

Southern Adventist University
School of Social Work and Family Studies

Self-Evaluation Paper

By

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SFT Final Video Transcription

Positive Start

Therapist: I want to welcome you guys or thank you guys for coming into therapy today. I'm Mike; I will be your counselor. Brandon I know we talked on the phone, you set up the appointment. What I want to do is go ahead and get everyone else's name and how you fit into the family. We will start with you (pointing to Lisa).

Comment: I'm satisfied with this statement. I think it set a nice atmosphere and was very welcoming.

Lisa: I am Lisa, I'm Brandon's mother.

Syletta: I am Syletta, I'm his wife.

Therapist: Okay. And Brandon, Okay, it is good to meet you, guys. Has anyone here ever been to counseling before or in a counseling session?

Comment: This response probably should have been worded different. I acknowledged Brandon without letting him do so himself.

Correction:

Therapist: Nice to meet you Syletta. And you are? (Directing my attention to Brandon). This would have allowed him to introduce himself and not feel as though I was directing the session.

Brandon, Syletta, and Lisa: No.

Therapist: I'll explain a little about how this is going to work, is what I'll do is I'll talk to you guys about 30 minutes. We'll talk about your goals and why you come to therapy and what you would like to see change, and some of the concerns you guys have, after that 30 minutes, I'll take a break, go out and consult with some of my team mates and we will come up with some recommendations for you or some advice should we have any. Is that all right?

Comment: I'm satisfied with this response. I believe this set the stage for what we were going to be doing, and the procedures we would follow.

Brandon, Syletta and Lisa: Yes

Goal Setting

Therapist: *So first off what I want to ask first, is I will start with Lisa is "What is your goal in coming to therapy today?"*

Comment: I am satisfied with this response. I believe this set a positive start to the session and set the conversation in a positive direction.

Lisa: To get along and be respected by Syletta.

Therapist: *And Syletta, "What is your goal in coming to therapy?"*

Comment: I am satisfied with this response. I addressed a different member and gave them the floor in which to speak.

Syletta: Wants Lisa to respect her and only give advice when asked.

Therapist: *Okay Brandon?*

Comment: This statement was not really addressed correctly and I assumed that Brandon had already heard the question which I should not have done.

Correction:

Therapist: Brandon, what's your goal in coming to therapy today? This would have ensured that he had heard the question and also let him know his goal was just as important as the others.

Brandon: Them to get back to way used to be a ‘partnership’, instead of 2 separate islands.

Therapist: So what I am hearing is a little communication problem, better communication would be a goal you guys want to work on? And Syletta and Lisa – the respect issue between you two.

Comment: This statement probably should have been worded a little different and I should have tried to narrow down what exactly was the goal instead of having two separate issues at hand.

Correction:

Therapist: So what I’m hearing is that the communication between syletta and Lisa is strained. What specifically about the communication is causing a problem? This would have narrowed down the question and given me a better insight into what kind of problems they were having with the communication.

Brandon, Syletta, and Lisa: agree with statement

Goal Formation

Therapist: Syletta, you had said that she doesn’t respect you, *how specifically does that happen where you think she does not respect you?*

Comment: This response could have been worded better to enhance to response by the client and made it easier to understand for the client.

Correction:

Therapist: Syletta, when doesn't the problem happen? This would have allowed the client to view the exceptions to the time the problem is occurring. This could open the door for the clients to see what they are doing something else that is more workable.

Syletta: She takes over kitchen

Lisa: I want to help you, you work all day.

Syletta to Lisa: I understand that but ask me.

Therapist: Lisa, I guess you had said the same thing about respecting you also.

Comment: This statement should have been asked differently. The way in which it was asked showed I was not well versed in SFT.

Correction:

Therapist: Lisa, you also mentioned you wanted to be respected. What specifically do you mean when you say you want her to respect you? This would have helped me pinpoint the problem and made the clients explain what exactly they were wanting to fix in therapy.

Lisa: I don't feel she respects what I have to say any more.

Therapist: So, *how specifically would Syletta be doing things that were respecting you how...what would you think would be different?*

Comment: I'm satisfied with this response. This helped me get the client to explain exactly what she wanted from Syletta and what she saw as the problem.

