WEBVTT

NOTE duration:"00:05:28" NOTE recognizability:0.925

NOTE language:en-us

NOTE Confidence: 0.92377615

 $00:00:06.660 \longrightarrow 00:00:08.100$ Thanks for coming in and for

NOTE Confidence: 0.92377615

 $00:00:08.100 \longrightarrow 00:00:09.119$ being here today. Sophia,

NOTE Confidence: 0.92377615

 $00{:}00{:}09.119 \dashrightarrow 00{:}00{:}11.511$ we're going to get started on working on

NOTE Confidence: 0.92377615

 $00:00:11.511 \longrightarrow 00:00:13.890$ some of the goals that we talked about

NOTE Confidence: 0.92377615

 $00:00:13.890 \longrightarrow 00:00:16.060$ with your grandma on the intake session.

NOTE Confidence: 0.92377615

 $00{:}00{:}16.060 \dashrightarrow 00{:}00{:}18.340$ So we talked about working on

NOTE Confidence: 0.92377615

 $00:00:18.340 \longrightarrow 00:00:20.264$ your attendance at school, right.

NOTE Confidence: 0.92377615

 $00{:}00{:}20.264 \dashrightarrow 00{:}00{:}22.284$ And then also some relationship

NOTE Confidence: 0.92377615

 $00:00:22.284 \longrightarrow 00:00:23.900$ stuff with your teachers.

NOTE Confidence: 0.92377615

 $00:00:23.900 \longrightarrow 00:00:25.420$ Is that right? Yeah. OK.

NOTE Confidence: 0.92377615

 $00:00:25.420 \longrightarrow 00:00:27.140$ So before we get started,

NOTE Confidence: 0.92377615

 $00:00:27.140 \longrightarrow 00:00:28.844$ I'd like to do a quick check in

NOTE Confidence: 0.92377615

 $00:00:28.844 \longrightarrow 00:00:30.860$ form to start out our conversations.

 $00:00:30.860 \longrightarrow 00:00:33.218$ It's called the outcome rating scale.

NOTE Confidence: 0.92377615

 $00:00:33.220 \longrightarrow 00:00:35.033$ It's super brief and it helps us

NOTE Confidence: 0.92377615

 $00:00:35.033 \longrightarrow 00:00:36.772$ make sure that we're talking about

NOTE Confidence: 0.92377615

 $00:00:36.772 \longrightarrow 00:00:38.572$ how therapy is going for you.

NOTE Confidence: 0.92377615

 $00:00:38.580 \longrightarrow 00:00:42.060$ And this is it right here, OK?

NOTE Confidence: 0.92377615

 $00:00:42.060 \longrightarrow 00:00:44.276$ It's it just makes sure that kind of

NOTE Confidence: 0.92377615

 $00:00:44.276 \longrightarrow 00:00:46.185$ 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

 $00{:}00{:}48.660 \longrightarrow 00{:}00{:}50.332$ 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

 $00{:}00{:}51.634 \dashrightarrow 00{:}00{:}53.259$ are going on, these different goals.

NOTE Confidence: 0.92377615

 $00:00:53.259 \longrightarrow 00:00:55.590$ And it also gives us a chance

NOTE Confidence: 0.92377615

 $00:00:55.656 \longrightarrow 00:00:57.462$ to share that with your grandma

NOTE Confidence: 0.92377615

 $00:00:57.462 \longrightarrow 00:00:59.179$ so that she has a sense

NOTE Confidence: 0.9240515

 $00:00:59.380 \longrightarrow 00:01:00.820$ of how you're doing

NOTE Confidence: 0.9340794

 $00:01:01.790 \longrightarrow 00:01:03.630$ and we can talk about it with her as well.

 $00{:}01{:}03.630 \dashrightarrow 00{:}01{:}05.254$ I may ask her to actually fill

NOTE Confidence: 0.9340794

 $00:01:05.254 \longrightarrow 00:01:07.229$ it out to give her perspective.

NOTE Confidence: 0.9340794

 $00:01:07.230 \longrightarrow 00:01:08.508$ 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

 $00:01:14.830 \longrightarrow 00:01:16.430$ 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

 $00:01:17.710 \longrightarrow 00:01:19.551$ she can access all your school records

NOTE Confidence: 0.9340794

 $00:01:19.551 \dashrightarrow 00:01:21.787$ and all your medical information. OK.

NOTE Confidence: 0.9340794

 $00:01:21.787 \longrightarrow 00:01:24.854$ However, the way I like to do this is

NOTE Confidence: 0.9340794

 $00:01:24.854 \longrightarrow 00:01:26.486$ 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

 $00:01:29.370 \longrightarrow 00:01:31.647$ and then in a session when you feel ready,

NOTE Confidence: 0.9340794

 $00:01:31.650 \longrightarrow 00:01:33.980$ we can share it with her so you can explain

 $00:01:34.037 \longrightarrow 00:01:36.368$ how things are going from your perspective.

