

**Video & Verbatim Assignment**

Zachary T. A. Clinton

Department of Counselor Education and Supervision (COUC 998), Liberty University

**Video & Verbatim Assignment**

Student Counselor’s Name: Zach Clinton

Client’s Pseudo-Name: Lauren

Start Time of Clip: 24:17

End Time of Clip: 30:24

<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>
<p>24:17</p> <p>“Um... I think stable at times... um but um I guess it's just like I've pushed everything and just tried not to deal with it... Um... When um... like driving here though I felt like I didn't do enough stuff for my mom... like once I realize like, I'm alone I do, you know, whatever I need to do... it's like it's not enough and I can't find that pattern like I usually do... Like I did at work and with my mom and stuff like that and she's going to appointments now and like with Max I can't leave him by himself... He'll keep</p>	<p>“...I’m wondering what has your thought life looked like over the last couple of weeks?”</p> <p>“Yea.”</p> <p>“Hmm.”</p> <p>“Mmm...” (Head nodding)</p> <p>“Mmm...”</p> <p>“Hmm...”</p> <p>(Head nodding)</p>	<p>“So, in knowing that I haven’t seen you in a couple of weeks and in hearing that you’ve had some trouble falling asleep this week due to some racing thoughts... I’m interested if you would be willing to share some of those thoughts you’ve been ruminating on the last couple of weeks...”</p> <p>“Mmm Hmm...”</p> <p>“Mmm... enough...”</p> <p>“Right...”</p> <p>“Hmm...” (Head nodding)</p>	<p>Overall, I’ve really enjoyed working with this client... Lauren is an incredibly kind person who has a very big heart for others. She has been taking care of her mom for years, really even before her mom was diagnosed with dementia. However, due to Lauren’s upbringing she really struggles with the anxious/ambivalent insecure attachment style. Lauren and I have been working on her low self-esteem, self-worth, and self-confidence for several weeks now. She seems to be making incredible strides, but unfortunately since she has bought this new dog, Max, things seem to be difficult for her again. She</p>	

<p>barking and barking and everything...</p> <p>"Mmm hmm..."</p> <p>"Right."</p> <p>"Well, it's because... Well with Max, it's just... nothing's consistent... I haven't found a pattern because then I could do one or two days the same thing but then third day he'll do something completely different...and that messes with me... with my mom it was just a little bit easier but I would spend time with her... and I'd be next to her... I haven't like barely laid</p>	<p>"Yea."</p> <p>"So I'm interested in maybe exploring a little deeper here... What do you think has prohibited you or maybe become the barrier that has not allowed you the opportunity to experience the patterns that you once created in different jobs? What's so different about this one in knowing that you're still getting paid and there are still expectations... What's the barrier?"</p> <p>"Yea" (head nodding)</p> <p>"Right..." (head nodding)</p> <p>Hmm...</p> <p>Mmm Hmm...</p> <p>"Mmm..."</p>	<p>"Mmm... So what it sounds like is that you're caught in the middle of trying to take care of two things that you deeply care for... the first being your mom... the second being Max... And as you're caught in between these two worlds being stretched thin, a common theme that stood out from what you just shared is the feeling of inadequacy or not being enough... Help me understand where these feelings of guilt or inadequacy are really stemming from..."</p> <p>"Mmm... consistent..."</p> <p>"Right..."</p> <p>"Yes... spend time with her..."</p> <p>"Mmm..." (Head nodding)</p>	<p>constantly tries to provide her mom with the best care possible, not only because she is her mom but also because this is her job for which she gets paid. However, the client has described impulsivity as being something she struggles with. As noted later in this verbatim, the client mentioned how she really did not even want a dog, yet she grew impatient and decided to get one anyway. Unfortunately, now she finds herself trying to stay afloat with all the demands and added responsibility Max has placed on her life. My prayer is that the client would either find help to take care of her mom or her dog so they would both get the necessary time, attention, focus, and love they deserve, but also so it would limit some of the guilt my client is currently experiencing.</p>
---	---	---	--

