

WEBVTT

NOTE duration:"00:03:32"

NOTE recognizability:0.932

NOTE language:en-us

NOTE Confidence: 0.93025595

00:00:04.280 --> 00:00:05.276 So thanks for coming in to

NOTE Confidence: 0.93025595

00:00:05.280 --> 00:00:07.200 see me today, Nikki. Thank you.

NOTE Confidence: 0.93025595

00:00:07.200 --> 00:00:09.480 Thanks for being here. Yeah. All right.

NOTE Confidence: 0.93025595

00:00:09.480 --> 00:00:11.160 I'm excited for this to be our

NOTE Confidence: 0.93025595

00:00:11.160 --> 00:00:12.879 first session together so we can,

NOTE Confidence: 0.93025595

00:00:12.880 --> 00:00:14.240 we can dive right in.

NOTE Confidence: 0.93025595

00:00:14.240 --> 00:00:15.200 That sounds good. OK.

NOTE Confidence: 0.93025595

00:00:15.200 --> 00:00:17.170 So one of the first things that I

NOTE Confidence: 0.93025595

00:00:17.170 --> 00:00:18.610 wanted to actually talk with you

NOTE Confidence: 0.93025595

00:00:18.610 --> 00:00:20.520 about is how I'd like to check in

NOTE Confidence: 0.93025595

00:00:20.520 --> 00:00:22.628 with my students just in the first few

NOTE Confidence: 0.93025595

00:00:22.628 --> 00:00:24.113 minutes where we're meeting together.

NOTE Confidence: 0.93025595

00:00:24.120 --> 00:00:25.681 This is something that I do with

NOTE Confidence: 0.93025595

00:00:25.681 --> 00:00:27.128 all the students who I meet with.
NOTE Confidence: 0.93025595

00:00:27.130 --> 00:00:29.058 Really just want to get a sense of
NOTE Confidence: 0.93025595

00:00:29.058 --> 00:00:30.880 how you're feeling before we dive in
NOTE Confidence: 0.93025595

00:00:30.880 --> 00:00:32.970 and make sure we don't miss anything.
NOTE Confidence: 0.93025595

00:00:32.970 --> 00:00:35.076 It's really important that the therapy
NOTE Confidence: 0.93025595

00:00:35.076 --> 00:00:37.070 that you're getting here is working
NOTE Confidence: 0.93025595

00:00:37.070 --> 00:00:39.206 for you and that it's helpful to you,
NOTE Confidence: 0.93025595

00:00:39.210 --> 00:00:41.235 so it's good to check in on how you've
NOTE Confidence: 0.93025595

00:00:41.235 --> 00:00:42.930 been feeling when we first meet.
NOTE Confidence: 0.93025595

00:00:42.930 --> 00:00:45.968 So we'll be using a brief checklist
NOTE Confidence: 0.93025595

00:00:45.968 --> 00:00:48.120 together and it has different types
NOTE Confidence: 0.93025595

00:00:48.120 --> 00:00:50.160 of feelings that you can let me know
NOTE Confidence: 0.93025595

00:00:50.214 --> 00:00:52.128 whether you've experienced them or not.
NOTE Confidence: 0.93025595

00:00:52.130 --> 00:00:54.248 We've talked about worries and anxieties.
NOTE Confidence: 0.93025595

00:00:54.250 --> 00:00:55.671 So those are the types of things
NOTE Confidence: 0.93025595

00:00:55.671 --> 00:00:56.939 we're going to be working on.

NOTE Confidence: 0.93025595

00:00:56.940 --> 00:00:59.500 And we can score it right here together.

NOTE Confidence: 0.93025595

00:00:59.500 --> 00:01:01.414 Talk about your responses and then

NOTE Confidence: 0.93025595

00:01:01.414 --> 00:01:03.339 figure out whether what we're planning

NOTE Confidence: 0.93025595

00:01:03.339 --> 00:01:05.418 on talking about in session is going

NOTE Confidence: 0.93025595

00:01:05.418 --> 00:01:07.541 to be helpful for you or whether we

NOTE Confidence: 0.93025595

00:01:07.541 --> 00:01:09.560 might need to change some things up.

