**Sample of Process Recording #2** 1 of 3

PROCESS RECORDING OUTLINE

Student’s Name: Minerva Garcia Client’s Name: JS

Interview Date: 03/14/07 Session #: 7

I. PURPOSE OF THE SESSION: To address my concern about Pt’s health and emotional state, refer Pt. to a mental health center, help him cope with the seriousness of his mental health, and assist Pt. will setting up an appointment with a local mental health center.

II. OBSERVATION: Pt. was affected when I voiced my concern; however he also recognized that he is also worried that he is going to harm himself. Pt. was disappointed and discouraged to seek these professionals help because he has previously been turned away by a couple of the mental health centers on the list that I gave him. He did not want to accept help from his family and repeated affirmed that they would not be able to help him financially to pay to seek this help.

III. CONTENT: The content is from the middle of the session.

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| SUPERVISORY  COMMENTS | INTERVIEW CONTENT (I said, she said) | STUDENT’S GUT LEVEL FEELINGS | CLIENT’S FEELINGS/AFFECT | IDENTIFY INTERVENTIONS & MAJOR THEMES |
|  | I said: “I want to make sure that you understand why I am referring to you a mental health center. As I told you in the beginning of this session I am concerned about your mental health, you need to seek further professional help which I can not provide. ”  He said: “(puts his head down for a moment) I know that I need help. My mother said that if you can recommend me to a see a psychologist? She said that I need help. ”  I said: “Yes. That is what I am going to do, but I want to make sure that you understand the reason why I am doing this. ”  He said: “(Nods his head) I understand because like I told you before I don’t plan on harming myself, I just do it. Like when I made these scratches here (points at his lower forearm) I was frustrated that I kept doing these to my arm and I didn’t feel it.”  I said: “ Yes. This is why your mother and everyone at this clinic is concerned about your mental health state. Because if you made scratches with a knife and you didn’t feel it, you can do other serious things to yourself which can puts your life in endanger.”  He said: “Where are you calling? Where am I going to ? I have already been to this one place by Van Nuys and it is called something like El Nido and they didn’t help me. From the outside it looks like it’s a building for kids but they also help adults. ”  I said: “Well, here I have a list of different mental health centers and I am going to refer you to once that is more closer to your house. (I show him the list) I was planning of referring you to this clinic (I am pointing to the clinic located in Van Nuys) its called the center of family living have you been there before?”    He said: “I think so. Is it the one that is located between I think Roscoe and Van Nuys? Do you know what the nearby streets are?”  I said: “No. I don’t but according to the address it is in Van Nuys.”  He said: “Ok. Yes, I have been there because that is the only place that is in Van Nuys. I have already been there and they aren’t going to help me. They told me that they couldn’t help me because I don’t have med-care.”  I said: “How long ago where you there for?”  He said: “(lifts his arms to dismiss his mother) Aww…that is what you say.”  I said: “Does Jose like to interact with the family.”  Pt.’s mother said: “No. Ms. it’s the truth he doesn’t like to interact with us. He doesn’t like to talk about his errors. He likes to blame others, but also the reason that he has problems with people it’s because he…how can I say it…he doesn’t use the right words. The other day he insulted my husband’s father and my husband got bothered because it’s his father. But I tried to talk to Jose and let him see….but.”  He said: “How I was not supposed to insult that man after he insulted me. He wanted to hit me, what was I suppose to do? I had to defend myself since they (referring to parents) weren’t doing anything.”  Pt.’s mother said: “Son, why | I want have the mother discuss what she thinks are Jose’s problems.    That is terrible that she feels that Jose doesn’t love them. I wonder what the motivate is to him not liking his sister who is a single mother.  Could it be that be feels jealously towards his sister because she takes away the attention his mother gives him, I wonder?  This is terrible. Seems like he is the one who isolates himself from the family.  Not sure what to make of this.  Seems the pt. holds a lot of things against his parents and the family.  So, he doesn’t like to admit his errors. It could be that these situations that he encounters are true, however he is the one to provoke indifference from the other person.  Defensive.  Doesn’t seem like he has no respect for his elders.  So, everyone insults him.  So, he doesn’t sleep on the sofa?  Seems like he is attempting to hide something. | Smiling.  Sad and tearful.  Gets emotional.  Sad and disappointed.  Really sad.  She is attempting to make Jose understand the situation, | Clarifying the situation and getting another perspective on Jose’s stories. Pt’s stories contradict mother’s stories a bit. In the intervention, I attempted to help both the pt. and his mother see and understand each other. Major themes covered were: Jose doesn’t sleep on the sofa, instead he sleeps in a trailer; according to the mother Jose bumped into his brother-in-law on purpose and provoked the brawl; Jose’s sisters have helped him; his parents do love him, but he rejects them; once when he was taken to the hospital for anemia, a doctor recommend for Jose to be taken to psychiatric facility because Jose had traumatic problems; Jose claims that his parents aren’t his real parents; Maria the hairdresser who is a friend is heavy involved in the family and was paid by Jose to tell his mother that she was going to marry him; mother wants to help Jose, but he rejects her; his dislikes his nephews. |

