

Video and Verbatim Assignment

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Start Time of Clip: 31:08
End Time of Clip: 39:14

Directions

Step 1: Select an 8 to 10-minute segment of a recorded counseling session and upload it to your Kaltura account at watch.liberty.edu. Save the video as your name and presentation number (e.g., Jane Doe, First Case Presentation). Ensure the video is set to private and then publish it to your course and section under My Channels. Videos must be deleted after the assignment has been graded. **Note: All videos must be deleted on or before the last day of your course.**

Step 2: Watch the video segment and type a verbatim transcript with timestamp of the video (recall verbatim means word-for-word and includes “umm,” “err” and other filler words).

Step 3: For every counselor statement/response, with the exception of paralinguage, ***identify the intervention and rationale*** for why you used it (Intervention and Rationale), ***provide a rework*** of the intervention (Rework), and ***include comments regarding conceptualization and/or counselor self-awareness*** (Conceptualization and Personalization).

Example

Timestamp	Speaker	Verbatim	Intervention and Rationale	Rework	Conceptualization and/or Personalization	Faculty Feedback
25:53	Counselor	Yeah that's- that makes sense the way you were explaining it. You don't- you don't want the conflict don't introduce the topic. Um now what about relationships with friends?	Paraphrasing and open question to let the client know he is being heard and understood.	It sounds like conflict can be really uncomfortable to you.	I could have delved deeper into the conflict topic, but I missed it because of my planned direction, as social relationships were mentioned in the last session.	
26:05	Client	That's been a little complicated again because of the work thing.				
26:11	Counselor	Yeah, absolutely.	Minimal encourager to let the client know I am listening intently.	That makes sense.	I wonder whether John's autism spectrum diagnosis contributes to social difficulties/loneliness.	

Verbatim and Reflection

Timestamp	Speaker	Verbatim	Intervention and Rationale	Rework	Conceptualization and/or Personalization	Faculty Feedback
31:08	Counselor	All right, so let's first get in a space of calmness, OK? See how you can feel relaxed, OK? We've done breathing exercise. Yeah?	Setting up the client for a breathing exercise	Let's go to your safe place so we can practice one of our mindfulness exercises.	Often times, short and sweet directives are more efficient in helping the client arrive at a place of calmness.	
	Client	Yeah				
	Counselor	We've done grounding exercise. 54321. Yep. What?	Reminding myself and the client of other techniques we have covered	So far, you have the 54321 grounding exercise in your toolbox.	This serves as a reminder and an encouragement to the client what he already has tools to get to his safe place.	
	Client	Oh, like the touch and stuff.				
	Counselor	Yep. What's worked well for you? What do you think is best?	Checking to see what exercise the client has seen to be most effective.	Which exercise would you say has been the most effective?	The client has several coping skills available to him, so sometimes it can be overwhelming to have so many that he may not use any of them. Here, I am wanting to know if he has a "go-to" exercise.	
	Client	Which one was the grounding one?				
	Counselor	The grounding was 543215 things you can see four things you can touch. Three things you can hear. Two things you can smell.	Reminding the client what the grounding exercise consists of.	Do you remember what we go over when implementing the 54321 method?	I would have preferred to give him an opportunity to remember parts of the exercise. I knew he would have been able to recall it.	
	Client	I'll pick that one. What is the other?				
	Counselor	The breathing exercise?	Checking to see if I knew which one he was referring to.	The box-breathing method?	I think being specific would be helpful for him to remember.	
	Client	Yeah.				
	Counselor	That was the breathe in for four. Hold it for four. Breathe out through your mouth for four. Hold it for four. So it's kinda like... (Demonstrates) Until you feel fully relaxed...	Reminding the client by explaining and demonstrating what the exercise is.	Do you remember how the box-breathing method works?	Again, I think he knew what it was if I would have specifically named it, so he would remember the length of time to inhale, hold, and exhale. However, he may not have remembered to breathe in through his nose and out through his mouth. This is why I demonstrated it.	

	Client	Either or isn't bad				
	Counselor	Let's do the breathing exercise...I'll do it along with you	I wanted to show the client that I am with him.	Let's do it together.	I like simple and short directives.	
	Client	Ok				
	Counselor	We're just trying to get into a calm space. Ok.	Reminding him that before practicing, we need to be in the right head space.	Picture in your mind what it would look like for you to be calm right now.	Instead of we're trying to get into a calm space, my reword provides him with what he can do to get there.	
	Client	Ok				
	Counselor	Back towards the seat, Just going to relax with hands on front, feet firmly. On the ground and we're going to go to that space. Go to a space in your mind where you feel most comfortable. It could be a vacation spot, it can be someone's home, somewhere you feel welcome. And then once you have that picture of, "I feel good, calm, I'm in this place, we can start implementing this breathing exercise. Ok, let me know when you're there.	Guiding the client through the exercise.	Remember to place your back flat on the support for your chair, place your hands on your legs, firmly ground your feet. Ok, good. Now, imagine the safest place you can imagine. You've referenced this place before in our sessions. Let me know when you feel calm and safe.	Sometimes, I can use too many words which can potentially lose the client. In my rework, I would have paused in between the directives.	
	Client	Do I just say it?				
	Counselor	Yeah, yeah, so you're there? Ok, alright. So, we'll go ahead and do our first box...we're going to continue to do this until you feel relaxed, Ok, you let me know when that is. It's not going to happen right away, it may happen right away. You just tell me, "My body feels calm and relaxed right now." Ok? So, we're going through the box breathing exercise. Breath in through your nose, We're going to hold it for four, and then you're breathe out through your mouth for four seconds,	Guiding the client through the exercise	"Are you ready? Great. We'll start our first exercise now. We'll keep working on this until you feel relaxed. When you feel calm, just say, 'My body feels calm and relaxed right now.'" Inhale through your nose, hold for four seconds, then exhale through your mouth for four seconds, and hold again for four. I'll try to stay in sync with you. Keep checking in with your body to see if it feels calm."	I just paraphrased the steps for guiding the client.	

