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Subject:
Date: April 30, 2021 at 12:31 PM
To:

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On Wednesday, November 4, I had supervision with Jucinta. We discussed using online resources and activities to engage clients in therapy. Jucinta uses an online sand tray by Dr. Karen Fried. Using the sand tray, I can have clients create a story narrative with a beginning, middle, and end. Jucinta explained that it is important to solely observe themes throughout the client's story. Themes may be reflective of fear, helplessness, security, healing, empty, and injured. The activity could be used in conjunction with the mood meter. I also shared with Jucinta a client who does not show for therapy every other week. He has stated numerous times that he is feeling better than where he was a couple months ago. I may have to speak with the client about continuation of services. I shared my apprehension with leading in group therapy at Goal academy. Jucinta advised that I use 30 minutes to engage the group in an activity. I only need to discuss depression for about 15 minutes since that topic may bore the group. Jucinta advised that I speak to the therapist about style of communication to ensure we are working as a team. The goal of the conversation is to address our needs in preparation of group therapy.

On Thursday, November 5, I was at Waterville Elementary school and saw three clients for therapy. I implemented Jucinta's advise regarding structure in therapy with the client who has symptoms of ADHD. I used the emoji mood meter to assess where the client was feeling. She seemed enthusiastic about engaging in therapy. We played a card game to build empathy using specific scenarios to partake in acts of kindness. I spoke with her teacher who stated that she was a leader in the room and bosses her classmates around. I think collaborating with the teacher was help insight as to the client's social interaction. I used a book reading on emotions with the following client. She is diagnosed with selective mutism so we used non verbal communication to engage in therapy. The client appeared bright-eyed and positive in the session. Using the mood meter, the client pointed at her feeling and drew the reason why she felt happy. The client drew a photo of herself titled "yesterday" with a frown. She was missing her classmate who was absent shown by the empty desk next to her. I am starting to really enjoy using art in therapy. I find myself enjoying the sessions while doing therapy. Supervision has really benefited by learning in developing clinical skills.

On Friday, November 6, I was at Goal academy for group therapy. This was my first time leading psycho educational groups without the therapist. I was feeling overwhelmed with anxiety. However, I intuitively knew that this was the first step in becoming acquainted with leading groups. The guidance counselor Rhonda was extremely helpful in supporting me. She gave me the idea to have clients use art by drawing what they were experiencing as a complementary activity. When it was time for me to begin the session, I was having some technical issues with hooking up the computer with the television. One of the group members assisted me and couldn't also figure it out. Once the issue was resolved I began the session. The group members were being a little loud. Rhonda had come into the room to see how I was doing. I felt both relieved and bad that she had to introduce me. I used the marshmallow challenge to engage the group members. I gave them the option to participate. I think that if I prepare a little more I will feel much more comfortable leading the groups. I went to Bradley Central and both of my client's cancelled. I decided to use my time to review therapy material for future sessions.