Lisa: Syletta used to appreciate my opinion and advice

Exception Identifying

Therapist: *Okay, and was there a time recently this has been happening?*

Comment: I'm satisfied with this response. I believe this response focused on recent times in which the clients were not having the problem and trying to find exceptions to when the problem is occurring.

Lisa: Not in a while. When I moved in she asked questions and I shared stories

Therapist: So by her asking you questions and sharing stories that kind of helps build communication and respect between you two?

Comment: I'm satisfied with this response. Although there was no recent time she recollected she identified a time in which the problem was not happening.

Lisa: Yeah, I felt appreciated and respected.

Therapist: Syletta hearing her say that, how does it make you feel?

Comment: This response was not correct and I probably should have stayed with Lisa on the question at hand.

Correction:

Therapist: So when you felt appreciated and respected, what was different about these times.

This would have helped contrast the contextual differences.

Syletta: I want her to appreciate me as his wife.

Goal Formation

Therapist: *What do you specifically mean by that, Respect you as his wife?*

Comment: This statement should have been worded differently so that the client would have been more specific.

Correction:

Therapist: So when Lisa is “respecting you as Brandon’s wife”, what is different about those times. This response would have again helped me and the client contrast the differences between the separate times this is happening and not happening.

Syletta: Let me do my routine.

Therapist: *How specifically would you let her know this?*

Comment: This response was not appropriate as it made no sense at this point in the interview.

Correction:

Therapist: How is that different or better? This response would have set the client to talking more about the exception times.

Syletta: I guess I need to communicate with her.

Cheerleading

Therapist: So it seems like both you guys are saying that you know you guys need more communication between the two of you. Syletta, we will stay with you. *Has there been a time recently where you guys have actually had pretty good communication between you two?*

Comment: I'm satisfied with this response. I think this statement focused on an exception time when the problem was not happening and invited the client to enter the exceptions frame.

Syletta: Going out family night.

Exception Identifying

Therapist: Brandon, *what would you say would be different if they were communicating better, how would you notice that?*

Comment: This response should have been worded differently to get a better understanding of how Brandon viewed the problem.

Correction:

Therapist: So when both Lisa and Syletta and communicating and getting along, what is different about these times? This response may have elicited a better response from the client and gave the others and outside view about the times when the problem is not happening.

Brandon: They would be talking like friends and sharing stories.

Therapist: I heard you say they were friends and patient with each other. *Has there been a time recently where they have had that connection or even in the past?*

Comment: I'm satisfied with this response. This response made him look for an exception to when the problem is occurring.

Brandon: Oh yeah, before mom moved in and right after that.

Lisa: Syletta used to call me almost every day.

Cheerleading

Therapist: Sounds like you guys had a good bond prior to just recently. *Lisa, if she were respecting you and you thought things were going good, what would you be doing instead?*

Comment: I'm satisfied with this response. I reinforced the view that they once had a strong bond and was trying to get the client to be specific about how things would look

Lisa: Sharing with Syletta, I would feel like I was contributing to the home.

Therapist: So aside from the laundry, you talk about contributing *how would you do this?*

Comment: I'm satisfied with this response. I was once again trying to get the client to answer with specifics about how she would contribute.

Lisa: I would go cook sometimes

Therapist: Sometimes?

Comment: This response was not a correct response as it offered no feedback and was a drag on question with no direction to it.

Correction:

Therapist: So Lisa, if you continue to do these things and the two of you continue to have these good talks, would you think you are on track to getting what you want out of therapy?

This would have bridged the exceptions as the goal of therapy.

Lisa: Sometimes it's okay, sometimes it's not.

Goal Formation

Therapist: *Syletta what would you do, or what would you be doing when this happens - when she comes in and helps you?*

Comment: This response should have been worded differently as it appears somewhat confusing to the client as well as me.

Correction:

Therapist: Syletta, when does this happen now a little bit? This response would have gotten the client to recognize the exception while also empowering Lisa by hearing that Lisa does see she is doing some things now.

Syletta: If just came in or if she ask for my help?

Therapist: Let's say she ask for your help.

Comment: This response was not really needed if I had made the statement clearer previously to the client.

