**Peer reviews**

**Re: Topic 5 DQ 1:** As one noted psychologist would state to his clients, "What's your objection to having all of your feelings?" Did you find that you were censoring your gut-level feelings towards clients upon review of the client progress notes? What types of emotion did you think you might have held back, and why?

In reviewing some of my clients notes, gut-feelings that came up for me that I did have to censor were sadness and anger. In reading some of the kids history, knowing what they have gone through and in many cases the role the parents played was very difficult for me. I held these emotions back because they would not serve the client in any way. They need to see me as a blank slate that responds to their story as they tell it, it allows for a connection as well as a natural response from me. I am sure they are sad and they are angry and I don't need to take that away from them by bringing my emotions into their space.

My response:

Irais

Hello Professor Krupp & Class

When writing my progress notes on my client I do censor my gut feelings. The biopsychological explain the whole family dynamics. Her mother was adopted and was kicked out of the adopted home at age 18. She moved from state to state until she met her father who was an alcoholic. What sickened me was that her mother who was also abused did nothing. It is difficult for me to comprehend why her mother did not intervene knowing she had similar traumas in her life. However, my primary responsibility is to respect the dignity and promote the welfare of the client. In the progress report whenever her dad was drunk she was raped. Client joined the military and was married five times but the marriages last only a few months. She has no children and feels depressed, is suicidal, self mutilates and is a recovering alcoholic. She is in treatment because she needs help to manage her life, eliminate depress feelings and attain the goals set.

My response:

Gloria

When examine progress notes the one thing that stands out with the censoring aspects is dealing with a client who started out in individual counseling and then came together with her daughter in family counseling and in family counseling every situation she spoke about concerning her daughter, was totally twisted, and she admitted it in family counseling stated "well that how I saw it".  The situation she would talk about were a little extreme but i listen and question the validity but she would always say this was what happened.

My response:

Deborah

 Recently I did an intake with a Hispanic male who is 16-year-old. I asked him what brought him to counseling and he stated that he feels lost, that he no longer knows who he is and why he likes to where dresses. He goes on to talk about how he is sexually attractive to females but just has this obsession with wearing dressings.

We talked about how his family knows and that they have been supportive. I then let him know after the intake that I need to take time to meet with him and his mother to get her perception and to have her complete some paperwork. While talking with my client and his mother I was holding back a few emotions, I felt bad for the boy; I have no idea what he could be going through or the struggles he is facing. Then with the mother she appeared to be supportive and only wanting the best for her son, but he was quit to shut that down and almost became another person towards her. After reviewing my case note I found myself at time wanting to step into my motherly role and explain to him that he is not clearly understanding where his mother is coming from. I would say that the emotion I was holding back at the time would be frustration. This is because I could clearly hear and understand the both of them, but it was like they were not hearing or understanding each other. I often wonder if I could of been more supportive, said or did something different. I just dont know.

My response:

Iva

DQ:2 Has supervisory time spent in review of your session documentation been helpful, uncomfortable, or a combination of both? Please elaborate.

Supervisory time has been a combination of both helpful and uncomfortable. I say this because my supervisor has an impressive resume and is extremely knowledgeable. The interns at my site joke about how my supervisor is like a walking Wikipedia in regards to being able to explain ALL the counseling theories. Knowing this as a novice counselor, I won’t say it’s uncomfortable but more challenging because I know he has high expectations for me and I have to be on my “A game” at all times. My supervisor emphasizes practicing in a way that you are able to defend yourself in worst-case scenarios in front of an ethics board/judge. Knowing this I try to be prepared to explain everything I do in a session.

This has been helpful because whenever he sees that I could use help in a session he would step in briefly to assist in helping me get my point across to the client. What I found to be the most helpful is when I’m trying to explain reasoning behind doing something with a client, we would role-play where he’s the client to help me process and work on my skills. As far as the documentation goes, he has taught me how to be concise in my clinical writing. He reminds me that a BIRP (behavior, intervention, response, plan) note is something I should have in mind when I do most of my clinical writing whether its for a group or individual session in order to be objective

My response:

Michael

My supervisory is very knowledgeable and has over thirty years of experience. She knows most of the codes for diagnosing the disorders that the clients have. I am not very experienced in actually diagnosing the clients actual disorder but I feel confident in dealing with the client demgraphic that I have been dealing with. My supervisory has a lot of patience. If I haven't done things according to with rules at the site, she will wait until the client has left to explain what I could have done differently or what I have done really well. Once you get your feet wet, things get easier as you gain more experience. I think I don't feel intimidated by anything is due to my age, experience, and that I am older. I choose this career after working for a company for over 25 years that I really disliked. I enjoy what I do so that makes a big difference with me.

My response:

Tamera