

WEBVTT

NOTE duration:"00:05:28"

NOTE recognizability:0.925

NOTE language:en-us

NOTE Confidence: 0.92377615

00:00:06.660 --> 00:00:08.100 Thanks for coming in and for

NOTE Confidence: 0.92377615

00:00:08.100 --> 00:00:09.119 being here today. Sophia,

NOTE Confidence: 0.92377615

00:00:09.119 --> 00:00:11.511 we're going to get started on working on

NOTE Confidence: 0.92377615

00:00:11.511 --> 00:00:13.890 some of the goals that we talked about

NOTE Confidence: 0.92377615

00:00:13.890 --> 00:00:16.060 with your grandma on the intake session.

NOTE Confidence: 0.92377615

00:00:16.060 --> 00:00:18.340 So we talked about working on

NOTE Confidence: 0.92377615

00:00:18.340 --> 00:00:20.264 your attendance at school, right.

NOTE Confidence: 0.92377615

00:00:20.264 --> 00:00:22.284 And then also some relationship

NOTE Confidence: 0.92377615

00:00:22.284 --> 00:00:23.900 stuff with your teachers.

NOTE Confidence: 0.92377615

00:00:23.900 --> 00:00:25.420 Is that right? Yeah. OK.

NOTE Confidence: 0.92377615

00:00:25.420 --> 00:00:27.140 So before we get started,

NOTE Confidence: 0.92377615

00:00:27.140 --> 00:00:28.844 I'd like to do a quick check in

NOTE Confidence: 0.92377615

00:00:28.844 --> 00:00:30.860 form to start out our conversations.

NOTE Confidence: 0.92377615

00:00:30.860 --> 00:00:33.218 It's called the outcome rating scale.
NOTE Confidence: 0.92377615

00:00:33.220 --> 00:00:35.033 It's super brief and it helps us
NOTE Confidence: 0.92377615

00:00:35.033 --> 00:00:36.772 make sure that we're talking about
NOTE Confidence: 0.92377615

00:00:36.772 --> 00:00:38.572 how therapy is going for you.
NOTE Confidence: 0.92377615

00:00:38.580 --> 00:00:42.060 And this is it right here, OK?
NOTE Confidence: 0.92377615

00:00:42.060 --> 00:00:44.276 It's it just makes sure that kind of
NOTE Confidence: 0.92377615

00:00:44.276 --> 00:00:46.185 what we're talking about together in
NOTE Confidence: 0.92377615

00:00:46.185 --> 00:00:48.659 session is going to be useful for you.
NOTE Confidence: 0.92377615

00:00:48.660 --> 00:00:50.332 And it gives us a sense of your
NOTE Confidence: 0.92377615

00:00:50.332 --> 00:00:51.634 perspective on kind of how things
NOTE Confidence: 0.92377615

00:00:51.634 --> 00:00:53.259 are going on, these different goals.
NOTE Confidence: 0.92377615

00:00:53.259 --> 00:00:55.590 And it also gives us a chance
NOTE Confidence: 0.92377615

00:00:55.656 --> 00:00:57.462 to share that with your grandma
NOTE Confidence: 0.92377615

00:00:57.462 --> 00:00:59.179 so that she has a sense
NOTE Confidence: 0.9240515

00:00:59.380 --> 00:01:00.820 of how you're doing
NOTE Confidence: 0.9340794

00:01:01.790 --> 00:01:03.630 and we can talk about it with her as well.

NOTE Confidence: 0.9340794

00:01:03.630 --> 00:01:05.254 I may ask her to actually fill

NOTE Confidence: 0.9340794

00:01:05.254 --> 00:01:07.229 it out to give her perspective.

NOTE Confidence: 0.9340794

00:01:07.230 --> 00:01:08.508 What questions you have so far?

NOTE Confidence: 0.9340794

00:01:10.150 --> 00:01:11.522 I mean, like, does my grandma have

NOTE Confidence: 0.9340794

00:01:11.522 --> 00:01:13.349 to see my scores? So really good

NOTE Confidence: 0.9340794

00:01:13.350 --> 00:01:14.830 question. So first of all,

NOTE Confidence: 0.9340794

00:01:14.830 --> 00:01:16.430 you should know that because

NOTE Confidence: 0.9340794

00:01:16.430 --> 00:01:17.710 she's your legal guardian,

NOTE Confidence: 0.9340794

00:01:17.710 --> 00:01:19.551 she can access all your school records

NOTE Confidence: 0.9340794

00:01:19.551 --> 00:01:21.787 and all your medical information. OK.