		<p>holding it for four, and then again. Ok? I'll try to sync up if possible.</p> <p>Ok? Here we go. Breathe in. Hold it for four, exhale for four, four, again for four...for four...out for four, just continue this pattern.</p> <p>Check with your body, see if it feels calm.</p>				
	Client	I feel fairly calm				
	Counselor	Ok, good.	Minimal encourager	Good.	Affirming the client's current state.	
	Client	Yeah				
	Counselor	<p>Thinking about that space, feeling calm...well, good. Ok? And, let's go ahead and dig into what, if there's a memory. Ok, you want to talk about either the earliest childhood memory that you have.</p> <p>It can be the most emotional one that you can remember. Where you felt very strong emotions, because again we want to regulate that, if it has strong emotions, we want to regulate that down to a manageable stress. Um, it can be the most recent one where you felt most emotionally charged. Ok, so any those and one you can think you can manage us processing here. Ok, not one that you, man, I probably do this one, but I want to get through with it and, just pick one that's manageable, ok, but that's strong enough where you feel like you're processing something meaningful.</p>	Once the client felt calm, it allows us to visit a memory that is tied to his early childhood trauma. By being relaxed, it gives him the necessary space to not become overwhelmed with the emotions attached to those memories.	Now that you're calm and collected, I think it is safe to visit one of your early childhood memories. Choose the earliest memory you have where you can also feel the strong emotions that come with it. We want the emotions to be strong and present, but we also want them to be manageable. Choose a memory that fits within these parameters.	Because we are doing trauma work, I want to give my client autonomy in choosing the memory and also assess his level of self-awareness and emotional regulation by seeing how he copes with the vivid memories.	
	Client	Do I say it?				

	Counselor	Yeah, let me know, tell me what the situation is that you want me to process. Umm.	Asking the client to let me know when he's selected the memory.	Yes. What came up for you?	These open ended questions give the client freedom to elaborate on their thoughts and emotions.	
	Client	Yeah, Umm...It was ummm...there was a party that was going when I was 6 or 7, um, this was like the most emotional driven one because they were fighting, there were a lot of people fighting. And one thing about me as a kid, seeing fighting made me run				
	Counselor	Mmmm	Minimal encourager	What do you mean by that?	I could have gone deeper here as to what seeing people fight communicated to him. Lack of safety? I need to fix this?	
	Client	And so, I remember running around the house like 4 or 5 times because I was super anxious because I didn't know what to do.				
	Counselor	Mmmm	Minimal encourager	Did that help?	I could have been curious as to what the running did for him.	
	Client	Um, and then after the fighting I believe, I believe I ran the same, because I think that happened multiple times at the house				
	Counselor	Mmm, there was constant exposure?	Minimal encourager and reflecting back content	You saw it happen often? How did it make you feel?	I would like to have explored his emotions here, because when he was sharing, he was being very factual about it.	
	Client	I think there was constant exposure, so I constantly ran I'm surprised I didn't lose more weight... Um, my mom and my brother's fathers were fighting outside, and I ran up to them while they're fighting, and I bit my stepfather in the back, he threw me down the street...				
	Counselor	Mmm	Minimal encourager	That must have been painful to have all that going on in front of you.	Empathizing with the client and reflecting emotion.	

	Client	<p>...and I ran home, and I was crying towards my mom</p> <p>I think that was the most emotionally triggering one, and something that happened very early in childhood, so...so yeah</p>				
	Counselor	(long pause) Yeah, that's tough thing to experience on multiple occasions.	Reflecting emotions	I can't even imagine what that must have been like for you.	This shows empathy and I think has a stronger impact on how the client interprets my presence in the room.	
	Client	Yeah				
	Counselor	Um...Ok. So you want to process that memory?	Confirming if this was the memory he wanted to address	Does this sound like a memory you can process in counseling?	I want to make sure he feels comfortable with the memory and that he feels confident enough to regulate himself when addressing this memory.	
	Client	Yeah, that's one...that's a big one, because that was like the, that was the separation of my mom and my relationship...				
	Counselor	Mmm	Minimal encourager	So, I'm hearing that this was a turning point in your relationship with your mom?	I wanted to reflect back the content and meaning attached to it.	
	Client	Because I was the words of a kid saying, "Momma, she's over there just fighting."				
	Counselor	Mmm...And what did that communicate to you. Like what did that mean to you? Or what did that say about you? So, we're attaching that memory what did they communicate, or what did this communicate to me about me?	I wanted to explore what messages he internalized from this experience.	What messages did you internalize from seeing your mom in that situation?	Short and concise questions are easier for the client to process.	
	Client	At that time I was really like you didn't care enough to come and ask. I think my sister was going and I was over there. And once he threw me down, I would start fighting someone as though they went after my child				

	Counselor	Mmm	Minimal encourager	Can you repeat that?	I couldn't make out what he actually said here in the video, so I would have asked for clarity.	
	Client	Because right after I got up, I went back to the house. Crying, you know, and that's why I was like, I can remember the whole thing? Like running to the car, trying to get to the crossing asking "Where's my mom, where's my mom?" One of the neighbors was like... I was just crying				
	Counselor	How are you feeling right now as you're bringing up that memory?	Wanting to explore his emotions more.	What feelings came up for you as you shared that memory?	I think using "What feelings" instead of "How are you feeling?" provides more opportunity for the client to explore his emotions.	
39:14	Client	Hey...It was sad.				