<p>next to her... Like I think Sunday I fell asleep like right before I was supposed to go to church... Umm... Because it's very hard, one, to sleep on the thing and it's like we're more separated, kind of thing... which I'm not used to... which I think is good but the same time it's like you know I don't know how long she has until you know... and I forget to tell her to take her medicine and stuff and she said well I already took it and I'm like are you sure...?"</p> <p>"Mmm hmm..."</p> <p>"Right..."</p> <p>"Mmm hmm..."</p>	<p>(Head nodding)</p> <p>"Yea... yea..."</p> <p>"Hmm..."</p> <p>(Head nodding)</p> <p>"Yea." (head nodding)</p> <p>"Mmm..."</p> <p>"So... it's distanced you a little bit... and maybe given you, in a sense, some more independence because Max has added more responsibility to your plate... While at the same time that distance has maybe caused a little bit of maybe sadness in knowing... right that yeah you're not sure how much time she has left and so it's like am I not taking advantage of the</p>	<p>"Mmm hmm..."</p> <p>"Mmm... separated..."</p> <p>"Right..."</p> <p>"Mmm..."</p> <p>"Mmm Hmm..."</p> <p>"So what I'm hearing is that something you value is consistency... And unfortunately the lack of consistency Max has brought into your life has been challenging for you... As you feel as if you can't seem to find that pattern or routine that you once had when it was just you and your mom at home together, but also it's brought you a sense of guilt in knowing that Max is taking up so much of your time</p>	<p>This makes me realize how exhausted my client must be, as I know she used to really value the time she got to relax by her mom and watch game shows with her on TV.</p> <p>I also know how challenging it has been for my client to watch her mother deteriorate in front of her very eyes... I know she has been trying to work on adding some more independent practices within her daily life as she has always lived under the same roof as her mother. However, I also know that she is a very dependent person who goes to her mom with everything and is going to really miss her when she is gone. That being said, the last thing I would want the client to struggle with if something were to happen is regret for getting a dog that possibly robbed her of special moments and took her time</p>	
---	--	---	--	--

<p>“Yea...”</p> <p>“It’s like she wants to go see Indiana Jones, as we have two free tickets that someone gave me a while back... but we have Max now and he he's not even he's not yet there for me to bring him anywhere I want... which I need to look into more of that stuff... I started looking and then it's like well all these foundations and I'm like you know because they said the average cost could be like \$20,000 for a dog's life for a therapy dog, and I'm like, that's a lot ... So I'm like, just get the vest and say he's a therapy dog...”</p> <p>(Laughing)</p> <p>“You can buy it on Amazon...”</p> <p>(Saying this jokingly) “And it has the cards and everything...”</p> <p>“I mean forget all the training... I</p>	<p>opportunities or the moments that I do have left with her... Right?”</p> <p>“Okay...” (head nodding)</p> <p>“Yea.”</p> <p>“Hmm...”</p> <p>“Mmm...”</p> <p>“Mmm...”</p> <p>“Wow... That’s a lot...”</p> <p>(Laughing)</p> <p>“I’m sure you could... Seriously...”</p> <p>(Laughter)</p>	<p>and attention that you feel as if you’re missing precious moments you could be spending with your mom but instead you’re having to give those to Max... Help me better understand the internal battle going on within, as I know you love and appreciate Max, but I also know how deeply you care for your mom and want to provide her with the best life possible as well...”</p> <p>“Wow... that’s a lot of money...”</p> <p>“Yes that is...”</p> <p>(Laugh with the client)</p> <p>“Can you really? Have you checked?”</p> <p>“Oh my goodness... that’s insane... So it sounds like you’ve looked this</p>	<p>and attention away from her mom.</p> <p>Here in this revised counselor statement, you’ll see me try to get to the bottom of what that internal dilemma really feels like as she loves Max and has quickly given her heart to him, while at the same time adores her mother and wants to soak up every moment with her not knowing what could be next.</p> <p>During this moment, I was genuinely laughing with the client because she does have a good sense of humor.♥ However, I could also tell the client was very annoyed with the escalated price, so I was trying to remind her of the importance of the</p>
---	---	--	--