Correction:

Therapist: If Lisa comes in and ask you if you need help, How is different or better? This response would have set the client to talking more about these exception times.

Syletta: Then it would be okay, I am doing it on my own. I really did not know that is how you felt (to Lisa).

Lisa: You and Brandon do a lot for me. You helped me go through my stuff when moving (to Syletta). I just wanted to help since ya'll do so much

Syletta: Maybe I was seeing something or hearing something different. I guess we need to work on our communication, maybe seat and work together.

Lisa: I thought if it was done before asked it was better.

Therapist: Okay, Lisa back to you the whole communication thing between you two, you said in the past you guys had pretty good communication. So if you guys were to communicate better now, *what specifically would you be doing to be helping do that?*

Comment: I'm satisfied with this response. This response forces the clients to be more specific in what they would be doing differently.

Lisa: I can wait for her to come to me for advice.

Therapist: *Syletta what will you be doing when this happens –you felt she is respecting you more and the communication was there.*

Comment: I'm satisfied with this response although I could have reworded it differently.

Correction:

Therapist: Syletta, if you felt she was respecting you more and the communication was back to where it once was, what will you be doing differently? This response would have made the client think in positive present and future situations.

Syletta: It would be great

Therapist: Brandon, *what would you be doing if they were getting along and respecting each other?* How would that affect you?

Comment: This response was not properly asked and should have been worded differently.

Correction:

Therapist: Brandon, what is different about the times they are communicating and getting along?

This would allow Syletta and Lisa to get an outside View of the times when things are good. It also makes them all identify the exceptions to when the problem was not happening.

Brandon: Would not feel like need to be mediator, I would be able to step out and have guy time.

Therapist: Okay, stepping out having guy time, *how specifically would you do this?* What would you be doing?

Comment: I'm satisfied with this response as it makes Brandon be more specific about what he would be doing when the problem is no longer there.

Brandon: Going to the garage or going to do my own thing for a while.

Exception Identifying

Therapist: *Actually that's really great.* So is there a time in the past where you did do that? Go out and did something else and they spend time together.

Comment: I'm satisfied with the response. This made Brandon look at the exceptions times when the problem was not there.

Brandon: Oh, yeah.

Cheerleading

Therapist: *That's great. How do you explain that?*

Comment: I'm satisfied with the response. This response invited the client to self-compliment by virtue of answering the question.

Brandon: They wanted to spend time together.

Miracle Question

Therapist: *It sounds great, so what I am hearing is you guys actually had a great relationship prior to just recently, moving in and taking on new roles and that's a lot of factors there. I'm impressed with you guys actually taking on these roles and last that long. What I want to go ahead and do is ask you guys a question. You have to have imagination for this question. Let's say you guys left therapy today. Went home, it was a nice day out sunny... the windows rolled down. You guys stop, get dinner and head home. You get home; you know perfect night all before you go to bed. While you guys are asleep, the house is quiet, a miracle happens in the middle of the night. But you guys are asleep so you don't know this miracle happens.. When you woke up the morning, right when you*

opened your eyes what's the first little thing that would tell you that a miracle must've happened because the problems we are here for today are gone, taken care of. Lisa what about you, we'll start with you.

Comment: I'm satisfied with this miracle question. Although it could be better I think it was good for my experience level. It made the clients look for and describe some small realistic steps they can take immediately and let the clients view the problem as solved or on track to being solved.

Lisa: I would hear coffee grinder

Goal Formation

Therapist: *What would you be doing when this happens?*

Comment: I'm satisfied with this response. The client identified something small that was of enjoyment to her, while changing her demeanor in which she smiled while describing her solution.

Lisa: Smiling

Cheerleading

Therapist: That's great

Comment: I'm satisfied with this response. The client was smiling and in a better mood and it also gave me an opportunity to use cheerleading and reinforce what the client had stated as her solution.

Therapist: Syletta, let's ask you. *What's the first little thing you would notice when you first wake up in the morning?*

Comment: I'm satisfied with this response. The clients got to view the situation in the hypothetical without the problem being of concern. The clients can suspend their frames and distinctions they applied to the present and speak of what they want in the future.

Syletta: Making coffee and cooking breakfast.

