

VIDEO AND VERBATIM

Student Counselor's Name: Glen Roberts Student Client's Name: Kevin

Start Time of Clip: 0:00 End Time of Clip: 8:01

<i>Client's Statements</i>	<i>Counselor's Statements</i>	<i>Rework Counselor's Statements</i>	<i>Conceptualization Thoughts and Comments</i>	<i>Grader's Comments</i>
That, and then you asked me the question two weeks ago if I wanted to be a good Christian or a good Jehovah's Witness.	I was just gonna bring that up, you know...last week, I wanted to see if you would bring it up, you chose not to, we had other things to talk about...	I remember	Minimal encourager	
So, um, I, I feel like one goes with the other.	Okay	Silence	Give the client time and space to expand on their thought	
It really does. But, if I had to choose, it would be a good Christian above Jehovah's Witness, for sure. Um, just because it's new to me too.	Hmmm	So it's more about the religion than the specific denomination.	Reflection	
Um, there's rules and regulations and stuff that I don't agree with a hundred percent. Um, but I'm not completely against everything they stand for either. Um...	Right	Help me understand that.	Elicit the clients need to help and have them explore their statement further.	

So, but, like, I said, I, beyond being a good Christian above anything else. So, I feel like, the way that I'm goin' at, this shows, this is just fine for me, for right now.	Okay	You're making progress at a pace that you're okay with.	Reflection	
Um, I don't feel rushed to have to join in other meetings, or go in person	Okay	Silence	Give the client time and space to expand on their thought	
Um, I still have fear that, um, new people, new areas surroundings,	Mmm hmm	Silence	Give the client time and space to expand on their thought	
New rules, um, but I, I realize that, that I am actually afraid of steppin' forward into this. And, uh, I'm not afraid to walk into Christianity.	Okay, so you feel a little, this is a little bit different than, say, going into an AA group.	What about Christianity makes it different?	A question to encourage the client to explore their statement further.	
Yeah, that's easy.	Yeah.	Yeah	Minimal encourager	
This is my faith.	Yes.	Help me understand that.	Elicit the clients need to help and have them explore their statement further.	

<p>So, um, I don't think I'm ready to full-fledged immerse myself into religion. So, I'm happy where I'm at. So. I need to just keep doin' what I'm doin' for now. Um, I'm also lookin' into taking my CRPA. So, um, I like where I'm at. I, I don't wanna rush anything, especially with my faith. Um, but, like I said, um, I, I already have a lot on the table. Um, two doctor's appointments and tryin'...</p>	Um hmm	Silence	Allow the client space to finish their thought	
<p>...to get into school, um, religion, the house rules, everything, regulations, uh, everyhting I gotta do there, and all those meetings, AA.</p>	Um hmm	It sounds like you have a lot on your plate.	Reflection	
<p>Um, they want me to volunteer as well.</p>	Hmm	Even more to pile on your plate	Reflection	

<p>Um, five hours a week, on top of everything else. So, until I can get out there, and free up some of my time, I think I'm just alright, alright where I'm at with my faith. And, uh, everything else is just, basically, how I'm livin', and I'm comfortable, um, I'm just, I'm happy that I can follow all these rules and I can regulate my own life.</p>	<p>Yeah.</p>	<p>Even though you're busy, you've found time to explore your faith and meet your other commitments.</p>	<p>Reflection</p>	
<p>I'm lookin' at it and I can picture each scenario and situation I got goin' on and I maintain it. Um, I wasn't able to months ago in my addiction. You know, I could barely, you know, keep track of my days. But um...</p>	<p>Well, you could also barely walk.</p>	<p>You've made progress.</p>	<p>Validation</p>	
<p>Yeah, that too. So...</p>	<p>And now you can.</p>	<p>Silence</p>	<p>Allow the client space to finish their thought</p>	

<p>I've come a long way with that too.</p>	<p>Both literally and metaphorically. So, this, this, confidence that you have, that you can regulate, you're pacing yourself, in a way that you feel comfortable, both spiritually and with your recovery. Tell me how that's gonna translate when you get your own apartment.</p>	<p>How will this confidence translate into your new life, for example, when you move to your new apartment on your own?</p>	<p>Invite the client to apply their newfound confidence to challenging situations.</p>	
<p>The recovery is strong. I'm not worried about that. Um...</p>	<p>Okay</p>	<p>Silence</p>	<p>Allow the client space to finish their thought</p>	

But it's not the least thing on my mind, but it's not the most important right now. Um, the most important for me is maintaining everything I got going on along with my sobriety. Um, I don't think I have any worries about any of it honestly. Um, I feel pretty strong and that I can do and make everything work. Um, once I get my own apartment, though, a place, um, that'll free up a lot of hours. Not havin' to do a ton of AA's and volunteer, whatever, and the house groups. Um, but I'm movin' school into that spot. I'm gonna do that seven week program, through CFLR, and get my CRPA and start workin' up from there. Um, faith is always gonna be there.

Um hmm

Um hmm

Minimal encourager

Um, I can work on it anytime. Um, I don't know. I'm spitballing. But, I think...	Yeah, well, with the CRPA you said, you know, you pretty much have some SMART goals set for the CRPA certification. Do you have any goals set for your spiritual practice, your religion?	You have SMART goals set for your CRPA certification. What goals have you set for your spiritual practice?	Open-ended question to elicit more information and encourage the client to look deeper within.	
Not...any...short-term.	Okay	Okay	Minimal encourager	
Um, long-term? Yes. Absolutely. Uh, like, you know, go into the religion as far as I'm supposed to. You know, uh, meeting with the congregation twice a week and, uh, hopefully, just being a good Christian, and, uh, maintain all that as well.	So continue with the Jehovah's Witness and the, you know, just organically progress.	So, tell what a good Christian is to you?	Open-ended question to elicit more information and encourage the client to look deeper within.	
When I'm ready, um, I'll know.	Yeah	And what does ready look like to you?	Open-ended question to elicit more information and encourage the client to look deeper within.	
I'm givin' myself time to process everything about it too. I'm still learnin' about it, and, um...	And how's that going? Are they coming to the house?	Silence	Allow the client space to finish their thought	
No, um, I'm speakin' with Bryan,	Okay	Silence	Allow the client space to finish their thought	

He was just let back into the congregation. So, he's got a lot of info.	Hmm	What has he shared with you?	Open-ended question to elicit more information and encourage the client to look deeper within.	
Um, so I just pick his brain for a lot of it.	So, you have a mentor right in the house.	Tell me more	Open-ended question to elicit more information and encourage the client to look deeper within.	
Right in the house. So...	That helps.	Silence	Allow the client space to finish their thought	
Yes. Absolutely. But it's also a lot of pressure comin' from him as well to, you know...	Is there?	Help me understand that.	Open-ended question to elicit more information and encourage the client to look deeper within.	
There's slight.	Okay	Silence	Allow the client space to finish their thought	
Um, he asked me if I'm gonna...cuz sometimes my mind doesn't always recognize what day it is. So he pressures me about doin' it online.	Oh	And how does that pressure affect you?	Open-ended question to elicit more information and encourage the client to look deeper within.	
So, and he's like...um, I don't always catch Wednesdays, so he's...and then he's, he always tells me that he's proud of me...for doin' what I'm doin', but it, I feel like that is another way of, you know, antagonizing...				