NOTE Confidence: 0.9340794

00:01:21.787 --> 00:01:24.854 However, the way I like to do this is

NOTE Confidence: 0.9340794

00:01:24.854 --> 00:01:26.486 lets you and I get started on this.

NOTE Confidence: 0.9340794

00:01:26.490 --> 00:01:29.370 Check in form, do it a few times together,

NOTE Confidence: 0.9340794

00:01:29.370 --> 00:01:31.647 and then in a session when you feel ready,

NOTE Confidence: 0.9340794

00:01:31.650 --> 00:01:33.980 we can share it with her so you can explain

NOTE Confidence: 0.9340794

00:01:34.037 --> 00:01:36.368 how things are going from your perspective.

NOTE Confidence: 0.9340794

00:01:36.370 --> 00:01:37.882 I can be there to help you.

NOTE Confidence: 0.9340794

00:01:37.882 --> 00:01:40.316 And I have found in my experience

NOTE Confidence: 0.9340794

00:01:40.316 --> 00:01:42.026 it's really helpful for your

NOTE Confidence: 0.9340794

00:01:42.026 --> 00:01:44.090 guardian to know how you're doing,

NOTE Confidence: 0.9340794

00:01:44.090 --> 00:01:46.610 how you think things are going in your life,

NOTE Confidence: 0.9340794

00:01:46.610 --> 00:01:47.985 and it can actually help

NOTE Confidence: 0.9340794

00:01:47.985 --> 00:01:49.085 your communication as well.

NOTE Confidence: 0.9272853

00:01:49.450 --> 00:01:51.568 Yeah, I guess that sounds good.

NOTE Confidence: 0.9272853

00:01:51.570 --> 00:01:52.658 Do we start today?

NOTE Confidence: 0.9272853

00:01:52.658 --> 00:01:54.018 Do we start next time?

NOTE Confidence: 0.9272853

00:01:54.020 --> 00:01:54.880 Let's start now and we

NOTE Confidence: 0.9272853

00:01:54.880 --> 00:01:55.740 can see what you think.

NOTE Confidence: 0.9347414

00:01:55.740 --> 00:01:57.084 OK. All right.

NOTE Confidence: 0.9347414

00:01:57.084 --> 00:01:59.772 So here's the outcome rating scale.

NOTE Confidence: 0.9347414

00:01:59.780 --> 00:02:01.802 So there's four different areas for

NOTE Confidence: 0.9347414

00:02:01.802 --> 00:02:04.060 you to rate, how you these are kind

NOTE Confidence: 0.9347414

00:02:04.060 --> 00:02:05.859 of just different areas of your life.

NOTE Confidence: 0.9347414

00:02:05.860 --> 00:02:07.722 Marks to the left means that things

NOTE Confidence: 0.9347414

00:02:07.722 --> 00:02:10.145 are not going so well and marks to the

NOTE Confidence: 0.9347414

00:02:10.145 --> 00:02:12.060 right means that things are going well.

NOTE Confidence: 0.9347414

00:02:12.060 --> 00:02:13.170 As you're starting to see

NOTE Confidence: 0.9347414

00:02:13.170 --> 00:02:14.058 improvements in your life,

NOTE Confidence: 0.9347414

00:02:14.060 --> 00:02:15.740 you're starting to feel better.

NOTE Confidence: 0.9347414

00:02:15.740 --> 00:02:17.732 Hopefully over time we're going to

NOTE Confidence: 0.9347414

00:02:17.732 --> 00:02:19.432 start seeing your progress going

NOTE Confidence: 0.9347414

00:02:19.432 --> 00:02:21.017 in that that right direction.