Therapist: So you'd be up cooking breakfast, making coffee, ok. *So even before that, let's say you just woke up, just opened your eyes, how would you know there had been a miracle, that something had changed?*

Comment: This response probably should have been worded differently as it did not help with obtaining the clients answer.

Correction:

Therapist: Suppose you do get up and make coffee and cook breakfast, what would be the small thing you would do that you didn't do this morning? This response would have helped the client be more specific and look at exceptions to what she is currently doing.

Syletta: She says good morning

Therapist: And Brandon what about you?

Comment: I'm satisfied with this response. I was switching clients so that each had an opportunity to answer the question without each talking over the other.

Brandon: First thing would be I slept in and not woken up by them arguing.

Therapist: *So what would you be doing differently on that morning than this morning?*

Comment: I'm satisfied with this response as his answer was future-focused and focused on what he would like to happen in the future, rather than focused on the past and the problem for which they were here.

Brandon: Tell them know to go and enjoy the day together.

Therapist: *Syletta what would you be doing? What would you be doing differently if this miracle was to happen?*

Comment: This response could have been worded differently to have a more effective response from the client.

Correction:

Therapist: Syletta, if this miracle happened and you were acting the way you want to, how would you be acting. This would get the client to answer in her own words what she would be doing differently.

Syletta: We would go get our nails done.

Therapist: *What do you mean “everything would be okay”, what does that look like to you?*

Comment: I’m satisfied with this response. This question got the client to be more descriptive in her answer about what the situation will look like when the problem is solved.

Syletta: No fussing, house is quiet.

Exception Identifying

Therapist: I know you had said you done that before when you guys had actually got along, what was different about those times as oppose to the times now where communication and respect are an issue?

Comment: This response was not the correct response to use as I brought the problem up and put it in the here and now and was not focused on the future and things that were already working.

Correction:

Therapist: this response would help the client contrast the differences between the times that the issue was not a problem.

Syletta: It was new – her moving in – I wanted her to not Brandon.

Therapist: *So what would you be doing differently if you guys were getting along?* I know you said going out getting your nails done. What would you be doing differently as in treating Lisa, interacting with Lisa?

Comment: I'm satisfied with this response. Although some extra dialog was added to the question, this helped me and the client look for specific ways in which the client will be doing something different with respect to the problem.

Syletta: We'd be friends

Goal Formation

Therapist: *How specifically would you do that?*

Comment: I'm satisfied with this response. It got the client to be as specific as possible in his answer.

Syletta: Talking like used to

Therapist: Like you used to. You guys used to talk, hang out and get your nails done. Alright
Lisa, what would you be doing when this happened?

Comment: This response could have been better presented in order to determine what the client will be doing differently instead of thinking which.

Correction:

Therapist: Lisa, when you and Syletta are communicating again, how will you be acting differently? This response would help the client answer the question in a present frame and be more process orientated. This would be different than what she is thinking or feeling.

Lisa: Be mindful. I would wait for Syletta to ask for advice or help from me.

Therapist: You said more mindful. *How specifically would you be mindful?*

Comment: I'm satisfied with this response. This will get the client to be more specific in their answer as to what the meaning of mindful is to them.

Lisa: I would wait till she asked for help.

Therapist: Okay. And if you guys were getting along better, what do you think Brandon would say about that?

Comment: This statement was not stated correctly. It could have been more useful if stated in another way.

Correction:

Therapist: So if you and Syletta were getting along better, what will Brandon say you will be doing differently? This statement would have let the client answer the question from someone else's point of view and could have provided a workable response.

Lisa: He better like it, can't believe he did not want me to move in.

Therapist: How does that make you feel knowing Syletta was actually the one that wanted you to come, wanted you to move in?

Comment: I'm satisfied with this response. I thought this may get the clients to communicate with each other within the session and get Lisa to see that Syletta was actually a support system for her.

Lisa: Shocked

Exception Identifying

Therapist: I know we talked a lot about in the past you guys have a real good relationship, even after they got married. *What do you think was different about those times?*

Comment: I'm satisfied with this response. I think it created exceptions to the problem times which is important in SFT therapy.

Lisa: had own home, friends, etc.

