

COUC 999 VERBATIM TRANSCRIPT FORM

Counselor Name: Michael Scoville	Date: 7/16/24
Session #: 8	Start time: 2:08 end time is 9:55
Core Affect: Client is calm at first and then goes all out hyper.	
Content Summary: Client has been off his medication all summer. Trying to work with client on his anger issues.	
Verbatim link: https://watch.liberty.edu/media/t/1_33geoy0p	

Verbatim Client Statements	Verbatim Counselor Response	Skill Utilized	Theoretical Approach/Attempted Intervention	Alternate Response	Self-Awareness
Yeah.					
	So... When we talked about the anger iceberg... So anger is... This top piece right here, right?	Psychoeducation	SFBT/CBT	I want to explore the anger iceberg with you, as I mentioned a few weeks ago.	I was fumbling with my words
Yeah.					
	And then it grows like this underneath here.	Psychoeducation	SFBT/CBT	The top part of the iceberg above the water is anger and the bottom are your emotions.	
Can I draw one?					
	I'm going to have you put in different feelings. Different feelings that you've experienced.	Psychoeducation	SFBT/CBT	I would like for you to put any feelings you have experienced.	Client is interested
What kind?					

	Whatever feelings you've experienced.	Psychoeducation	SFBT/CBT	No change	
	It could be happy, disgust, sadness.	Psychoeducation	SFBT/CBT		
Why are you saying characters from inside out?					
	Because that's really what they are. Yes, there are characters from inside out.	Reflection of content	SFBT/CBT	Yes, you are correct, these are similar to the emotions in Inside Out.	The client was able to relate to the topic.
	You missed a couple. Well, go ahead and write them down			Could have skipped this	
Okay.					
	If you can think of what they are. The reason why we're looking at that is because a lot of people don't understand where anger comes from. And anger actually comes from a lot of emotions that we take and we put inside our body.	Psychoeducation	SFBT/CBT	The iceberg is used to show people that anger is the only feeling we see, but can come from many other feelings.	Relly made no sense.
	Right? So we keep them inside. We call that repressing them. Right? So you've	Psychoeducation	SFBT/CBT	The feelings below are repressed feelings that come out when	Should have allowed for client to answer the rights.

	got... What do you have down so far?			triggered as anger.	
A-G-S.					
	So anger is already right here. So write down like sadness	Psychoeducation	SFBT/CBT	Anger is on top, you will put your other feelings below the water.	I miss read client
I'm not writing anger.					
	What other... What feelings do you have trouble expressing?	Psychoeducation	SFBT/CBT	Can you think of any other feelings you have a hard time expressing?	Trying to get the client to look more deeply.
Anger.					
	Okay, what else do you have?			none	Reaching out for more feelings
Anxiety.					
	Anxiety. Okay, so you develop anxiety. You have feelings of anxiety. When do you get feelings of anxiety?	Open-ended question	SFBT/CBT	Anxiety, when do you feel anxiety?	Looking to find out why he is anxious
All around other people.					
	So when you're around other people you become anxious? Does that happen in school too?	Reflecting of content	SFBT/CBT	When around other people, does this happen at school as well?	Needed to find out when he is anxious

Yep.					
	When do you usually get anxious when you're in school? Is it when you're in class or like just in the hallways?	Open-ended question	SFBT/CBT	When does your anxiety occur in school?	Needed to make sense.
This is what I think disgust is.					
	What's disgust?	Open-ended question		No change	Responded to his answer.
You know when you have a little piece of hair in your food?					
	Yes.	Basic skill			
And you almost eat it. But you don't eat it., and then you take it out and then you don't want to eat that thing anymore.					
	Yeah	Basic skill			
And then you take it out and then you don't want to eat that thing anymore. Yes, that's disgust.					
	Good job, give me a fist bump. Good job.	Gave client praise		No change	Wanted him to feel good about his answer

	So disgust.	Psychoeducation	SFBT/CBT	Disgust is a feeling under the iceberg	Trying to keep him on focus
Don't mind the cigarettes. Don't mind the cigarettes.					
	It's better to smoke outside than smoke inside.	Conversation			
Yep.					
	Yep.	Basic skill			
	Then the inside of the house stinks like smoke. Right?	Conversation		Could have eliminated this statement	
That's a good example of an iceberg. See look, I'll show you.					
If you look at the top of the...					
	Yeah.	Basic skill			
See look. You see this part? This part will go across. And then everything else is under the water.					
	Yeah.	Basic skill			
Right here. Covered up. Can I show some more of this? Huh?					
	Yeah, well come over here so we can talk about it a little bit.	Redirecting client	CBT	No change	Trying to get him back on focus

