**Verbatim Form**

**Student Counselor’s Name:** Brandon Waggoner **Student Client’s Name:** Client 1

**Start Time of Clip:** 21:20 **End Time of Clip:** 31:15

Directions:

Select a five to eight minute clip of the video. Type a verbatim transcript of that session (recall verbatim means word for word and includes “umm,” “err” and other filler words. Provide a revised response in the column titled “Rework Counselor’s Statements” for all counselor statements, with the exception of paralanguage. Also, include comments regarding counselor self-awareness and conceptualization throughout for the “Conceptualization and Comments” section.

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| Client’s  Statements | Counselor’s  Statements | Rework  Counselor’s  Statements | Conceptualization  Thoughts and Comments | Grader’s Comments |
| …Ok, I don’t want to crash your party. So then I didn’t go. Then she texted after saying ‘why did nobody show up?’ and I was like, I didn’t want to crash your party, then she texted back: ‘Oh, \_\_\_\_ you are the life of the party. Why didn’t you…Like…don’t ever think that.’ And I was like, ‘oh, ok, I missed out on going, like, wait, why did that happen?’ Like, why did I not go for fear of not wanting to intrude…or like, you know, not want to interrupt your party.’ Then after the fact, they were like, ‘oh yeah, totally, you should have come, you wouldn’t have like…’ ‘Oh, dang. I missed out on that opportunity’ | Hmmm,  Ah….  So what did you write down about that? | (I let this flow of thoughts continue perhaps too long)  Why did she say you were the life of the party?  What is this fear of not wanting to intrude?  What does that say about you that you missed an opportunity? | I was letting the client process his thoughts and emotions in this section. He struggles connecting his thoughts and emotions to his core hurt and fear of being rejected.  I was noting the statement of his friend who stated he was “the life of the party” I made a mental note to come back to this.  But first, I wanted him to know what he was thinking and feeling to try to make the connection with rejection. |  |
| So, um, so, like….basically | So just go through the…go through the…just, give me the scenario of what was the emotion here? | Go back to the Daily thought record you brought in, and tell me what emotion you wrote down. | I wanted to see what insights he has about his emotions. Can he identify what he was fearing and what was the real obstacle to his actions other than negative views of himself. |  |
| It was a lot of like…am I good enough to hang out with you people. | Ok | You people? Are they different than you? | The client is identifying others as being separate from him and therefore better, this needed to be addressed. |  |
| So I guess that’s more like a….I guess…emotion… ummm….. | (silence) | I like the silence here, he needs to wrestle with making this connection. | He is struggling to find the right answer. |  |
| So I guess, it was more like…like and inadequacy thing? Or is it more of a….That was like the part that I couldn’t figure out. I was like, like, what am I feeling here? Just…. Like, I don’t really know. Like a… | Mhmm, mhmm  Well, what is that? There’s and em…. Your thoughts, you can identify the thoughts, but there was something that kept you from going. What would… | Do you think you were in adequate?  Tell me more about this struggle to figure out the emotion. | I was choppy in my response here. I struggled balancing giving the client my perception of the fear of rejection vs. letting him know and experience it on his own. I decided to focus on the thoughts, but could have led him better with more direct questions. |  |
| It feels like that fear of like, intrusion. | Fear. |  | I wouldn’t change this response. He got the emotion on his own! |  |
| Yeah. | What were you afra…. What was that fear? | What were you afraid of? | Posing the question this way could have brought the client to rejection quicker. |  |
| Fear that I would be like a party crasher (laughter). Be like, be like show up and be like ‘hey, I’m here’ and then like have everyone be like ‘oh, wait, what is, what is he doing here?’ | What is bad about being a party crasher? | What would is feel like to be a party crasher? | I needed to continue to direct the client to the feelings rather than the thoughts at this moment. |  |
| Looked down upon. Like, oh, like, what are you doing here? Like, I don’t know, It was like, I was invited but like, I don’t know. There was subtle context to be like…. I got like a text message from my friend, who was like ‘yeah, I’m here, we will be here for a bit. ‘ Like \_\_\_\_\_ and some of her friends. Like, I took that to mean ‘oh, it’s just like you guys are hanging out with your friends, I don’t want to intrude…’ | Is \_\_\_\_\_\_a …… | Why are you looked down upon?  Subtle message? | There are a number of different ways I could do here. I wanted to know who the girl was due to the fact that his previous girlfriend broke up with him causing a panic attack. |  |
| Fellow co-worker. We know each other. | This isn’t one of the girls we… we’ve talked about. |  | I wanted to know if there was any romantic ties confusing the situation. |  |
