WEBVTT

NOTE duration:"00:04:55" NOTE recognizability:0.931

NOTE language:en-us

NOTE Confidence: 0.92232645

00:00:09.240 --> 00:00:10.360 How you doing today? Good.

NOTE Confidence: 0.92232645

 $00:00:10.560 \longrightarrow 00:00:12.260$ Yeah. How about you? Good, Good.

NOTE Confidence: 0.92232645

 $00{:}00{:}12.260 \longrightarrow 00{:}00{:}13.800$ Can we start today and just start

NOTE Confidence: 0.92232645

 $00:00:13.800 \longrightarrow 00:00:15.624$ with our check in to see how things

NOTE Confidence: 0.92232645

00:00:15.624 --> 00:00:17.000 have been going overall and we can

NOTE Confidence: 0.92232645

00:00:17.000 --> 00:00:18.639 kind of use that as our springboard?

NOTE Confidence: 0.92232645

00:00:18.640 --> 00:00:20.840 Yes. For a session. OK. So I have you

NOTE Confidence: 0.92232645

 $00:00:21.360 \dashrightarrow 00:00:27.040$ pulled up here and let's do the ORS. OK.

NOTE Confidence: 0.92232645

 $00:00:27.040 \longrightarrow 00:00:28.503$ So just take a minute and just

NOTE Confidence: 0.92232645

 $00:00:28.503 \longrightarrow 00:00:30.000$ rate how things are going for you.

NOTE Confidence: 0.92777646

00:00:41.830 --> 00:00:46.549 OK. OK, great. So it looks like today that

NOTE Confidence: 0.92777646

 $00{:}00{:}46.550 \dashrightarrow 00{:}00{:}49.016$ your score is a 24 is actually a little

NOTE Confidence: 0.92777646

 $00:00:49.016 \longrightarrow 00:00:51.786$ bit higher than the last time that we met.

00:00:51.790 --> 00:00:54.175 And I can see over here that it looks

NOTE Confidence: 0.92777646

 $00:00:54.175 \longrightarrow 00:00:55.809$ like you're you're interpersonally

NOTE Confidence: 0.92777646

 $00:00:55.809 \longrightarrow 00:00:57.984$ and you're socially scores are

NOTE Confidence: 0.92777646

 $00:00:57.984 \longrightarrow 00:01:00.310$ a little higher than last time.

NOTE Confidence: 0.92777646

00:01:00.310 --> 00:01:01.507 Can you can you tell me a

NOTE Confidence: 0.92777646

 $00:01:01.507 \longrightarrow 00:01:02.270$ little bit about that?

NOTE Confidence: 0.92777646

 $00:01:02.270 \longrightarrow 00:01:03.310$ Have things been better

NOTE Confidence: 0.92777646

 $00:01:03.310 \longrightarrow 00:01:04.870$ since the last time we met?

NOTE Confidence: 0.930294924

00:01:04.910 --> 00:01:06.078 Yeah, I mean, like,

NOTE Confidence: 0.930294924

00:01:06.078 --> 00:01:07.830 I think we've talked about how,

NOTE Confidence: 0.930294924

 $00:01:07.830 \longrightarrow 00:01:09.430$ like, when school is bad,

NOTE Confidence: 0.930294924

 $00:01:09.430 \longrightarrow 00:01:11.327$ at least to the point where my

NOTE Confidence: 0.930294924

00:01:11.327 --> 00:01:12.998 grandma knows, like, you know what,

NOTE Confidence: 0.930294924

00:01:12.998 --> 00:01:14.690 when she knows that I'm skipping

NOTE Confidence: 0.930294924

00:01:14.750 --> 00:01:16.190 or my grades start sliding,

NOTE Confidence: 0.930294924

 $00:01:16.190 \longrightarrow 00:01:19.150$ Like she yells at me and I hate it so much.

 $00:01:19.150 \longrightarrow 00:01:21.425$ I feel like I'm letting her down.

NOTE Confidence: 0.930294924

00:01:21.430 --> 00:01:23.044 So, you know, she doesn't really

NOTE Confidence: 0.930294924

 $00:01:23.044 \longrightarrow 00:01:24.430$ get what I'm dealing with.

NOTE Confidence: 0.930294924

 $00:01:24.430 \longrightarrow 00:01:26.170$ But she doesn't deserve that

NOTE Confidence: 0.930294924

 $00:01:26.170 \longrightarrow 00:01:27.910$ stress either kind of thing.