NOTE Confidence: 0.9347414

00:02:21.020 --> 00:02:22.931 Now if things are not going as

NOTE Confidence: 0.9347414

00:02:22.931 --> 00:02:25.561 well or if we feel like you know

NOTE Confidence: 0.9347414

00:02:25.561 --> 00:02:27.296 that you're not making change,

NOTE Confidence: 0.9347414

00:02:27.300 --> 00:02:29.220 then we can decide together,

NOTE Confidence: 0.9347414

00:02:29.220 --> 00:02:31.060 let's change up what we're working on or
NOTE Confidence: 0.9347414

00:02:31.060 --> 00:02:32.902 what we're talking about in therapy, right.
NOTE Confidence: 0.9347414

00:02:32.902 --> 00:02:35.034 So can kind of keep us on track to make
NOTE Confidence: 0.9347414

00:02:35.034 --> 00:02:37.098 sure that this process is working for you.
NOTE Confidence: 0.9347414

00:02:37.100 --> 00:02:38.964 OK. So you want to just use my
NOTE Confidence: 0.9347414

00:02:38.964 --> 00:02:40.740 computer and kind of just like,
NOTE Confidence: 0.9347414

00:02:40.740 --> 00:02:42.175 yeah, you can just slide it over.
NOTE Confidence: 0.9299522

00:02:51.580 --> 00:02:55.174 Cool. Yeah. And hit save. All right.
NOTE Confidence: 0.9299522

00:02:55.174 --> 00:02:57.371 And so this kind of created what's going to
NOTE Confidence: 0.9299522

00:02:57.371 --> 00:02:59.347 be the beginning of your graph together that
NOTE Confidence: 0.9299522

00:02:59.347 --> 00:03:01.460 we're going to look at each time you come in,
NOTE Confidence: 0.9299522

00:03:01.460 --> 00:03:04.214 see this green line that it draws for us?
NOTE Confidence: 0.9299522

00:03:04.220 --> 00:03:07.380 That's where we hope things will go overtime.
NOTE Confidence: 0.9299522

00:03:07.380 --> 00:03:09.414 I can see that the very first score here,
NOTE Confidence: 0.9299522

00:03:09.420 --> 00:03:12.020 this red dot, is your score for today.
NOTE Confidence: 0.9299522

00:03:12.020 --> 00:03:14.032 So that's a 17.4.

NOTE Confidence: 0.9299522

00:03:14.032 --> 00:03:16.504 And that's across all the four

NOTE Confidence: 0.9299522

00:03:16.504 --> 00:03:18.709 areas that you just rated.

NOTE Confidence: 0.9299522

00:03:18.710 --> 00:03:21.210 What I noticed about the 17.4 is

NOTE Confidence: 0.9299522

00:03:21.210 --> 00:03:23.070 that it's in this pink section,

NOTE Confidence: 0.9299522

00:03:23.070 --> 00:03:25.338 which is where people score when they're

NOTE Confidence: 0.9299522

00:03:25.338 --> 00:03:27.626 really looking for a change in their life.

NOTE Confidence: 0.9299522

00:03:27.630 --> 00:03:29.786 Yeah. Does that match how you feel?

NOTE Confidence: 0.9299522

00:03:29.790 --> 00:03:32.590 Yeah, yeah, definitely. OK. I

NOTE Confidence: 0.9372026

00:03:32.590 --> 00:03:34.430 mean, I've definitely been struggling,

NOTE Confidence: 0.9372026

00:03:34.430 --> 00:03:36.056 especially in school,

NOTE Confidence: 0.9372026

00:03:36.056 --> 00:03:38.224 since school started back.

NOTE Confidence: 0.9372026

00:03:38.230 --> 00:03:40.174 I feel like I was so

NOTE Confidence: 0.9372026

00:03:40.174 --> 00:03:41.470 carefree as a freshman,

NOTE Confidence: 0.9372026

00:03:41.470 --> 00:03:42.430 and it's just like this year.

NOTE Confidence: 0.9372026

00:03:42.430 --> 00:03:42.936 Everything sucks.

NOTE Confidence: 0.9372026

00:03:42.936 --> 00:03:44.201 And I hate my schedule
NOTE Confidence: 0.9372026

00:03:44.201 --> 00:03:45.349 and I don't want to
NOTE Confidence: 0.9372026

00:03:45.350 --> 00:03:46.310 be here. So.
NOTE Confidence: 0.8686259

00:03:48.330 --> 00:03:51.032 So school's been really irritating to you
NOTE Confidence: 0.8686259

00:03:51.032 --> 00:03:54.252 and it really seems like that that school
NOTE Confidence: 0.8686259

00:03:54.252 --> 00:03:56.848 aspect is really adding a lot of struggles.
NOTE Confidence: 0.8686259