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IV. IMPRESSIONS/ASSESSMENT: 1) What did you observe throughout the session -- behavior and affect; 2) was the behavior/affect appropriate, explain; 3) how does this behavior/affect fit with what you know about the client=s past behavior/affect; and 4) identify the major themes/issues that emerged.

1) Based on my observations the pt. was not being sensitive towards his mother’s feelings. During the session the pt. either looked away or smiled why the mother was pouring out her heart. It seemed like the pt. was indifferent to his mother’s feelings and just wanted to focus on his own feelings. Whenever his mother brought up a situation in which Jose had told me a different version, he attempted to change the way his mother worded the story to make it correlate to his version of the story. 2) The affect/behavior was appropriate by the pt’s mother; she cried and poured her heart out during the session when needed. She talked about her strengths as well as her weaknesses. Jose never talked about his weaknesses; he always blamed someone for his behavior. His behavior was not appropriate to his mother’s stories and feelings because he dismissed her feelings instead he focused on his feelings. 3) The pt’s behavior does fit to his past behavior in pervious sessions. He is not very expressive towards his feelings. 4) Major themes that emerged were: Jose initiated fight with brother-in-law; pt’s family does love him and attempt to get involved; pt. isolates himself from family activities; doctor once recommended for pt to be taken to a psychiatric hospital; mother found out about pt’s asthma the same day of session; pt is resentful towards mother and family; pt paid a friend of his to convince his mother that she was going to marry the pt.

1. USE OF PROFESSIONAL SELF: Choose two significant interventions you made: 1) identify/describe; 2) what was your impression of your effectiveness; and 3) what would you change.

1).To allow the pt and his mother recognize their strengths and allow for each other to better communication between both. For each one I intervened and pointed out each other’s feelings and see if they were able to acknowledge each other. 2) There was hardly any effectiveness. There seems to be wall in between both. Both like to discuss their feelings, but do not acknowledge each other’s feelings. 3) Maybe intervened more and pointed out more strengths.

1. PLANS: (Brief statement of your plans for the next session, long range goals, short range goals that are relevant for this client.)

Plans for next session are to focus on what was discussed in this session with pt. Obtain clarifications on the pt’s behalf on the stories and further explore the story of the spirit. For the last session pt. wants to bring in both parents. Continue with strengthen pt, however not sure if this is sufficient to help pt. seems like maybe he might need some other type of help. Long range is for the pt to have a higher self esteem by continuing to highlight his strengths.

1. ISSUES, QUESTIONS OR PROBLEMS: (To explore in supervisory sessions.) Areas to explore in your supervisory conference: include issues of diversity, value dilemmas, counter-transference etc.

Dilemmas: I had difficulty with this session because each one was interrupting one another, but I did my best to intervene.