<p>mean regular training, yes, but I mean all this other stuff... I'm like see I have a card... You can't do anything... bye." (Laughing)</p> <p>"Yea..."</p> <p>"Right?"</p> <p>"Mmm Hmm."</p> <p>"Yea."</p> <p>"Yea... and yea, sometimes like yesterday, he got into something, and I was on the floor trying to play with him... but then he goes and darts and does</p>	<p>"Right?..." (Laughing)</p> <p>"No, I hear you... It can be, yea, frustrating in terms of some of that, the money and those different things just like, wow... Those things can be so expensive you know I mean for those trainings... But although necessary right it's like, okay... it's crazy stuff... I get it but um... In hearing that Max has maybe been more of a challenge than you expected him to be, have you considered any alternatives other than for instance like the training for him? I know you want to keep him around, but like has it added more to your plate in the negative?"</p> <p>"Yea..."</p>	<p>up before... Let me ask, why is it exactly that you want Max to become a therapy dog?"</p> <p>"So as we continue to progress here in our conversation today... What I'm hearing is that you would love to get Max some training as it appears he's been more of a challenge than you probably anticipated... That being said, It's evident that you want to keep Max around, so in knowing that, can you think of any other alternatives besides the expensive training that may benefit your family moving forward?"</p> <p>"Mmm..."</p>	<p>training for therapy dogs that way she wouldn't actually go and buy the vest and cards off Amazon and lie to people on a daily basis. I also believe Max would benefit from the training so I find it necessary for Lauren to get him some form of training to take the added burden off her.</p> <p>Here I was just trying to find some alternative measures for Lauren to see if she could actually get the best of both worlds like she wants which would be to keep Max and spend more quality and intentional time with her mother.</p>
--	--	--	---

<p>something and then I can't get up as I used to, so I've not been really taking care of myself... I'm eating which causes my arthritis to act up which causes me to not really be able to get up like I used to... like fast, a little bit faster... So I can't like focus on that, but like I can't always leave him in the pen, because he'll also just cry and the pitches would go up high... and I can't take him to the dog park yet because I think he has to be four months it said so..."</p> <p>"Yea... and it's like a waiting period... and I'm like... I don't want to wait... Like I knew a new puppy was going to be hard... A lot of people told me... And I actually said I didn't want a puppy... but it was just... I guess I got impatient too... but um... I went to the Humane Society and they had all these big dogs,</p>	<p>(Head nodding)</p> <p>"Mmm..."</p> <p>"Right..."</p> <p>"Hmm..."</p> <p>"Right..." (Head nodding)</p> <p>"Mmm"</p> <p>"Right... Yea..."</p> <p>"So... there's just a lot going on..."</p> <p>"Right..."</p> <p>"Mmm..." (Head nodding)</p> <p>"Yea..."</p> <p>"Hmm..."</p> <p>"Mmm..."</p>	<p>"Hmm... So it sounds like your Rheumatoid Arthritis is acting up again... Remind me, when's the last time you saw a doctor about this matter?"</p> <p>"Mmm Hmm..."</p> <p>"Right..."</p> <p>"Mmm Hmm..."</p> <p>"So... it sounds like you're doing all you can do in this moment... and it's just a waiting game at this point..."</p> <p>"Hmm..."</p> <p>"Interesting..."</p> <p>"Mmm... impatient..."</p> <p>"Ahh..."</p>	<p>This is where I could have personalized it and taken the focus away from how Max has affected her relationship with her mom and really taken a deep dive into how Max was affecting her health (physically, mentally, relationally, spiritually) personally...</p> <p>This is where I wish I would have dug a little deeper into the lack of patience she mentioned and where this idea to get a puppy even stemmed from in the first place... I also wish I would have taken that deep dive to hone in on some of the impulsivity the client struggles with even in terms of over eating,</p>
---	---	--	---