NOTE Confidence: 0.9340794

 $00:01:36.370 \longrightarrow 00:01:37.882$ I can be there to help you.

NOTE Confidence: 0.9340794

 $00:01:37.882 \longrightarrow 00:01:40.316$ And I have found in my experience

NOTE Confidence: 0.9340794

 $00:01:40.316 \longrightarrow 00:01:42.026$ 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

 $00:01:44.090 \longrightarrow 00:01:46.610$ 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

 $00:01:47.985 \longrightarrow 00:01:49.085$ your communication as well.

NOTE Confidence: 0.9272853

 $00{:}01{:}49.450 \dashrightarrow 00{:}01{:}51.568$ Yeah, I guess that sounds good.

NOTE Confidence: 0.9272853

 $00:01:51.570 \longrightarrow 00:01:52.658$ Do we start today?

NOTE Confidence: 0.9272853

 $00:01:52.658 \longrightarrow 00:01:54.018$ Do we start next time?

NOTE Confidence: 0.9272853

 $00:01:54.020 \longrightarrow 00:01:54.880$ Let's start now and we

NOTE Confidence: 0.9272853

 $00:01:54.880 \longrightarrow 00:01:55.740$ can see what you think.

NOTE Confidence: 0.9347414

 $00{:}01{:}55.740 --> 00{:}01{:}57.084$ OK. All right.

NOTE Confidence: 0.9347414

 $00:01:57.084 \longrightarrow 00:01:59.772$ So here's the outcome rating scale.

NOTE Confidence: 0.9347414

 $00{:}01{:}59.780 \dashrightarrow 00{:}02{:}01.802$ So there's four different areas for

 $00:02:01.802 \longrightarrow 00:02:04.060$ you to rate, how you these are kind

NOTE Confidence: 0.9347414

 $00:02:04.060 \longrightarrow 00:02:05.859$ of just different areas of your life.

NOTE Confidence: 0.9347414

 $00:02:05.860 \longrightarrow 00:02:07.722$ Marks to the left means that things

NOTE Confidence: 0.9347414

 $00{:}02{:}07.722 \dashrightarrow 00{:}02{:}10.145$ are not going so well and marks to the

NOTE Confidence: 0.9347414

 $00:02:10.145 \longrightarrow 00:02:12.060$ right means that things are going well.

NOTE Confidence: 0.9347414

 $00:02:12.060 \longrightarrow 00:02:13.170$ 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

 $00:02:14.060 \longrightarrow 00:02:15.740$ 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

 $00:02:17.732 \longrightarrow 00:02:19.432$ start seeing your progress going

NOTE Confidence: 0.9347414

 $00:02:19.432 \longrightarrow 00:02:21.017$ in that that right direction.

NOTE Confidence: 0.9347414

 $00:02:21.020 \longrightarrow 00:02:22.931$ Now if things are not going as

NOTE Confidence: 0.9347414

 $00{:}02{:}22.931 \dashrightarrow 00{:}02{:}25.561$ 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

 $00:02:27.300 \longrightarrow 00:02:29.220$ then we can decide together,

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

NOTE Confidence: 0.9347414

 $00{:}02{:}31.060 \dashrightarrow 00{:}02{:}32.902$ what we're talking about in the rapy, right.

NOTE Confidence: 0.9347414

 $00{:}02{:}32.902 \dashrightarrow 00{:}02{:}35.034$ So can kind of keep us on track to make

NOTE Confidence: 0.9347414

 $00:02:35.034 \longrightarrow 00:02:37.098$ sure that this process is working for you.

NOTE Confidence: 0.9347414

 $00:02:37.100 \longrightarrow 00:02:38.964$ 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

 $00:02:40.740 \longrightarrow 00:02:42.175$ yeah, you can just slide it over.

NOTE Confidence: 0.9299522

 $00:02:51.580 \longrightarrow 00:02:55.174$ Cool. Yeah. And hit save. All right.

NOTE Confidence: 0.9299522

 $00{:}02{:}55.174 \dashrightarrow 00{:}02{:}57.371$ And so this kind of created what's going to

NOTE Confidence: 0.9299522

 $00:02:57.371 \longrightarrow 00:02:59.347$ be the beginning of your graph together that

NOTE Confidence: 0.9299522

 $00{:}02{:}59.347 \dashrightarrow 00{:}03{:}01.460$ we're going to look at each time you come in,

NOTE Confidence: 0.9299522

 $00:03:01.460 \longrightarrow 00:03:04.214$ see this green line that it draws for us?

NOTE Confidence: 0.9299522

 $00:03:04.220 \longrightarrow 00:03:07.380$ That's where we hope things will go overtime.

NOTE Confidence: 0.9299522

 $00{:}03{:}07.380 \dashrightarrow 00{:}03{:}09.414$ I can see that the very first score here,

NOTE Confidence: 0.9299522

 $00:03:09.420 \longrightarrow 00:03:12.020$ this red dot, is your score for today.

