

COUC 714
Video Submission 2

Student: Brandon Waggoner

Supervisee: Jennie

My empathy to Jennie for her cold/sickness. I've been there many times. A quick check-in.

I liked your question of whether she gets locked into a particular tool. Also, your question of how she was dealing with her part time role as a counselor. When she said she CBT'd herself, responding to your question about failure, dig into that more. How specifically does she do that? Etc. The "comfort zone" was a useful frame for this.

Then the session segued into a case regarding sexual abuse and "extreme depression." Jenni seemed to be moderately competent in working with the client; at least solid ideas, skills, and interventions. After she shared a lot of her thoughts, you introduced the "ball-and-chain" analogy as a substitute for SUDs. It seemed to resonate with her as an alternative method.

Then a brief review of SI and risk.

I liked the discussion around working with SA and the person of the counselor, which you know is a critical component for me. Pulling from "different stuff" is okay as long as the counselor knows why s/he is using it and how it is to work in helping the client based upon a conceptualization of human functioning.

Another segue occurred that changed the focus from SA to another issue, anger. She didn't have time to work on things outside of session, which, of course can be understandably but also reflects the level of motivation. She might need to learn about margin but likely she needs a psychodynamic approach. Immediacy could be used to directly deal with the resistance. You also used timely self-disclosure.

As for your reflection paper, you chose an outline format. No problems with that as long as you provide sufficient reflection. I concur with your observations.