the new situation, I provided the example of social media.

Correction: Social media can be entertaining and helpful sometimes but than in others it can create conflicts.

Client: Yes. So they can post it and write, "Oh I'm having a great time".

Therapist: So, is there like a another alternative or explanation? Maybe it's not because they don't want to be your friends, could there be another reason maybe if they didn't reach out to you or ask you to join them?

Comment: Here I was challenging the client's thoughts. I am satisfied with this statement as when evaluating an automatic thought, one should provide a reasonable explanation.

Correction: "Could they have not contacted you as though they did not have your phone number or had planned at the last minute?"

Client: Well I think it's great. I normally don't have my cell phone number to contact me but we are friends on Instagram. So I think that if they wanted to contact me they could have write me a message from Instagram. But maybe that was one of the reasons maybe because I know they have a a group text, and they don't have my phone number right now so I guess, and because I don't have a cell phone. I guess that's why maybe someone just wrote under group he want to go to the movie and we're all able to go. Okay, but I still think that they could have went to Instagram and write me, because they all like pictures all of my pictures and stuff like that so you couldn't write to me there.

Therapist: Okay. And what would you say would be like the worst thing that could happen?

Comment: Previously mentioned this thought. Don't need to keep on working on it. Also, the client showed frustration through her body language and I didn't acknowledge it.

Correction: "I sense you are feeling frustrated. Is that so?"

Client: Um, I guess you're talking to me because you just feel bad and I'm always well I used to always be by myself, but I wouldn't see the point of that so I don't know what will be the worst. I can see so many words.

Therapist: And so, what would be like the best that could happen?

Comment: In this statement I was challenging the validity of her thought. Adding here CBT education and cognitive distortions would be helpful to add.

Correction: “This idea that no one wants to be friends with you is a thought that is called mind reading”.

Client: Well that was just a misunderstood like I said maybe they will tell me that, because of the group chat, you just forgot that wasn't part of the tribe. So it wasn't like they wanted to do it without me but it's just like didn't like it. Yes. At the moment, didn't realize that I was not part of the crew tech so didn't let me know.

Therapist: Okay. And how much Do you believe this thought could be the reason? From a scale from one to 10.

Comment: I was continuing to challenge the validity of her thought. Using the down arrow technique helps to identify what's really going on.

Correction: What is the evidence for the reason?

Client: I will say 5.5. I give them. 50/50.

Therapist: Okay. And let's say it was maybe a family member or another friend, if they were going through the same situation that you experienced this past week. What is an advice or what would you tell them?

Comment: Here I used a different approach in challenging her thought.

Correction: I am satisfied in the statement as using a method outside of the box can be helpful in recognition thought processes.

Client: I would tell them to talk to them on Monday, and just ask them, Hey, I said I guess when the movie. Why nobody invited me or how I didn't get an invite. And not like pointing fingers but more like, hey, I wanted to go watch a movie also. Also, if I knew I would have went with you guys. Maybe from there, you would know why you ain't getting ready because maybe some there do that oh I didn't know that you are able to go to the movies or adding know that you wanted to go watch that movie. Yeah, maybe I would have an answer.

Therapist: Okay, so kind of like, going back to the CBT model, we have thoughts we have that reflects in our emotions. And then we have behaviors that we display. So, through your situation that you shared with me. The thoughts you had was that. Well, that they don't want to be your friend. Right? And there are these three like core beliefs that humans tend to have a being like a unloved being unlikable. And so it seems like you felt like you were unlikable. Right? And because you had like this core thought behind then your automatic thoughts was that that they did not invite you right? What would you say was the emotion?

Comment: Here I explained the CBT model by using the client's experience. I should have followed into what was the behavior the client displayed after.

Correction: “What did you do right after you found out that you weren't invited?”

Client: I was sad and I forgot the word but I was expecting some things I was anything. I was disappointed.

Therapist: Okay, and in the past has there been like another situation where you felt disappointed with your friends?

Comment: In this point I wanted to compare any other past experiences that's relatable.

Correction: When was there another scenario as this past experience?

Client: No, I think it's the first time.

Therapist: Okay and so, when you feel disappointed. What are the behaviors you have?

Comment: I was addressing the behaviors part of CBT.

Correction: What do you tend to do when you feel disappointed?

Client: I tend to uhm have think, not lean back but take a step back. Then, when I will see those people, I wait for them to come to me so I felt like they wanted to talk to me not I wanted to talk to them. So I tried to validate my feelings by saying, if you're going to ignore me if I don't say anything, or if they're gonna talk to me.

Therapist: Okay. And so it seems also what I hear from your situation. Remember we spoke about like the cognitive distortions. So it seems like the first thing that comes to mind is like the mind reading. Right? We humans we also we tend to like to kind of like, read other people's minds, before you know ahead of time. So it kind of seems in your situation that you know, having, you know, based on the situation thinking that, because they don't want to be your friends and uhm that's kind like your thoughts. And then uhm the other one is the "what if". Right? What if uhm because they don't invite you, then they're not your friends. Right? Uhm and maybe that's something that you will like we could definitely work on, keep on working on this.