| No, we are just friends, she, she even has a boyfriend. We are all like friends who hang out together. So… uh…  But then afterwards she was like, ‘oh, you totally should have come.’ And I was like ‘oh, dang it, I was wrong’ but…. | Ok, so there’s really two scenarios here. Right? The first one is what’s happened that caused me not to go. Then I’ve got to deal…I’m dealing with the emotions after the fact. There’s like two completely different ones. | There are two emotions here. One that kept you from going to the party and the other that you had after the fact. | I confused the client by using the term scenarios here when I was meaning emotions. I wanted him to know the fear of rejection as well as the guilt after the fact. |  |
| Yeah. | Kind of tied to the same hurt. | Tied to the same fear. | I needed to tie this back to the word he used earlier. |  |
| Situation. | Right, so before hand, I’m feeling fear. I’m afraid of being a party crasher. And a party crasher is bad because….. |  | I like this summary, I am bringing back the emotions, and placing the client with the responsibility to come up with why a party crasher is bad. |  |
| So, no one wants to be that…I guess, stigmatism like around, like, crashing parties… | What do people do or think about party crashers? | What does it feel like to be a party crasher? | I played into the distortion of mind reading. I needed the client to focus on himself and not what other’s think. |  |
| Like, ‘what are you doing man’… Like… | What is that? | Have you ever heard that before? | I could have tied this into the bullying the client got in high school. |  |
| Like, what is….like…. | When people say, ‘what are you doing here? You shouldn’t be here.’ | What would you be feeling if someone did say that to you. | Again, get away from the distortion and focus on the emotion. |  |
| Like frustrated at you… they are like… | You’re getting…. Rejected. | (silence) | I should have let the client wrestle with this more. If I had done the above changes, he may have connected the rejection on his own without me having to give it to him. |  |
| Yeah, I guess so…. Yeah, I was just afraid of like just going up and just them saying ‘oh, what are you doing here?’ you know like ‘get outta here!’ | Exactly, that’s rejection, isn’t it? | So you are afraid of…. | He stated fear here, he still is trying to connect the emotion to the situation and thought. |  |
| Yeah, huh, I never really thought about it that way before. | So I’m afraid of the potential for rejection | (silence) | Let the client sit with this longer. The light bulb is going off. |  |
| Yeah, that was like, that was underneath the surface. I didn’t even like, see that. It was more of like a… I was, I masqueraded it as more of a ‘oh, I don’t want to intrude on this’ than like, I guess, really what I was thinking was more ‘oh I just don’t want to go’ and have them be like ‘who’s this dude?’ and be like cast aside. | Mhmm  Because is that a possibility? | So this fear is something underneath?  or  So your thoughts were connected to this fear? | He is realizing that this fear of rejection is driving much of his actions in this situation. Again there is a possibility to tie this to his past bullying, but this connection is progress now. |  |
| Possible. But then knowing what happens after the fact, it would have been like, ‘oh, you could have met some of my friends and you know, it would have been nice. Meet new people. It would have been a good thing. But it was just in the moment I was like… I don’t want to be…. Rejected. | Exactly. A fear of rejection. So that’s what I would put there (DTR). | Rejection…. | Let the client sit with this emotion and get in touch with it. The more he can the more he will be aware of it when it comes up in different situations and he can know how to think differently through it. |  |
| For like the emotional part of it. | For the emotion, right? |  | I am bringing the client back to the daily thought record and the skill needed to evaluate his thoughts and emotions. |  |
| Yeah. | That was pretty much it, I would guess, right? | Would there be any other emotions there? | I need to let the client come to this conclusion instead of suggesting it. |  |
| Yeah. | That was the big obstacle. Right? | The fear caused the thoughts which brought about the anxiety. | Connect the client back to the model of counseling presented in the 2nd session. |  |
| Right. I was just like… oh | Ok, so then the thoughts… | What were the thoughts you wrote down? | Bring the client back to the assignment and skill. |  |
| It was like, basically, like… that would be like, you know, the rejection thoughts of, are they going to reject me? I put down here, Am I good enough to hang out with you guys? You know… | So you can see your thoughts were centered on the rejection. | How do you connect the thoughts you wrote down to the rejection? | The client appears looking to find the right answer. This was my mistake by giving him too many answers and not enough self-discovery. |  |
| Yeah. | Right? |  |  |  |
| Mhmm. | I’m gonna be a party crasher. People don’t like party crashers. Um, they just say, get outta here, who invited this guy? |  | I was reflecting the rejection thoughts back to the client. |  |