NOTE Confidence: 0.930294924

00:01:27.910 --> 00:01:30.230 So I've been really trying to use that,

NOTE Confidence: 0.930294924

00:01:30.230 --> 00:01:32.006 like managing my emotions,

NOTE Confidence: 0.930294924

 $00:01:32.006 \longrightarrow 00:01:34.443$ stuff that we talked about and

NOTE Confidence: 0.930294924

00:01:34.443 --> 00:01:35.508 just trying to push through.

NOTE Confidence: 0.939181

 $00:01:35.910 \longrightarrow 00:01:37.284$ So I'm hearing that school is

NOTE Confidence: 0.939181

00:01:37.284 --> 00:01:38.590 still really a struggle for you,

NOTE Confidence: 0.939181

 $00:01:38.590 \longrightarrow 00:01:40.276$ but you're working really hard to

NOTE Confidence: 0.939181

00:01:40.276 --> 00:01:42.062 push through because how you're doing

NOTE Confidence: 0.939181

 $00:01:42.062 \longrightarrow 00:01:43.892$ in school is really connected to

NOTE Confidence: 0.939181

 $00:01:43.892 \longrightarrow 00:01:45.430$ your relationship with your grandma.

 $00:01:45.430 \longrightarrow 00:01:47.851$ So is that why we still see that the

NOTE Confidence: 0.939181

 $00{:}01{:}47.851 \dashrightarrow 00{:}01{:}49.138$ interpersonally and socially scores

NOTE Confidence: 0.939181

 $00:01:49.138 \longrightarrow 00:01:51.070$ of the lowest of overall everything.

NOTE Confidence: 0.939181

 $00:01:51.070 \longrightarrow 00:01:53.630$ Yeah. But like I said like things have.

NOTE Confidence: 0.939181

 $00:01:53.630 \longrightarrow 00:01:55.709$ I've been really trying to push through.

NOTE Confidence: 0.939181

00:01:55.710 --> 00:01:57.348 I feel like I've. You know,

NOTE Confidence: 0.939181

 $00{:}01{:}57.350 \dashrightarrow 00{:}01{:}58.806$ so I think things have gotten a

NOTE Confidence: 0.939181

 $00:01:58.806 \longrightarrow 00:02:00.561$ little bit better. OK. But yeah.

NOTE Confidence: 0.939181

 $00:02:00.561 \longrightarrow 00:02:02.823$ So. So this little increase does

NOTE Confidence: 0.93751188

00:02:02.830 --> 00:02:04.190 kind of match your experience.

NOTE Confidence: 0.93751188

 $00{:}02{:}04.190 \dashrightarrow 00{:}02{:}06.470$ It sounds like things are going

NOTE Confidence: 0.9308354

 $00:02:05.150 \longrightarrow 00:02:06.470$ to be a bit better. Yeah, right.

NOTE Confidence: 0.9308354

00:02:06.470 --> 00:02:08.110 So how have you been able to do

NOTE Confidence: 0.9308354

 $00:02:08.110 \longrightarrow 00:02:09.310$ that and like, pushing through?

NOTE Confidence: 0.9308354

 $00:02:09.310 \longrightarrow 00:02:10.294$ Are there certain, like,

NOTE Confidence: 0.9308354

 $00{:}02{:}10.294 \rightarrow 00{:}02{:}11.350$ strategies you've been using

 $00:02:11.350 \longrightarrow 00:02:12.978$ or are you keeping your grandma

NOTE Confidence: 0.9308354

00:02:12.978 --> 00:02:14.268 in mind or something else?

NOTE Confidence: 0.9308354

 $00:02:14.270 \longrightarrow 00:02:15.974$ Like how how are how are

NOTE Confidence: 0.9308354

00:02:15.974 --> 00:02:17.110 you making that happen?

NOTE Confidence: 0.9308354

 $00:02:17.270 \longrightarrow 00:02:18.710$ Mainly just like trying not to,

NOTE Confidence: 0.9308354

00:02:18.710 --> 00:02:20.478 like, catastrophize about like,

NOTE Confidence: 0.9308354

 $00:02:20.478 \longrightarrow 00:02:22.688$ what my classmates are thinking

NOTE Confidence: 0.9308354

 $00:02:22.688 \longrightarrow 00:02:25.150$ or what my friends are thinking.

NOTE Confidence: 0.9308354

 $00:02:25.150 \longrightarrow 00:02:25.990$ And then also just like,

NOTE Confidence: 0.9308354

 $00:02:25.990 \longrightarrow 00:02:28.811$ really not wanting to disappoint my grandma

NOTE Confidence: 0.9308354

 $00:02:28.811 \longrightarrow 00:02:31.546$ because I hate when she yells at me.

