

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 --> 00:00:12.260 Yeah. How about you? Good, Good.

NOTE Confidence: 0.92232645

00:00:12.260 --> 00:00:13.800 Can we start today and just start

NOTE Confidence: 0.92232645

00:00:13.800 --> 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 --> 00:00:27.040 pulled up here and let's do the ORS. OK.

NOTE Confidence: 0.92232645

00:00:27.040 --> 00:00:28.503 So just take a minute and just

NOTE Confidence: 0.92232645

00:00:28.503 --> 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 --> 00:00:49.016 your score is a 24 is actually a little

NOTE Confidence: 0.92777646

00:00:49.016 --> 00:00:51.786 bit higher than the last time that we met.

NOTE Confidence: 0.92777646

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 --> 00:00:55.809 like you're you're interpersonally
NOTE Confidence: 0.92777646

00:00:55.809 --> 00:00:57.984 and you're socially scores are
NOTE Confidence: 0.92777646

00:00:57.984 --> 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 --> 00:01:02.270 little bit about that?
NOTE Confidence: 0.92777646

00:01:02.270 --> 00:01:03.310 Have things been better
NOTE Confidence: 0.92777646

00:01:03.310 --> 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 --> 00:01:09.430 like, when school is bad,
NOTE Confidence: 0.930294924

00:01:09.430 --> 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 --> 00:01:19.150 Like she yells at me and I hate it so much.

NOTE Confidence: 0.930294924

00:01:19.150 --> 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 --> 00:01:24.430 get what I'm dealing with.

NOTE Confidence: 0.930294924

00:01:24.430 --> 00:01:26.170 But she doesn't deserve that

NOTE Confidence: 0.930294924

00:01:26.170 --> 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 --> 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 --> 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 --> 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 --> 00:01:43.892 in school is really connected to

NOTE Confidence: 0.939181

00:01:43.892 --> 00:01:45.430 your relationship with your grandma.

NOTE Confidence: 0.939181

00:01:45.430 --> 00:01:47.851 So is that why we still see that the
NOTE Confidence: 0.939181

00:01:47.851 --> 00:01:49.138 interpersonally and socially scores
NOTE Confidence: 0.939181

00:01:49.138 --> 00:01:51.070 of the lowest of overall everything.
NOTE Confidence: 0.939181

00:01:51.070 --> 00:01:53.630 Yeah. But like I said like things have.
NOTE Confidence: 0.939181

00:01:53.630 --> 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 --> 00:01:58.806 so I think things have gotten a
NOTE Confidence: 0.939181

00:01:58.806 --> 00:02:00.561 little bit better. OK. But yeah.
NOTE Confidence: 0.939181

00:02:00.561 --> 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 --> 00:02:06.470 It sounds like things are going
NOTE Confidence: 0.9308354

00:02:05.150 --> 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 --> 00:02:09.310 that and like, pushing through?
NOTE Confidence: 0.9308354

00:02:09.310 --> 00:02:10.294 Are there certain, like,
NOTE Confidence: 0.9308354

00:02:10.294 --> 00:02:11.350 strategies you've been using

NOTE Confidence: 0.9308354

00:02:11.350 --> 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 --> 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 --> 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 --> 00:02:22.688 what my classmates are thinking

NOTE Confidence: 0.9308354

00:02:22.688 --> 00:02:25.150 or what my friends are thinking.

NOTE Confidence: 0.9308354

00:02:25.150 --> 00:02:25.990 And then also just like,

NOTE Confidence: 0.9308354

00:02:25.990 --> 00:02:28.811 really not wanting to disappoint my grandma

NOTE Confidence: 0.9308354

00:02:28.811 --> 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 --> 00:02:39.085 and I feel like everybody's on my case

NOTE Confidence: 0.9308354

00:02:39.085 --> 00:02:41.257 because I have a personality or whatever,

NOTE Confidence: 0.9308354

00:02:41.260 --> 00:02:42.432 so it's still annoying.