| You don’t belong here… | Which, they might not just come out and say that, right? | Ah, belonging is the opposite of rejection. | Pick up on the work belonging.  I was trying to practically apply the skill to the client. |  |
| Right. I don’t think anybody would… that would be considered rude. | Well, exactly, right? If someone was like, “hey! Who’s that guy? Get him out of here!” Right? There’s no bouncers at this party? |  | I like this section because it is modeling in a humorous way the absurdity of the client’s thoughts toward this situation. |  |
| (laughter) No, no, it’s on the roof of a hotel. | No bouncers, right? So, it would actually be more subtle than that. Where it’s like, no one would talk to me. I’d kind of be off by myself. | What might the subtle rejection look like? | Let the client come up with these instead of giving them to him. |  |
| Right. | People might be looking at me. Right? And it’s really kind of the fear of, ‘I don’t know what they are thinking.’ | What is the distortion here that could be playing a part? | I need to let the client connect the wrong way of thinking here. However, I want him to know the lack of overt actions taken by others. |  |
| Right, and that would be more of, what’s actually happening? And then… | Which then you go to your default….. | What default thoughts have we already talked about? | The client has a default thought of being worthless and rejected and having fear others will find that out. |  |
| Right. Especially since, since I know \_\_\_\_\_\_ and \_\_\_\_\_ I know both of them. But the other people there… I would have no clue who they were. And for me, like, sometimes in those situations it’s easy for me to clam up a little bit and like…(clam closing noise). Like, retreat, almost, of sorts. And, so I guess that was part of the things I was afraid of. In my head. Before it actually even happened, before I actually even went. | You were already three days after the party. |  | I like letting the client continue to connect the dots as well as laugh at himself in this situation. |  |
| Three days after the fact. Because I know like tonight they were like, ‘oh yeah, after the football game, we’re having this bon fire.’ It may happen it may not happen. It would be kinda cool if it does happen. I was thinking in my head ‘oh, if I don’t go to this party like, am I not going to be invited to any of these future parties?’ like, what am I supposed to do here? I have to be socially invested in people, to be invested back in me. Oh, gosh, what is supposed to happen? That was part of the thoughts after the fact. Oh, is this a social failure? Because I didn’t go this time am I not going to be invited back? Gosh…that can’t happen. So… that was… that was part of those emotions, I guess. | Right, exactly, there are two things. There is the fear of rejection that caused you not to go. Then after the fact, then there’s the ‘oh my gosh, I made a mistake, I’ve made the social blunder of the year!’ it is going to affect everything else going forward. | These two things are fear of rejection and shame or guilt. | I like this summary. The client struggles with trails and trains of thoughts. Summarizing this here is modeling how to summarize his emotions. |  |
| Yes, it is going to affect everything going forward. But after we had a group chat going where they posted a picture of them going and having fun and I was like, oh, gosh, no, I could have been there! I guess that was like that fear of missing out thing going on there. And then I did make a mistake…. And then I screenshotted the text itself and I was like, ok, like, you are the life of the party, I was like, ok, I’ve got to remember this. | I was going to go back to that. Because it seemed like you just, jumped over that statement. |  | The client brought back the positive takeaway from this experience that he did not address early on. |  |
| Mhmmm… | What is that? You are the life of the party. |  | I like the continuation here to allow the client to recognize how he is missing a major counter to his schema of negativity toward himself. |  |
| I was discounting the positives of that particular situation. I was like, oh. I had never heard her say that before. So I was like, oh, | Have you heard anybody say that before? |  | Again, I like this interaction due to now connecting some of the past and countering the messages from bullying in the past. |  |
| I have like…no… I have like another text message from like, one of my married friends from back home. My friend, uh, his wife, who I also know really well, she like texted me and was like, as you start the semester, you have a big heart, and like all this sort of stuff. I was like, wow, I never really heard people say such nice things before. So I got a screen shot of that. I was like, alright, I need to come back to this. So then, even like, through that separate side thing, like, I need to start believing that. Then I like started to do…through that first text message, then this one, I need to be like ‘this is true’ for next time. It was bizarre since I never experience that. |  |  | Here the client is recognizing the negative schemas he believes but is starting to put action to believing the more correct things through these positive experiences.  More work will continue to evaluate his obstacles to changing his thoughts in these areas. |  |
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