Verbatim Transcript Two

Andrea Garraway

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Student Counselor’s Name: Andrea Garraway Student Client’s Name: Jane Smith

Start Time of Clip: 5:00 End Time of Clip: 12:06

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| **Client’s Statements:**  | **Counselor’s****Statements** | **Rework****Counselor’s****Statements** | **Conceptualization** **Thoughts and Comments** | **Grader’s****Comments** |
|  | Thank you for sharing all of this with me. As I continue to gather more data please feel free to address all things here. Not all at once however (chuckle). How many years were you guys in a relationship? Please tell me about the breakup. You said it was sudden. | What are your anger triggers? You know the things that set you off. Knowing your triggers, and being cautious around them, will reduce the likelihood of your anger getting out of control. | I thought it was key to listen actively and provide unconditional positive regard since it was clear she was experience distress, while recording her experiences. | **I would say information over “data”****I agree****I take it you mean triggers for her emotions.****One question at a time.****I assume you are doing minimal encoruagers through this section****She is talking about her lack of resilience. As if this past rela is too heavy to get away from.****Avoidance of pain****Build off of these strengths****Feels abandonment****Look at attachment style. Perhaps the ECR-R for assessment** **Why does she think it was her fault?** |
|  | This is insightful!  | It seems like there was a pattern of you doing several things that you were not comfortable doing, initially, but ended up going along with, is that true? |  | **She had to???****I like your rework better****She keeps giving away herself but for what reason?****Rage****High self-contempt**  |
|  | I see. This sounds like a very unhealthy relationship to survive. How would **you** describe the overall relationship?Hmm, what are some examples of gas lighting, in detail? |  | I struggle to get a word in edgewise. I wonder if it was cathartic for her to just flow as opposed to having a more directed conversation.I am having trouble differentiating between normal bereavement (grieving the loss of her) from major depressive episode during this session. | **I can see that****I like the first part you said. Leave off the question b/c that is moving her away from feelings****She knows the “gas-lighting” term****Given his behavior trust issues would make sense****He’s a real catch****I don’t know if she meets criteria for MD, but you could assess. Assess for PDD, Dependent PD, and Anxiety D/o****That is good for him but doesn’t provide a rationale for staying in relationship w/him. I don’t know if she is a Christian but Leslie Vernick’s book “Emotionally Destructive Relationships” Or “Women who love too much”****How does she know he “really cared”****If one cannot be themselves then the relationship won’t work****I think she has described that** |
|  | Hmm, what is your personal healing / recovery goals from this situation? | I understand better now, thank for the additional details.It sounds like you experience a lot of conflicting emotions during this relationship: on one hand feeling like it’s where you belong and on the other hand noticing some red flags that may be prompting you to leave. For example, leaving you at a music festival to stand by your stand.Upon reflection do you feel confident that you did contribute to your insecurities.You mentioned your relationship being on and off what would propel you to return? | I miss an opportunity to reflect and summarize here. Additional, in this section, I should have done better job working in collaboration with the client to identify possible solutions and alternatives. | **I agree. It is an important and critical skill. Something you can develop****Good insight****Great rework****Rework needed in here****Gaslighting. This is less about her than him** |
|  | Ok. Ok, I am understanding. Tell me, what are your goals for counseling?  |  |  | **How could it not affect her****Anger is a secondary emotion. What is primary? (e.g., sadness, hurt, fear, loss, envy, etc)** |
|  | Thank you for your goals. Yes, I would like to explore with you, your personal boundaries. I think it may be helpful for you to examine what there are. With this awareness you will be able to readily notice danger or harm so you can work to block or prevent it. Just to leave you with some information to help us get our communication started:Personal boundaries are the limits and rules we set for ourselves within relationships. A person with healthy boundaries can say “no” to others when they want to, but they are also comfortable opening themselves up to intimacy and close relationships.A person who always keeps others at a distance (whether emotionally, physically, or otherwise) is said to have rigid boundaries. Alternatively, someone who tends to get too involved with others has porous boundaries. | Thank you for your goals. How might we achieve them together? Can you forecast any future boundaries to you accomplishing these three goals | I think continuing the work here proposed by Albert Ellis and Aaron Beck, cognitive theory, maybe useful here since, it emphasizes what people think instead of what they do. It is clear that her cognitive processes are at the center of her behaviors, thoughts and emotions. Her behaviors in reality conflict with your stated ideals | **Summarize goals first.****Good idea but still reflect****Hate enslaves us to someone; still an intense relat****True****Look at attachment** |
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