

Counselor Name: Bailey Lowenthal  
Session: Child Intake

Client Name: Jessie Francis

**1. Please provide a couple of sentences summarizing general demographic information of hypothetical client (age, presenting problems, race, gender) and presenting problem.** Jessie is a 14 year old, Caucasian female. She is a ninth grader at public comprehensive school. The hall monitor referred Jessie for shoving another student into the lockers. She has also been involved in a series of verbal fights with two girls. According to information gathered from the student's mother Jessie has no friends at the school, has withdrawn from her mother, and is doing poorly academically.

**2. Please list your goal(s) going into the session.** I would like to gather information about Jessie's family life, social interactions, academic performance, typical day and overall affect. I want to know if Jessie understands why she was called to my office, if she feels there is a problem, if she can give me insight as to the reasons behind the problem and what she has done (if anything) to try and change the problem. I want to build rapport with Jessie. Also, I want to see if Jessie recognizes any of her own strengths, has goals for this school year, and if she has ideas about her future and/or career aspirations. I would like to know if Jessie is satisfied with the state of her relationships, specifically with her mother and friends.

**3. What information did you gain from the client's verbal and nonverbal communication during the session? Please provide specific examples.** Jessie understands that she was referred for pushing someone in the hallway. She said she did it because she'd asked the girl, who has a locker above her, to move but the girl did not. Jessie's best friend at this school, Sara, told Jessie to push her out of the way. Jessie understands that she shouldn't put her hands on people but she "just got so frustrated." This is the first time she has been physically aggressive with anyone.

Jessie is unhappy about her relationship with her mother, she states her mother "cares more about what people think than about" Jessie. She states she is happy her mother is "never home because when she is home all we do is fight." She would like to see her relationship with her mother change but doesn't feel like doing family counseling just yet "maybe later." She doesn't "really know" her dad but doesn't see this as a problem. Mom and dad don't get along. Jessie does not eat dinner with the family and presents as abnormally thin. Jessie self-reported two friends at her new school Sara and Jessica. Jessie only "hangs out" with them during school, she doesn't want to be with them on weekends because "they go to parties" and she is afraid of getting in trouble with her mom. She "didn't have to make friends before" she "just had them" because they grew up together.

While Jessie thought of her self as smart in middle school, she "feels dumb" in classes and doesn't think she can pass honors classes at her new school. She is feeling lost and feels the school too big. Her old school had much smaller classes and she knew everyone so she wasn't afraid to ask questions but now she feels embarrassed and refuses to ask teachers for help. She would be open to after school tutoring. She doesn't have career

aspirations right now but she is willing to explore this more. She identifies her strengths as “being creative good at drawing and making videos... being funny.” She also wants to join a sport and “do better” in classes.

From her lack of eye contact I inferred that Jessie was uncomfortable and embarrassed talking to me, although this did lessen as the session continued. Her tone changed when talking about her past relationship with her mom, she seems to feel sadden by the memory of how strong their relationship was. Her frustration could be seen in her clenching fists when she spoke about classes, school size and the locker incident.

**4. What skills did you use during the session? Name the skill that you used and an example of how you specifically used that skill in this session. Please provide at least two examples** I started easy and tried to build rapport in the initial phase of the interview by asking: Do you like TV? What shows? “Greys Anatomy” and we spoke about this a little bit. I then moved to validation and normalizing by stating “Moving is a big change and it is hard for many people.” After Jessie replied I voiced empathy by saying “You are going through so many changes, a new school, new house and new friends, that must be really hard.” I frequently used paraphrasing and summarizing, for example Jessie said “My mom only cares about what other people think, she doesn’t care about me” and I responded “You feel like your mom cares more about what others perceive than about what is going on with you.” Along the same lines I reflected her feelings to make sure I understood her correctly. For example Jessie stated “I don’t know anyone in my classes, the school is so big and my teachers don’t care,” and I responded “It sounds like you feel lost at school.” Active listening was an important skill utilized in this intake, for example Jessie said “I like to dress comfortably not all preppy” and I replied, “Comfort is important to you.” Most of the questions I asked were open ended such as “What are some of your strengths? When you think about your future, what comes to mind?” I used elaborating to clarify ambiguous terms such as “hanging out.”