Normalize Situation

Therapist: That's understandable, *that's kind of normal when move away from friends or they don't have their friends anymore we miss that and have free time to occupy so there's other ways to do that.* So Syletta, let me ask you Brandon's your husband. You and Lisa are communicating, getting along great; have respect for each other, *what would be different about Brandon?*

Comment: This statement was again not worded correctly and did not provide the base I needed to obtain a positive response from the client. The wording also does not normalize the situation that is encouraged in SFT with using the words "Kind of". This could make the client feel as though it's not normal.

Correction:

Therapist: It's normal when we move away from our social networks to try and find things in which to occupy our newly acquired free time. When you're finding things outside the house that are keeping you busy, how is that different or better? This response may have gotten the client to answer in a way in which she recognized that when she was occupied with something else she was having a better time.

Syletta: He would be home more.

Therapist: So there's times now, he's not at the house.

Comment: This response was not properly asked right and did not fit in with SFT approach.

Correction:

Therapist: So when he was home more, how is that different or better? This response would have had the client talking more about the exception times.

Syletta: He does not like the arguing

Therapist: How does that make you feel? When he doesn't want to be at the house with you guys.

Comment: This response was not appropriate for SFT therapy in that I was not getting the client to state positives or exceptions to when the problem was not there and instead got the client to focus on the negative times.

Correction:

Therapist: So when Brandon is at the house more, what is different about these times? This would have gotten the client to state the positives and look at the picture as though the problem that brought them here was not an issue.

Syletta: I get upset, but understand.

Exception Identifying

Therapist: *Brandon what would you be doing differently when this happens? I know you said going out with the guys doing your man things. What would you be doing with the two of them if they were getting along and you were staying at the house?*

Comment: I'm satisfied with this response. Although it could have been worded better I think it provided the client with a chance to look at the future from his frame of reference.

Brandon: Watching movies together. A comfortable place to spend time together.

Therapist: *So what do you think your mother and your wife would say is different about you and the way you act if this miracle had happened?*

Comment: I'm satisfied with this response. This gave the client a chance to contrast the contextual differences from outside his frame of reference.

Brandon: they would hear me joke more.

Therapist: So you used to joke a lot, a good sense of humor. Syletta, how does that effect you hearing him say that he can't make a joke, can't have a sense of humor when he's around you two because he's going to get in an argument?

Comment: This response was not appropriate for SFT therapy in that I got the client to look at negatives and when the problem that brought them here was a factor.

Correction:

Therapist: What is different about these times? This response would have enabled the client to focus on the good times and focus on how Brandon's sense of humor was better. It would have also provided positive reinforcement for Brandon concerning his sense of humor.

Syletta: I understand

Therapist: Lisa, how does that make you feel?

Comment: This response was a mistake. Asking a different question may have provided a better answer. I also could have taken the opportunity to address Brandon about his sense of humor and provide some cheerleading in the process.

Correction:

Therapist: Brandon, Is this true? (With encouraging tones and curiosity) How do you explain that? This response would have let me highlight something positive that Brandon was doing and made him aware that the others enjoyed his sense of humor.

Lisa: Umm

Therapist: Just to hear him say that he can't have a sense of humor around you two, cause...

Comment: This response was not appropriate. Instead of using silence and letting the client answer the question I again restated the question and was cut off when the client tried to answer.

Correction:

Therapist: (Use of silence used here and giving the client time to answer the question.)

Lisa: Makes me feel bad....

Explained the purpose of the break and took a break

Therapist: *All right so what we talked about I guess with all three of us here – communication.*

You and Syletta have had some communication issues, respect issues which both you guys perceived as wanting to respect the other person. Brandon you wanted them to get along better like they used to. You guys used to have a good relationship, sounds like you guys got along great. What I want to do is go ahead and take that 10 minute break we talked

about in the beginning, go out, kind of go over the notes here with some of my colleagues and kind of go more in depth with this, alright.

Comment: This response was not worded correctly and gave the indication that I was unsure as to what we has discussed and was unclear to myself as well as the clients. It could have been worded better to ensure all parties understood this process in the session.

