

Process Recording
 April 18, 2010

Case: Meeting with 65 year old female client living in a skilled nursing facility. The client has been dealing with depression and regularly reports feeling alone.

Dialogue	Thoughts/Feelings	Interpretations	Supervisor Comments
<p>I have been talking with the client for a while. Apparently, both her kids recently came to visit for Easter and brought their families.</p> <p>Client: I had a tough childhood. I didn't have a mom.</p> <p>Me: Did your mom pass away when you were a child?</p> <p>Client: Yeah, when I was 4. Then my father married that witch!</p>	<p>This should have been a celebration.</p> <p>How did we get on this subject? Does she want to talk about her childhood?</p> <p>Warmth, caring, eliciting information to better understand client's feelings about family.</p> <p>She still has a lot of anger</p>	<p>I know this made her day.</p> <p>Recognizing that family events can trigger unresolved feelings in a person's life, especially in relation to their family history. I should see where this goes.</p> <p>Better understand client's tendency to think negatively</p>	<p>It's excellent to see how you initially assumed the client's response to her children's visit as being positive. However, you later recognized some of the distortions in her thinking that impact her mood. Great observation!</p>

<p>Me: Are you talking about your stepmother?</p> <p>Client: Yeah, I hated her!</p> <p>Me: In what ways did she hurt you?</p> <p>Client: Ah, she wasn't all bad. She helped us out, especially when my father lost his job. But, she was trying to take my mom's place. I never got over that.</p>	<p>about this and cannot keep attention on the recent visit from her children.</p> <p>Exploring with client her past experiences that may contribute to her mental health in the present.</p>	<p>about her past and future. She has trouble placing attention on positive events, even present matters. This has happened before and may be contributing to her depression.</p> <p>Indicates client's difficulty adjusting to change, which may be life-long.</p>	<p>Good observation.</p>
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