

Self Evaluation Video #2

Rylee L'Italien

University of Maine at Farmington

Self Evaluation - Video #2

Starting from the beginning, I still think that my introduction into the session needs work. Because my partner and I approached this video as the second session, I didn't restate the confidentiality statement. However, it still started off a little awkwardly. All I used to start off was "So how are you doing today?" While the client did jump right into what she wanted to discuss, there still was no time to properly set up the session. One thing that I missed was once again reminding the client of the time limit that we have for the session. Along with this, I didn't talk about what we would focus on during this session or have any sort of goals to work for. The introduction just felt a little forced and not as smooth as I had hoped for.

I thought my responses did improve a little from the first video. For example, I did notice that I didn't say "um" nearly as much and that is something I was really focused on working on. One thing that I did want to try to work on was more minimal responses and just allowing the client to talk. In the beginning, I tried to just either nod my head or say "mhm" but I did notice that I never really stuck to these responses. One reason is because I felt uncomfortable with silence so I felt like I had to follow up with a question in order to get the client to continue talking. While I don't think I should only use minimal responses, I think that it would be worth working on being okay with the silence a few times and just sticking to these in order for the client to express their feelings as they come.

One thing I didn't think about until I looked over the self evaluation again was how to explore the presenting issue. In my responses I asked a lot of clarifying questions or restatements of what the client said. This was in hopes of digging deeper into the client's feelings but I think in some ways it kept the conversation at a superficial level. We focused solely on how there was

no communication between her and her parents but didn't really get to the "why." I wish I had focused more on asking about the client's strengths and what she could bring to the problem. This could help develop the conversation deeper, in terms of thinking of how did the client ever deal with this situation in the past or has this even ever been a past issue. Also, the conversation focused on what the client needed to do - have a conversation with her parents that expressed her feelings - but it didn't really get into what skills she already had. This goes along with the strengths. By identifying the client's strengths, we could have also possibly identified how to proceed with future sessions and set more specific goals.

Another thing I want to work on is sounding more confident with my responses. I noticed this in the first video as well. Because I felt like I couldn't have too much silence, I just responded with the first thing that came to mind or I had trouble coming up with something so that's how it presented when I spoke it. Most of my responses sounded very hesitant and I want to work on being comfortable enough to sit in silence to develop a well thought out response that I can say confidently. I think this will get better with time and practice and feeling more comfortable to use different responding techniques. I only stuck to one or two responses, which might have limited me.

I thought the ending of the video was okay. I thought it was good that the client and I discussed what she should work on before her next session, as well as set some goals for what we would continue to discuss. However, wrapping the session up as somewhat awkward. I think it would have been beneficial to say something like "okay we are coming to the end of the session, is there anything else you would like to discuss?" or maybe "how do you feel today's session went?" That might give way to a more smoother ending and less cut off for the client. I

think I need to work on having time to close the session and somewhat summarize what was discussed with the client.