Correction:

Therapist: At the beginning of the session I mention to you that we would be taking a 10 minute break. I'd like to take that break since you all have said a lot that is very important and before I give you my thoughts and feedback, I want to spend a few minutes considering everything you have told me. This response would not have drawn out as long as the one I used while at the same time justifying to the client why the break was needed while also letting them know they had brought up a lot of important information during the session.

Brandon, Syletta, and Lisa: Okay.

Therapist: Alright.

Comment: I'm satisfied with this response however it may not have been needed here.

Take 10 minute break here

Return from 10 minute break

Cheerleading, Feedback, Educate, and Reframe

Therapist: Okay, I want to welcome you guys back from break. You guys had time to talk amongst yourselves. First I want to tell you Thank you guys for coming, *I think it says a lot about your family and a lot you know about how much you care about each other taking this first step you know trying to rectify some of these issues. I think it's kind of normal you know anytime that a new family member moves in you know different roles are taken and you know when you take on new roles or different roles adds stress to a family.* And the fact that you guys have gotten along so well actually says a lot. *Research shows that you know blended families there's a lot of stress there, and actually have a lot of stress at the beginning you know when they first move in and take on a new role.* You guys actually did so well you know for so long um, that says a lot about you, you guys already have been doing what you need to be doing, you guys already know what you need to be doing. So, you know Lisa, *I give you a lot of credit, moving in and wanting to help out and knowing that she's stressed out, she's got a lot of work to do and you wanting to help. You know I think that is a normal role as a mother wanting to take care of your son still. I commend you for that. Syletta, You being the one that actually you know wanted her to move in, I think that says a lot about you, it says a lot you being receptive of his family...that you're willing to do that. You know a lot of wives or other family members would not want that new role to take on, that's more responsibilities. So I think you're pretty strong for doing that. And Brandon you had said you know lots of times you tried to mediate some of this stuff, you know that's a tough position to be put*

*into, I think you have done a pretty good job on doing that. So I think all you guys should be commended for how you guys have handled this. You know this is actually a lot better than what I would expect most families to be. So.....So what we are going to do is go over what you guys have talked about. I know we had talked about I guess you guys prior to this...problem, you guys used to have a great relationship, you guys got along, you guys actually went out and did things together. Brandon, you went with them, you guys watched movie, you would hear them laughing, so you guys confide in each other, asked each other for information. So, I guess after hearing what everyone said today inside this session, we'll start...all you will answer this. I will start with you Lisa. *What do you think you can start doing today, like when you leave here to accomplish these goals of getting along better, showing the respect, and better communication?**

Comment: I'm satisfied with this response. It could have been worded better but I believe that it created a positive climate by highlighting the positive things the clients are already doing. I alleviated fears of judgment and normalized the events and feelings of the clients, while at the same time supporting each client's point of view.

Lisa: Find my own interest

Therapist: *How specifically will you do that?*

Comment: I'm satisfied with this statement. Although it was late in the session I still wanted the client to be specific in how she would complete the task.

Lisa: Wait for Syletta to ask for help and find my own interest.

Cheerleading

Therapist: *That's great*, that you're willing to do that. Syletta, what do think you would be able to do starting today?

Comment: I'm satisfied with this response. I gave some cheerleading in which to provide a positive track to the client. This also got the client to look at what she would be able to start doing as soon as they left therapy and let them see that they could make an impact right now.

Syletta: Be open and receptive; invite her to spend time together.

Therapist: So, *that's good*. So resorting to back to the way it used to be, you know having coffee together, sitting and talking.

Comment: I'm satisfied with this response. I repeated what the client stated while cheerleading here for being open to trying the things that worked in the past.

Syletta: Yeah.

Therapist: Okay. *That's great.*

Comment: I'm satisfied with this response. I think it gave the clients support in their new positive behavior which each stated they would do.

Therapist: Brandon, what would you start doing?

Comment: I'm satisfied with this response. It could have been worded differently for better effect but I believe that it still made the client identify what he would be doing in the present and future.

Brandon: Encourage them to spend time together.

Cheerleading-Hypothetical Solution

Therapist: I think that's great that your actually willing to giving up time with your mom or your wife, so they would have a better relationship, which actually will make the whole family relationship better, I like your commitment on that. What I want you guys to do is stop and think about this for a second, don't answer straight off kind of thing about it. We will go around the room real quick. *Let's say in a few weeks or a month things are getting better, things are going on track to being solved the problem that brought you here today is on track to being solved...what else would you be doing or would be*

different? Within that next month, what else would you be doing to help? Okay, Lisa we are going to start with you.