NOTE Confidence: 0.9308354

00:02:42.432 --> 00:02:44.020 But yeah, I'm just trying to like
NOTE Confidence: 0.9308354

00:02:44.020 --> 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 --> 00:02:49.259 like when I don't sleep at night,
NOTE Confidence: 0.9308354

00:02:49.260 --> 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 --> 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 --> 00:02:58.705 are you noticing that each day is
NOTE Confidence: 0.93682706

00:02:58.705 --> 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 --> 00:03:02.397 in terms of how you're feeling?
NOTE Confidence: 0.93682706

00:03:02.400 --> 00:03:03.640 Yeah. And you're noticing that's
NOTE Confidence: 0.93682706

00:03:03.640 --> 00:03:04.880 actually connected to your sleep,
NOTE Confidence: 0.93682706

00:03:04.880 --> 00:03:05.928 maybe in part, Yeah.

NOTE Confidence: 0.93682706

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 --> 00:03:10.520 I think so. Okay.

NOTE Confidence: 0.9359479

00:03:12.840 --> 00:03:13.780 And I can appreciate how

NOTE Confidence: 0.9359479

00:03:13.780 --> 00:03:14.720 hard school is for you.

NOTE Confidence: 0.9359479

00:03:14.720 --> 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 --> 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 --> 00:03:24.672 at home with your grandma.

NOTE Confidence: 0.9359479

00:03:24.680 --> 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 --> 00:03:29.226 We actually talked about that a

NOTE Confidence: 0.9359479

00:03:29.226 --> 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

NOTE Confidence: 0.9359479

00:03:32.229 --> 00:03:33.636 year with you and your grandma.
NOTE Confidence: 0.9359479

00:03:33.640 --> 00:03:36.920 But we haven't focused on that very much.
NOTE Confidence: 0.9359479

00:03:36.920 --> 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 --> 00:03:42.150 to talk about sleep or about or
NOTE Confidence: 0.92933726

00:03:42.150 --> 00:03:43.950 about something else? I think so.
NOTE Confidence: 0.92933726

00:03:43.950 --> 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 --> 00:03:50.110 We can. There's so much
NOTE Confidence: 0.92933726

00:03:50.110 --> 00:03:51.832 we can do to actually talk more
NOTE Confidence: 0.92933726

00:03:51.832 --> 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 --> 00:03:56.550 what those patterns are like.
NOTE Confidence: 0.92933726

00:03:56.550 --> 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 --> 00:04:02.230 stay to sleep, wake up,

NOTE Confidence: 0.92933726

00:04:02.230 --> 00:04:03.988 feeling a little bit more rested.

NOTE Confidence: 0.92933726

00:04:03.990 --> 00:04:05.424 So that might be an important

NOTE Confidence: 0.92933726

00:04:05.424 --> 00:04:07.200 target for us to kind of switch

NOTE Confidence: 0.92933726

00:04:07.200 --> 00:04:08.724 gears and focus on right now,

NOTE Confidence: 0.92933726

00:04:08.730 --> 00:04:10.975 since you're noticing that connection

NOTE Confidence: 0.92933726

00:04:10.975 --> 00:04:13.725 between your sleep and how you're

NOTE Confidence: 0.92933726

00:04:13.725 --> 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 --> 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 --> 00:04:25.944 just keep in mind that you can use

NOTE Confidence: 0.92933726

00:04:25.944 --> 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

NOTE Confidence: 0.92933726

00:04:29.775 --> 00:04:31.800 other things like that personally.

NOTE Confidence: 0.92933726

00:04:31.800 --> 00:04:33.834 So we might want to use that individually

NOTE Confidence: 0.92933726

00:04:33.834 --> 00:04:35.570 scale to kind of keep an eye on

NOTE Confidence: 0.92933726

00:04:35.614 --> 00:04:37.119 the sleep piece each time we meet.

NOTE Confidence: 0.9250873

00:04:37.120 --> 00:04:38.400 Yep, that sounds good. Okay.