<p>and we can't have a big dog and one that doesn't shed... So...</p>	<p>"Right..."</p>	<p>"So... it sounds like there was a point where</p>	<p>food options, and retail therapy...</p>
<p>"Yea, exactly..."</p>	<p>"Right... right... And so Max made sense for what you guys had and your circumstances, and so you kind of took that opportunity... And now that you've taken it, Right... so now it's almost like... what do we do or where do we go from here?"</p>	<p>people were trying to talk you out of getting a puppy and you didn't even want one... but then you maybe grew impatient and ended up getting Max... I'm wondering, where did that desire to get a dog even come from?"</p>	<p>For me personally, I felt bad for the client in this moment because I could sense the internal struggle the client was dealing with in terms of wanting to keep Max as he could be an asset to her to help calm some of her feelings of anxiety and to have a consistent friend, while at the same time even Lauren has noticed how much of a hindrance Max has been in her life and how he has ultimately pulled her away from what is most important in her life which is her mom. This will be further explored in future sessions as the client continues to struggle with making big decisions on her own and will need to talk some of the different options out.</p>
<p>"Right..."</p>	<p>Right... what's the road forward look like? And so that's why maybe I'm trying to help you weigh out some of the alternatives of, one was the training, right? So that way maybe he could be more well-trained, more well-mannered around the house, wouldn't use the bathroom in the house, and that way he would give you free time to also still take care of your mom giving her that time and attention that not only is she maybe seeking but also what I feel like you said is that you're having that</p>	<p>"As we try to carefully consider your options for the road forward, have you come across any other dog training facilities that may offer services at a cheaper rate?"</p>	
<p>"Mmm..."</p>		<p>"I'm also wondering how the added inconsistency of Max has impacted your relationship with your mom here recently..."</p>	
<p>"Mmm hmm..."</p>		<p>"With the guilt you may be experiencing in feeling as if you haven't been able to provide your mom with the necessary care she</p>	
<p>"Right..."</p>			

<p>“Yea...”</p> <p>“Like I would love to take her to the theatre... Like that’s the first time in a long time where she’s wanted to go and do something outside the house...”</p> <p>“Right... exactly...”</p> <p>“Mmm Hmm...” (30:24)</p>	<p>internal debate within yourself where it’s like, hey I don’t want to miss these moments with her either... which is important...”</p> <p>“Right...”</p> <p>“Yea... And like what an opportunity and moment it would be for the two of you, but I hear you right now internally saying, “Ah man... Now we have Max to worry about...” So would you say he’s unfortunately maybe been in the midst of this puppy stage, a common denominator for a lot of the stress you’ve been experiencing recently?”</p>	<p>desires and deserves, what is that like for you to carry?”</p> <p>“Yea... I hear you...”</p> <p>“So it sounds like you would love to go out and do things with your mom... I know you value the time you get with her, and I know you’ve been wanting to do more things outside of the home with her... But now unfortunately because of the added stress Max brings to the table, you feel as if you’re unable to do some of those things...”</p>	<p>As much as I would hate to see the client have to give up or sell the dog, I really don’t know if it would be the best option for her to keep him as he has been negatively impacting her physical, mental, relational, and even spiritual health and wellbeing.</p> <p>Overall, I have to check myself and ensure that some of my personal beliefs regarding the situation are not imposed on the client. I just want to help the client explore all of her options to make her decision as clear and straightforward as possible. Further, my prayer every opportunity I get to sit with and walk alongside of her throughout this journey is that the Holy Spirit would be present and that He would lead, guide, and direct our steps for the road forward.</p>	
--	---	---	--	--