NOTE Confidence: 0.93025595

00:01:09.560 --> 00:01:10.820 And that's Okay too.

NOTE Confidence: 0.93025595

00:01:10.820 --> 00:01:12.020 Yeah, that sounds good.

NOTE Confidence: 0.93025595

00:01:12.020 --> 00:01:12.620 Okay great.

NOTE Confidence: 0.93025595

00:01:12.620 --> 00:01:14.244 Let me actually show you the one

NOTE Confidence: 0.93025595

00:01:14.244 --> 00:01:15.220 that I'm thinking of.

NOTE Confidence: 0.93072736

00:01:17.700 --> 00:01:19.372 It's called the GAD 7.

NOTE Confidence: 0.93072736

00:01:19.372 --> 00:01:21.580 This one's really helpful because it

NOTE Confidence: 0.928256753636364

00:01:21.657 --> 00:01:25.097 does have some symptoms that teens who are

NOTE Confidence: 0.928256753636364

00:01:25.097 --> 00:01:27.189 experiencing anxiety sometimes report.

NOTE Confidence: 0.928256753636364

00:01:27.190 --> 00:01:28.214 So it's pretty quick.
NOTE Confidence: 0.928256753636364

00:01:28.214 --> 00:01:30.389 You can just fill this out in session,
NOTE Confidence: 0.928256753636364

00:01:30.390 --> 00:01:32.650 or I could read them to you and and circle
NOTE Confidence: 0.928256753636364

00:01:32.705 --> 00:01:34.588 whichever ones that you tell me to,
NOTE Confidence: 0.928256753636364

00:01:34.590 --> 00:01:36.990 and then we'll just talk about your answers.
NOTE Confidence: 0.928256753636364

00:01:36.990 --> 00:01:39.372 Okay. Yeah, that sounds good. Okay.
NOTE Confidence: 0.928256753636364

00:01:39.372 --> 00:01:42.748 Great. What questions do you have so far?
NOTE Confidence: 0.928256753636364

00:01:42.750 --> 00:01:46.550 So it's kind of like a quiz or a test.
NOTE Confidence: 0.928256753636364

00:01:46.550 --> 00:01:47.750 That's a really good question.
NOTE Confidence: 0.928256753636364

00:01:47.750 --> 00:01:50.598 So it's actually not like a quizzier test
NOTE Confidence: 0.928256753636364

00:01:50.598 --> 00:01:53.026 because there's no right or wrong answers.
NOTE Confidence: 0.928256753636364

00:01:53.030 --> 00:01:55.550 There's no grades that are tied to this.
NOTE Confidence: 0.928256753636364

00:01:55.550 --> 00:01:58.226 And actually when we're meeting together,
NOTE Confidence: 0.928256753636364

00:01:58.230 --> 00:02:00.147 you're going to be having some ups and downs.
NOTE Confidence: 0.928256753636364

00:02:00.150 --> 00:02:02.103 We can expect that it's normal that
NOTE Confidence: 0.928256753636364

00:02:02.103 --> 00:02:04.114 some weeks are going to be great

NOTE Confidence: 0.928256753636364

00:02:04.114 --> 00:02:05.788 and other weeks might be harder.

NOTE Confidence: 0.928256753636364

00:02:05.790 --> 00:02:08.085 So your answers on this might just go up

NOTE Confidence: 0.928256753636364

00:02:08.085 --> 00:02:10.655 and down each time we see one another okay.

NOTE Confidence: 0.928256753636364

00:02:10.660 --> 00:02:12.472 We're hoping that over time you're

NOTE Confidence: 0.928256753636364

00:02:12.472 --> 00:02:14.375 starting to feel better and better

NOTE Confidence: 0.928256753636364

00:02:14.375 --> 00:02:15.659 as we're meeting together.

NOTE Confidence: 0.928256753636364

00:02:15.660 --> 00:02:17.235 And so this is just a way for you

NOTE Confidence: 0.928256753636364

00:02:17.235 --> 00:02:18.978 to let me know how you're feeling.