	So... The purpose of the anger iceberg... Can I have my pen please?	Redirecting client	CBT		Trying to get him back on focus
I want a froggy until I don't know.					
	I don't need your phone, I just need my pen.	Redirecting client	CBT		Trying to get him back on focus
Here you go.					
	It's angry.				
Thank you sir. So when it comes to... Pardon my fluff. What fluff? You sit down there and talk to him like you're supposed to be doing. I know. You guys got this yard tore up man.					Father walked through and interrupted session
	Alright. So as far as anger goes... So when we have the iceberg... You would have different emotions.	Psychoeducation	SFBT/CBT	Back to the anger iceberg, anger is on top and your feelings are below the water line	Have clients attention
Yes.					
	And those emotions... You repress them. So like say... How are you at expressing sadness? When you get sad. What do you do	Psychoeducation	SFBT/CBT	The feelings are usually repressed, how do you deal with sadness, do you cry?	Client

	when you're sad? Do you cry?				
Nope.					
	What do you do with the emotion?	Explored topic	SFBT	How do you respond when your sad	Looked to understand why client reacted this way.
I just don't want one like a baby, no.					
	It's okay to cry.	Reinforced Feelings	CBT		
Yep.					
	Yep.	Basic Skill			
	Wait, did somebody tell you it's not okay to cry?	Explored Feelings	CBT	Why do you feel it is not okay to cry?	Was wondering why he is so against crying.
We do it. You can come over here as long as you stay behind the building.					Sister came out and was going to dad.
	Is it okay not to cry or is it okay to cry?	Psychoeducation	CBT	Expressing feelings is okay for guys	
Well, if you cry, you're going to be a baby.					
	Not necessarily. Why do you think that crying makes you a baby?	Explored feelings	CBT	No change	Looking at why client does not believe in crying
Because babies cry. A lot.					
	So adults cry too.	Psychoeducation	CBT	No change	
They're babies.					

	Say you lost a family member.	Hypothetical situation	SFBT	No change	
I didn't really cry.					
	Your family member passed away.	Hypothetical situation	SFBT	No change	
I was sad.					
	You were sad? Okay. But you didn't cry	Explored feelings	SFBT	No change	
Oh, I did recently.					
	And how did you feel when you lost...	Explored feelings	SFBT	No change	
Which side is the back?					The client tripped on the camera
	Watch the camera.	Fixed camera			
Which side is the back?					
	Right here.				
Alright.					
	So... You felt sad when you lost your relative.	Explored feeling	SFBT	No change	
I was mad.					
	You were mad? Okay.	Reflected feeling	SFBT	No change	Getting somewhere
Okay.					
	And what did you do with that when you were mad? What did you do with that feeling? Did you express it?	Explored feelings	SFBT	How do you react when your mad, do you repress it or release it?	
Yeah, I punched a window I punched in.					

	You punched a window?	Reflected content	SFBT		
Yeah, I punched in someone's window.					
	Well, is that a good thing to do when you became mad?	Psychoeducation	SFBT		Wanted to see what client believes
Yeah.					
	It is?				
It let out my anger.					
	Well, you could have punched a pillow.	Psychoeducation	SFBT	You should release your anger, but do it without causing damage or hurting yourself or someone else	Focused on appropriate ways to respond to anger
	Or you could have screamed into a pillow. Or screamed out loud. Those are ways you can release the anger when you're mad.			Delete	
I'm still angry.					
	But when you punch a window and do something where you're causing damage...	Psychoeducation	SFBT	No change	Started losing client again
Can I scream?					
	Can you scream?	Responded to client		No change	

Yeah.					
	You feel like you need to scream?	Explored feelings	SFBT	Do you feel like screaming?	
Yeah, really bad.					
	Go ahead, you can scream.	Prompted client to express self	SFBT	No change	
So you don't mind if I turn into Goku here?					
	Is it going to make you feel better?		SFBT	No change	
Yes.					
	If you need to scream?		SFBT	No change	
I'd rather you pull me.					
	That's okay, if you feel like you've got to scream... Then you need to scream, go ahead and scream. And then I want you to tell me how you feel after you scream.	Encouraged client to release anger in a healthy way.	SFBT	Go ahead and scream if that will make you feel better, just let me know how you feel after you scream.	Want to see how client feels after screaming
"Screams"					
	Very nice.				
	And how did that make you feel? Do you feel better?	Explored feelings	SFBT	No change	
Good.					
	You feel good?	Reflected feelings	SFBT	No change	
Yep.					