NOTE Confidence: 0.9299522

 $00:03:12.020 \longrightarrow 00:03:14.032$ So that's a 17.4.

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

NOTE Confidence: 0.9299522

 $00:03:16.504 \longrightarrow 00:03:18.709$ areas that you just rated.

NOTE Confidence: 0.9299522

 $00:03:18.710 \longrightarrow 00:03:21.210$ What I noticed about the 17.4 is

NOTE Confidence: 0.9299522

 $00:03:21.210 \longrightarrow 00:03:23.070$ that it's in this pink section,

NOTE Confidence: 0.9299522

 $00:03:23.070 \longrightarrow 00:03:25.338$ which is where people score when they're

NOTE Confidence: 0.9299522

 $00:03:25.338 \longrightarrow 00:03:27.626$ 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

 $00:03:34.430 \longrightarrow 00:03:36.056$ especially in school,

NOTE Confidence: 0.9372026

 $00:03:36.056 \longrightarrow 00:03:38.224$ 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

 $00{:}03{:}41.470 \dashrightarrow 00{:}03{:}42.430$ and it's just like this year.

NOTE Confidence: 0.9372026

 $00:03:42.430 \longrightarrow 00:03:42.936$ Everything sucks.

 $00:03:42.936 \longrightarrow 00:03:44.201$ 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

 $00:03:45.350 \longrightarrow 00:03:46.310$ be here. So.

NOTE Confidence: 0.8686259

 $00:03:48.330 \longrightarrow 00:03:51.032$ So school's been really irritating to you

NOTE Confidence: 0.8686259

 $00:03:51.032 \longrightarrow 00:03:54.252$ 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

 $00{:}03{:}59.358 \dashrightarrow 00{:}04{:}00.688$ just kind of pervading everything.

NOTE Confidence: 0.8686259

 $00:04:00.690 \longrightarrow 00:04:02.034$ Yeah. It's the worst.

NOTE Confidence: 0.8686259

 $00:04:02.034 \longrightarrow 00:04:03.526$ OK. And that's why the.

NOTE Confidence: 0.8686259

 $00:04:03.526 \longrightarrow 00:04:05.930$ That's why the socially scale is the lowest.

NOTE Confidence: 0.8686259

 $00:04:05.930 \longrightarrow 00:04:06.941$ 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

 $00:04:08.970 \longrightarrow 00:04:12.650$ 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.

 $00:04:14.690 \longrightarrow 00:04:16.034$ The interpersonally scale.

NOTE Confidence: 0.8686259

 $00:04:16.034 \longrightarrow 00:04:18.690$ Yeah. OK, that makes sense. So

NOTE Confidence: 0.9312175

 $00:04:20.130 \longrightarrow 00:04:22.130$ 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

 $00:04:24.170 \longrightarrow 00:04:25.930$ particularly on this socially scale.

NOTE Confidence: 0.9312175

 $00:04:25.930 \longrightarrow 00:04:27.585$ Like for example, what would

NOTE Confidence: 0.9312175

 $00:04:27.585 \longrightarrow 00:04:29.982$ it take to move this one just

NOTE Confidence: 0.9312175

 $00:04:29.982 \longrightarrow 00:04:32.004$ 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

 $00:04:36.070 \longrightarrow 00:04:38.100$ 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

 $00:04:40.290 \longrightarrow 00:04:42.050$ 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

 $00:04:44.420 \longrightarrow 00:04:46.540$ committed you are to your goals.

NOTE Confidence: 0.9312175

 $00:04:46.540 \longrightarrow 00:04:48.268$ And I also know that it's really hard

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

NOTE Confidence: 0.9312175

 $00{:}04{:}50.326 \to 00{:}04{:}52.018$ managing a lot of emotions to be able

NOTE Confidence: 0.9312175

 $00{:}04{:}52.018 \dashrightarrow 00{:}04{:}53.972$ 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

 $00{:}04{:}57.818 \dashrightarrow 00{:}05{:}00.044$ But maybe getting some tools to manage

NOTE Confidence: 0.9312175

 $00:05:00.044 \longrightarrow 00:05:01.839$ those emotions so that you can stay

NOTE Confidence: 0.9312175

 $00:05:01.839 \longrightarrow 00:05:03.858$ in class and not and not feel so bad.

NOTE Confidence: 0.9312175

 $00:05:03.860 \longrightarrow 00:05:06.486$ Yeah, that would be probably good.

NOTE Confidence: 0.9312175

 $00:05:06.486 \longrightarrow 00:05:08.416$ OK, Well, let's get started and

NOTE Confidence: 0.9312175

 $00{:}05{:}08.416 \dashrightarrow 00{:}05{:}10.071$ talk about some ways that we might

NOTE Confidence: 0.9312175

 $00:05:10.071 \longrightarrow 00:05:12.020$ be able to address that. OK. OK.