NOTE Confidence: 0.928256753636364

00:02:18.980 --> 00:02:19.872 And like I said,

NOTE Confidence: 0.928256753636364

00:02:19.872 --> 00:02:21.511 we can decide if what we're doing

NOTE Confidence: 0.928256753636364

00:02:21.511 --> 00:02:23.247 together is working or if we need

NOTE Confidence: 0.928256753636364

00:02:23.247 --> 00:02:24.460 to change something up.

NOTE Confidence: 0.928256753636364

00:02:24.460 --> 00:02:24.820 Okay,

NOTE Confidence: 0.939549

00:02:25.750 --> 00:02:27.388 What about, like mom or dad?

NOTE Confidence: 0.939549

00:02:27.390 --> 00:02:29.628 Will they have access to this?

NOTE Confidence: 0.939549

00:02:29.830 --> 00:02:31.030 That's such a good question.

NOTE Confidence: 0.939549

00:02:31.030 --> 00:02:34.030 So this, just like everything we work on,

NOTE Confidence: 0.939549

00:02:34.030 --> 00:02:36.070 stays in your chart with me.

NOTE Confidence: 0.939549

00:02:36.070 --> 00:02:37.618 And so your parents always have

NOTE Confidence: 0.939549

00:02:37.618 --> 00:02:39.229 access to that if they want.

NOTE Confidence: 0.939549

00:02:39.230 --> 00:02:41.078 But you and I will decide together

NOTE Confidence: 0.939549

00:02:41.078 --> 00:02:43.068 when feels right to share it with them.

NOTE Confidence: 0.939549

00:02:43.070 --> 00:02:44.312 I think we should probably just

NOTE Confidence: 0.939549

00:02:44.312 --> 00:02:45.710 get started and see how you feel.

NOTE Confidence: 0.939549

00:02:45.710 --> 00:02:47.756 First about it can be really

NOTE Confidence: 0.939549

00:02:47.756 --> 00:02:49.875 helpful for your parents to know

NOTE Confidence: 0.939549

00:02:49.875 --> 00:02:51.921 how things are going from your

NOTE Confidence: 0.939549

00:02:51.921 --> 00:02:54.028 perspective so they can support you.

NOTE Confidence: 0.939549

00:02:54.030 --> 00:02:56.174 And I may actually ask them to do

NOTE Confidence: 0.939549

00:02:56.174 --> 00:02:57.949 some checklist as well on their own,

NOTE Confidence: 0.939549

00:02:57.950 --> 00:02:59.875 but this won't be shared with your

NOTE Confidence: 0.939549

00:02:59.875 --> 00:03:01.383 teachers or any other clinicians

NOTE Confidence: 0.939549

00:03:01.383 --> 00:03:03.261 or anybody else in the school

NOTE Confidence: 0.939549

00:03:03.261 --> 00:03:05.120 unless you and your parents give

NOTE Confidence: 0.939549

00:03:05.120 --> 00:03:06.585 us permission to share it.

NOTE Confidence: 0.939549

00:03:06.590 --> 00:03:08.633 It's really just for us to use so that

NOTE Confidence: 0.939549

00:03:08.633 --> 00:03:10.869 we can get a sense of how you're doing

NOTE Confidence: 0.939549

00:03:10.870 --> 00:03:13.110 and how therapy is going for you.

NOTE Confidence: 0.939549

00:03:13.110 --> 00:03:13.656 OK, sounds good.

NOTE Confidence: 0.939549

00:03:13.656 --> 00:03:15.113 Do you want me to read them out

NOTE Confidence: 0.939549

00:03:15.113 --> 00:03:16.266 to you and you can fill them out

NOTE Confidence: 0.939549

00:03:16.266 --> 00:03:17.790 or do you want to go ahead and

NOTE Confidence: 0.939549

00:03:17.790 --> 00:03:19.230 fill it out yourself?

NOTE Confidence: 0.939549

00:03:19.230 --> 00:03:20.990 I think I can fill it out myself.

NOTE Confidence: 0.939549

00:03:20.990 --> 00:03:21.190 OK,

NOTE Confidence: 0.9290567

00:03:21.470 --> 00:03:22.150 great. Go for it.