00:03:56.850 --> 00:03:58.326 Yeah. Not only with your your
NOTE Confidence: 0.8686259

00:03:58.326 --> 00:03:59.310 grandma's relationship and really
NOTE Confidence: 0.8686259

00:03:59.358 --> 00:04:00.688 just kind of pervading everything.
NOTE Confidence: 0.8686259

00:04:00.690 --> 00:04:02.034 Yeah. It's the worst.
NOTE Confidence: 0.8686259

00:04:02.034 --> 00:04:03.526 OK. And that's why the.
NOTE Confidence: 0.8686259

00:04:03.526 --> 00:04:05.930 That's why the socially scale is the lowest.
NOTE Confidence: 0.8686259

00:04:05.930 --> 00:04:06.941 OK All right.
NOTE Confidence: 0.8686259

00:04:06.941 --> 00:04:08.963 And your relationship with your grandma,
NOTE Confidence: 0.8686259

00:04:08.970 --> 00:04:12.650 where is that showing up here for you?
NOTE Confidence: 0.8686259

00:04:12.650 --> 00:04:14.690 Probably this one. Yeah. That's OK.

NOTE Confidence: 0.8686259

00:04:14.690 --> 00:04:16.034 The interpersonally scale.

NOTE Confidence: 0.8686259

00:04:16.034 --> 00:04:18.690 Yeah. OK, that makes sense. So

NOTE Confidence: 0.9312175

00:04:20.130 --> 00:04:22.130 I'm curious what you feel

NOTE Confidence: 0.9312175

00:04:22.130 --> 00:04:24.170 like would help make things better,

NOTE Confidence: 0.9312175

00:04:24.170 --> 00:04:25.930 particularly on this socially scale.

NOTE Confidence: 0.9312175

00:04:25.930 --> 00:04:27.585 Like for example, what would

NOTE Confidence: 0.9312175

00:04:27.585 --> 00:04:29.982 it take to move this one just

NOTE Confidence: 0.9312175

00:04:29.982 --> 00:04:32.004 like 1 centimeter to the right?

NOTE Confidence: 0.9312175

00:04:33.970 --> 00:04:36.070 Probably just like actually

NOTE Confidence: 0.9312175

00:04:36.070 --> 00:04:38.100 going to class and like,

NOTE Confidence: 0.9312175

00:04:38.100 --> 00:04:40.250 doing what I have to do, focusing

NOTE Confidence: 0.9312175

00:04:40.290 --> 00:04:42.050 on what I should be focusing on kind

NOTE Confidence: 0.9312175

00:04:42.050 --> 00:04:44.420 of thing. So yeah, I can tell how

NOTE Confidence: 0.9312175

00:04:44.420 --> 00:04:46.540 committed you are to your goals.

NOTE Confidence: 0.9312175

00:04:46.540 --> 00:04:48.268 And I also know that it's really hard

NOTE Confidence: 0.9312175

00:04:48.268 --> 00:04:50.326 for you to stay in class and that you're

NOTE Confidence: 0.9312175

00:04:50.326 --> 00:04:52.018 managing a lot of emotions to be able

NOTE Confidence: 0.9312175

00:04:52.018 --> 00:04:53.972 to be here and to stay in class. Yeah.

NOTE Confidence: 0.9312175

00:04:53.972 --> 00:04:55.766 And so we know attendance is really

NOTE Confidence: 0.9312175

00:04:55.766 --> 00:04:57.818 kind of your big goal right now. Yeah.

NOTE Confidence: 0.9312175

00:04:57.818 --> 00:05:00.044 But maybe getting some tools to manage

NOTE Confidence: 0.9312175

00:05:00.044 --> 00:05:01.839 those emotions so that you can stay

NOTE Confidence: 0.9312175

00:05:01.839 --> 00:05:03.858 in class and not and not feel so bad.

NOTE Confidence: 0.9312175

00:05:03.860 --> 00:05:06.486 Yeah, that would be probably good.

NOTE Confidence: 0.9312175

00:05:06.486 --> 00:05:08.416 OK, Well, let's get started and

NOTE Confidence: 0.9312175

00:05:08.416 --> 00:05:10.071 talk about some ways that we might

NOTE Confidence: 0.9312175

00:05:10.071 --> 00:05:12.020 be able to address that. OK. OK.