NOTE Confidence: 0.9308354

00:02:31.550 --> 00:02:36.836 So yeah, I I still hate being in class

NOTE Confidence: 0.9308354

 $00{:}02{:}36.836 \dashrightarrow 00{:}02{:}39.085$ and I feel like every body's on my case

NOTE Confidence: 0.9308354

 $00:02:39.085 \longrightarrow 00:02:41.257$ because I have a personality or whatever,

NOTE Confidence: 0.9308354

 $00:02:41.260 \longrightarrow 00:02:42.432$ so it's still annoying.

00:02:42.432 --> 00:02:44.020 But yeah, I'm just trying to like

NOTE Confidence: 0.9308354

 $00:02:44.020 \longrightarrow 00:02:45.630$ work through for my grandma, I think.

NOTE Confidence: 0.9308354

00:02:45.630 --> 00:02:47.460 But I have honestly noticed that,

NOTE Confidence: 0.9308354

 $00:02:47.460 \longrightarrow 00:02:49.259$ like when I don't sleep at night,

NOTE Confidence: 0.9308354

 $00:02:49.260 \longrightarrow 00:02:50.420$ things are a lot worse.

NOTE Confidence: 0.9308354

00:02:50.420 --> 00:02:54.660 Like I'm a lot more cranky and annoyed.

NOTE Confidence: 0.9308354

00:02:54.660 --> 00:02:55.260 Like last night,

NOTE Confidence: 0.9308354

 $00:02:55.260 \longrightarrow 00:02:56.660$ I didn't get any sleep at all.

NOTE Confidence: 0.9308354 00:02:56.660 --> 00:02:56.940 So NOTE Confidence: 0.93682706

 $00:02:57.480 \longrightarrow 00:02:58.705$ are you noticing that each day is

NOTE Confidence: 0.93682706

 $00{:}02{:}58.705 \dashrightarrow 00{:}02{:}59.879$ a little bit different and some

NOTE Confidence: 0.93682706

00:02:59.879 --> 00:03:01.091 days are harder than other days

NOTE Confidence: 0.93682706

 $00:03:01.091 \longrightarrow 00:03:02.397$ in terms of how you're feeling?

NOTE Confidence: 0.93682706

 $00:03:02.400 \longrightarrow 00:03:03.640$ Yeah. And you're noticing that's

NOTE Confidence: 0.93682706

 $00:03:03.640 \longrightarrow 00:03:04.880$ actually connected to your sleep,

NOTE Confidence: 0.93682706

 $00:03:04.880 \longrightarrow 00:03:05.928$ maybe in part, Yeah.

00:03:05.928 --> 00:03:07.500 That your harder days are when

NOTE Confidence: 0.93682706

00:03:07.558 --> 00:03:09.358 you're having a hard time sleeping?

NOTE Confidence: 0.93682706

 $00:03:09.360 \longrightarrow 00:03:10.520$ I think so. Okay.

NOTE Confidence: 0.9359479

 $00:03:12.840 \longrightarrow 00:03:13.780$ And I can appreciate how

NOTE Confidence: 0.9359479

 $00:03:13.780 \longrightarrow 00:03:14.720$ hard school is for you.

NOTE Confidence: 0.9359479

 $00:03:14.720 \longrightarrow 00:03:17.256$ I can tell that you're working really hard

NOTE Confidence: 0.9359479

00:03:17.256 --> 00:03:20.116 to kind of push through and stay in class,

NOTE Confidence: 0.9359479

 $00:03:20.120 \longrightarrow 00:03:21.736$ you know and and doing that on on

NOTE Confidence: 0.9359479

00:03:21.736 --> 00:03:23.292 behalf of kind of legal relationship

NOTE Confidence: 0.9359479

 $00:03:23.292 \longrightarrow 00:03:24.672$ at home with your grandma.

NOTE Confidence: 0.9359479

 $00:03:24.680 \longrightarrow 00:03:26.435$ But you know, thanks for

NOTE Confidence: 0.9359479

00:03:26.435 --> 00:03:27.839 mentioning the sleep issue.

NOTE Confidence: 0.9359479

 $00{:}03{:}27.840 \dashrightarrow 00{:}03{:}29.226$ We actually talked about that a

NOTE Confidence: 0.9359479

 $00{:}03{:}29.226 \dashrightarrow 00{:}03{:}30.647$ little bit during the intake like

NOTE Confidence: 0.9359479

00:03:30.647 --> 00:03:32.229 in the very beginning of the school

00:03:32.229 --> 00:03:33.636 year with you and your grandma.