Comment: I satisfied with this response. I think it made the clients look into the future when the problem was not a factor and what they would be doing to maintain this.

Lisa: Find social activities with the church.

Therapist: So start looking for some outside opportunities, some things, activities to do outside the house. Syletta a month from now what would you be doing differently?

Comment: I'm satisfied with this response. I summarized what Lisa had told me and then asked Syletta for her response.

Syletta: Open the door and be more receptive.

Therapist: Just open up communication and continuing with that communication?

Comment: This response probably was not the best as it did nothing to specify what the client would do and left her answer to vague.

Correction:

Therapist: So you would open up the communication? How specifically will you do this? This response would have got the client to explain what she would be doing specifically when the problem was on track to being gone.

Syletta: Yeah

Therapist: Brandon a month from now what else would you be doing to help this problem?

Comment: This response could have been designed different to obtain a more complete answer from the client.

Correction:

Therapist: So, as you continue to do these things, will you think you are on the beginning of a track to getting what you want out of coming here? This response would have ensured that the clients were on the right path to obtaining their goal.

Brandon: Probably look at a family vacation.

Cheerleading/Positives/Sensitivity to family

Therapist: Okay, that's great. It's about time to finish up, I just want to tell you, you know *I think hearing all this you guys have been doing a great job and you guys know what you*

need to do and you even talking about a month from now and um you just need a forum to talk about it. But you know I want to commend you guys, I think you're a very strong family, taking on different roles is extremely hard and you actually handled it pretty well. So, hopefully if you guys want to have another session, just call and we'll schedule an appointment. It's a pleasure talking to you guys.

Comment: I'm satisfied with this response. I think it provided a good closing to the session while at the same time complimenting the clients and giving them a sense of independence and responsibility. This makes them the experts and reinforces their constructing their own solutions.

Brandon, Syletta, and Lisa: Thank you.

Reflection

My Role

Although my role as an advanced autonomous SF therapist is still in its infancy stage and will continue to be a work in progress I think I have come a long way within my short time learning the material. Prior to this year I had never conducted any type of social work let alone counsel anyone. I think I did a good job meeting with my pseudo client and conducting all recorded sessions with her as first required. During my sessions, I believe I showed professionalism, ethics, and empowerment towards the client and used critical thinking during our sessions to help my client focus on key issues.

While conducting my sessions I think I did a pretty good job effectively demonstrating my role as SF therapist. During the session I tried not to go over past events or focus on problems but focused on helping the client envision the future without the problem for which they were in therapy. I helped the client discover solutions and encouraged them to identify and do more of what was already working while also identifying what did not work and focus on doing less of it. I tried to keep with the emphasis of Solution Focused therapy in that I continually put the emphasis on the future, not the past. I tried to help the clients identify solutions that will remove the barriers to having the life they wanted while at the same time making the client feel like they were the expert about what it would take to change their lives.

I believe that my role as a Solution Focused therapist could have been strengthened if I had spent more time practicing the techniques. Although I conducted all the required assignments I found myself learning more and more and seeing areas in which I could improve each time I conducted a session, including the final session. Although I did ok, I often times found myself confused by what the actual goal was. I thought that I had established the goal at

the beginning of the session but as time went on I began to second guess myself. Working on developing a well-defined goal will be something that I will continually try and work on and improve in the future. I need to be more specific when obtaining a description from the client and use key words such as instead, how, and specifically, to ensure that I am creating these goals. I also realized that I need to make more use of cheerleading throughout the session. Although I used cheerleading at several different stages in the session I noticed that there were several opportunities that I could have incorporated it and did not do so. I also need to work on my empathy when dealing with clients as this has been a weak point I have continued to face. My attending skills were ok however they could have also been improved. I think the presence of a video camera and knowing that someone with much more experience will be watching me and critiquing me made me focus so much on trying to perform the session correctly that I lost focus on what the client was saying. But I'm sure that will improve with time.