Comment: Here I was addressing the cognitive distortions and providing education.

Correction: We all have cognitive distortions that we might not recall at the moment. But with practice we can become more self-aware of them.

Client: I would.

Therapist: Was there anything else you wanted to mention about your weeks or, you know, like to work on?

Comment: I wanted to bring everything mentioned together to wrap up the session and not miss any information.

Correction: Did we get to cover everything you wanted to talk about for today?

Client: No.

Collaboratively Setting Homework:

Therapist: Okay uhm so now I know you mentioned that you wanted to try a new assignment. Right? So let's see if we could work on...this is called the Beck. Uhm but it's just like a cognitive model worksheet kind that we spoke briefly before. Uhm so kind of to help you with the instructions.

Comment: Here I transitioned into assigning homework together. I offered assistance to appease any discomfort and encourage support as she previously mentioned she did not like the prior's homework assignment.

Correction: Instead of saying I'll help. I should have asked is she wanted my assistance to explain the homework assignment.

Client: Okay.

Therapist: So we could do like a situation uhm Like for instance for here the situation was, you saw them on social media, and they were out. They didn't invite you. What were your automatic thoughts? I thought they saw me and so then, now they rather see me as classmates. so the CBT that would be, you know, the thoughts and then the emotions. And then the behaviors. So the behaviors there's like a behavioral that we display and then also like the physical logical. So with the physical address like that moment when you saw them, and social meeting that is see that you weren't part of it. It could have been. Did you feel tense? Did you have a headache? Any like stomach ache? Then the emotional would be, you know how you felt. Okay, any questions or clarification for this assignment coming up?

Comment: I wanted to make sure the client understand and felt comfortable in comprehending the assignment. I briefly explained the homework assignment so that the client won't have any questions.

Correction: Would you like me to explain the instructions with an example of your experience?

Client: So the situation is it the one that we just talked about or a situation that happened in the future?

Therapist: Uh for this coming up week until I see you again.

Comment: I responded to her question as I was not as quite clear in explaining the assignment.

Correction: The assignment is for this upcoming week. Anything that you feel would fit the situation you can share with me when we meet again.

Client: So I have to write about something this coming up week?

Therapist: Correct. So is this something you are interested in?

Comment: I asked this question to make sure the client felt comfortable in attempting to complete the homework assignment.

Correction: "What do you think about this homework assignment?"

Providing summary and elicit feedback:

Therapist: Okay, great. Thank you. And so, lastly, as like the other session I always like to receive your feedback to see how it went with a summary. You did a mood check in the beginning of the session. Uhm so now, how would you rate yourself from one to 10.

Summary statement: I should have mentioned again what the scale means for each number.

Key corrections: "One if feeling really bad and 10 being really good".

Client: I feel like uh one being bad and ten I feel good uh...I would say 7.5.

Therapist: Okay. Uhm and so it got a little bit better.

Summary statement: Here I acknowledged it got a little better. Even though I got confused with the scale rating.

Key corrections: “Happy to see we are having a slight progress during our sessions”. Do you agree?

Therapist: Okay good. And then,so we also spoke about the situation that came up we were able to process it through the CVT model or thoughts, emotions, and then our behaviors. We also have another new homework assignment that you would like to. And so lastly, how would you. What is your feedback on it?

Summary statement: Using the mood check at the end of the session is a good idea and helpful but should not be included into the summary and eliciting feedback session. Instead it should be reserved.

Key correction: “Is there anything you want to do differently”?

Client:Oh, it was, it was a great session. I'm glad that I was finally able to talk to someone about it because I was talking to other people and didn't get it. And I'm glad that you were able to help me a little bit more with situation. So yes.

Therapist: Okay, so thank you very much for Eldriana for coming. I'll see you next time.

Summary statement: This final statement was average and typical. Acknowledgement was given for coming to the session.

Key Correction: “What did you think about the session”?

Client: Thank you.

Reflections

At the beginning of the semester I only had a brief idea or summary of how CBT worked. I was looking forward to learning how it is applied in therapy and more information on it. I can say this class was my favorite. Although in the beginning of the semester I was not understanding the steps, the more I practice, the more I started to comprehend the CBT model. It can be helpful to apply the concepts not only for clients but for clinicians as well.

My skills in implementing CBT has improved since the beginning of the semester. I enjoyed practicing with friends and asking for volunteers. A challenge for me was knowing what each step focused on. It took me awhile to finally have an idea. I have done well in showing empathy and kindness in order to build rapport with others. In the final video I asked frequently if I got the facts right or validated how she felt. I will soon be applying the model when I have my clients.