NOTE Confidence: 0.9359479

 $00:03:33.640 \longrightarrow 00:03:36.920$ But we haven't focused on that very much.

NOTE Confidence: 0.9359479

 $00:03:36.920 \longrightarrow 00:03:38.670$ You know, in our sessions.

NOTE Confidence: 0.9359479

00:03:38.670 --> 00:03:40.281 Would it be useful today for us

NOTE Confidence: 0.9359479

 $00:03:40.281 \longrightarrow 00:03:42.150$ to talk about sleep or about or

NOTE Confidence: 0.92933726

 $00:03:42.150 \longrightarrow 00:03:43.950$ about something else? I think so.

NOTE Confidence: 0.92933726

 $00:03:43.950 \longrightarrow 00:03:45.761$ I think I have insomnia, honestly.

NOTE Confidence: 0.92933726

00:03:45.761 --> 00:03:48.707 So OK, is that even curable?

NOTE Confidence: 0.92933726

 $00:03:48.710 \longrightarrow 00:03:50.110$ We can. There's so much

NOTE Confidence: 0.92933726

 $00:03:50.110 \longrightarrow 00:03:51.832$ we can do to actually talk more

NOTE Confidence: 0.92933726

 $00:03:51.832 \longrightarrow 00:03:53.728$ about the kinds of sleep issues

NOTE Confidence: 0.92933726

00:03:53.728 --> 00:03:54.829 maybe you're experiencing,

NOTE Confidence: 0.92933726

 $00:03:54.830 \longrightarrow 00:03:56.550$ what those patterns are like.

NOTE Confidence: 0.92933726

 $00:03:56.550 \longrightarrow 00:03:58.665$ And there are things that we can do and

NOTE Confidence: 0.92933726

00:03:58.665 --> 00:04:00.987 try out to help you kind of get to sleep,

NOTE Confidence: 0.92933726

 $00:04:00.990 \longrightarrow 00:04:02.230$ stay to sleep, wake up,

 $00:04:02.230 \longrightarrow 00:04:03.988$ feeling a little bit more rested.

NOTE Confidence: 0.92933726

 $00{:}04{:}03.990 \dashrightarrow 00{:}04{:}05.424$ So that might be an important

NOTE Confidence: 0.92933726

 $00:04:05.424 \longrightarrow 00:04:07.200$ target for us to kind of switch

NOTE Confidence: 0.92933726

 $00:04:07.200 \longrightarrow 00:04:08.724$ gears and focus on right now,

NOTE Confidence: 0.92933726

 $00:04:08.730 \longrightarrow 00:04:10.975$ since you're noticing that connection

NOTE Confidence: 0.92933726

 $00:04:10.975 \longrightarrow 00:04:13.725$ between your sleep and how you're

NOTE Confidence: 0.92933726

 $00:04:13.725 \longrightarrow 00:04:15.885$ feeling during the school day.

NOTE Confidence: 0.92933726

00:04:15.890 --> 00:04:17.164 So what do you think about that?

NOTE Confidence: 0.92933726

 $00:04:17.170 \longrightarrow 00:04:19.010$ Should we talk about some sleep stuff today?

NOTE Confidence: 0.92933726

00:04:19.010 --> 00:04:21.162 Yeah, Yeah. Yeah. It sounds good.

NOTE Confidence: 0.92933726

00:04:21.162 --> 00:04:21.480 Okay.

NOTE Confidence: 0.92933726

00:04:21.480 --> 00:04:23.520 And then when you the next time you come in,

NOTE Confidence: 0.92933726

 $00:04:23.520 \longrightarrow 00:04:25.944$ just keep in mind that you can use

NOTE Confidence: 0.92933726

 $00:04:25.944 \longrightarrow 00:04:27.545$ the individually scale actually to

NOTE Confidence: 0.92933726

00:04:27.545 --> 00:04:29.708 rate how you're doing on sleep and

 $00{:}04{:}29.775 \dashrightarrow 00{:}04{:}31.800$ other things like that personally.

NOTE Confidence: 0.92933726

 $00:04:31.800 \longrightarrow 00:04:33.834$ So we might want to use that individually

NOTE Confidence: 0.92933726

 $00{:}04{:}33.834 \dashrightarrow 00{:}04{:}35.570$ scale to kind of keep an eye on

NOTE Confidence: 0.92933726

 $00{:}04{:}35.614 \dashrightarrow 00{:}04{:}37.119$ the sleep piece each time we meet.

NOTE Confidence: 0.9250873

 $00:04:37.120 \longrightarrow 00:04:38.400$ Yep, that sounds good. Okay.