I think my role as an advanced autonomous SF therapist can also be strengthened by continuing my education and attending outside seminars which focus on Solution Focused therapy techniques. I could have secured a better place to conduct the interview which would have provided a professional atmosphere. I also think I could have slowed my speech down and talked a little clearer as this may have helped the clients follow along more closely.

Diversity Issues

The diversity issues I needed to be aware of during the session were age, ethnicity, and gender. The clients in my group were of different age, gender, and ethnicity. Two of the clients were female and were approximately forty years old and one was a male in his late twenties. One of the females was African American while one was Caucasian. Due to them being classmates I have known them for some time now and knew what to expect from them in the

session. There were some issues outside of the recorded session in which some issues arose such as individuals needing to leave to take care of children and another having to go to work right after which could have caused a problem had we not incorporated proper time management into our sessions. While no direct diversity issues arose in the session being aware of them is beneficial to continuing my role as a Solution Focused therapist.

I also come from a strict military family and have a military background which could hurt me in some situations dealing with empathy. This was important in that several times when I was watching my video it sounded like I lacked empathy however I actually believed I did show it to them in person with my attending skills but then again being prior military this is something I'm probably lacking and will need to continue to work on.

Learning to communicate clearly and effectively would probably be the most important thing I could do to enhance my cultural competence. I speak in a fast manner and have a tone in which it is difficult for people who have lived in this area all their life to understand. I believe that cultural competency is one of my strong points in that I have dealt with individuals from all over the world of different ethnic groups and gender and have become very cultured. I think I did all that I could possibly do to make sure there were no diversity issues between the clients and I.

Ethical Issues

Under the NASW code of ethics there are several issues that could arise when practicing social work such as commitment to clients, self-determination, competence, sexual harassment, the use of derogatory language, respect, impairment, discrimination, and misrepresentation. Although there are several more ethical issues involved in the social work field these were the ones that I believed *could* have surfaced during our sessions.

A social workers' primary responsibility is to promote the wellbeing of the client. I believe I showed this by acting in a respectful fashion. I was mindful of the individual differences of the group members with regards to cultural and ethnic diversity. I attended the group sessions and set up the location and scheduled a time that was convenient for the members. I attempted to use the central philosophy of SF therapy in that if they were doing something that was working, then keep doing it and focusing on the present and future and not on the past.

Self-determination is another ethical issue that played a role in the sessions. Therapist respect and assist clients in their efforts to identify and clarify their goals which I think I attempted to do in the sessions. Although many times I was off the mark we attempted to do this and I think we prevailed in some small way. This is an area that I'm sure I will become more comfortable with each time I practice sessions and as my education continues.

Sexual harassment and the use of derogatory language are another two ethical issues discussed in the NASW guidelines. Neither of these issues arose for me with my clients but I did have to make sure my language was on par for the session. Often times I will find myself using profanity as not even know it so I actually pretty pleased with my results during this session.

I think I did a pretty good job with competence in that I have practiced and read several books and articles on the topic of SF therapy through school and only practiced within my ability. Although my competence is far from the professional I believe that I have grown vastly since first starting SF therapy and will continue to do so as I progress with my education.

Lastly I showed my clients respect by being on time for the sessions and being considerate to their thoughts. During the session I listened to the clients and used only what I had learned when dealing with SF therapy. I tried not to interrupt when they were speaking and

made them feel as though their feelings were valuable. I tried to be fair with the clients in giving each a time to speak about what they felt was the problem they were there for. I encouraged them in the efforts they were taking in coming to therapy and also on things they had done previously in their relationships with each other. I also refrained from impairment in that I did not allow my own personal problems to interfere with my judgment and performance and I did not jeopardize the best interest of my clients with whom I had a professional responsibility to.

Social Justice

The mission of the social work profession is rooted in a set of core values. One such value is that of social justice in which workers should promote the general welfare of society. One way this is done is through advocacy in which we should attempt to facilitate informed participation by the public in shaping social policies and institutions. I don't believe there were any social justice issues that arose in my sessions that I could identify. Although I'm sure there may have been some form of social injustice hidden in the session somewhere, I could not locate it. My clients did not suffer from discrimination, oppression, poverty, or any other form of social injustice that I could recognize.