

PSY 445 Therapy Assignment

For this assignment, I want you to conduct a 30-minute session of mock therapy with a colleague (a friend, a family member, or even someone from this class would work). You will need to video record the session.

For the assignment, you are to transcribe a 5-minute section of the tape in which you use at least one type of therapeutic intervention. See the transcript page for an example of how I want the transcription to look (please note that transcription includes “um”s and pauses). Your transcript should be the first thing I see when I review this assignment. The transcript does not have to be in modified APA format for the class. You will need to indicate from where in the therapy session you pulled the five minutes for transcription.

After the transcription, I want to you discuss the therapy experience in the following sections. Be sure to use modified APA format for the class for this part of the assignment. The headings for the sections you see below are the headings you should use for your paper. Answer all sections in paragraph form.

Introduction

Set up the therapy session. With whom was it conducted? Where was it conducted? What were the issues that were supposed to be covered? What issues were actually covered?

Techniques

Name the technique(s) that you attempted and describe what your plan was when you used the therapeutic technique(s). What were you expecting to happen as a result? What actually happened? This section needs to be at least two paragraphs in length.

Personal Evaluation

Did the technique work as you expected? Why or why not? What went well and what went poorly? This section needs to be at least two paragraphs in length.

Evaluate the Technique

What were the strengths and weaknesses of using the technique at the time that you did? Would you use the technique again? Would you change anything? How would you use the technique again in the future? This section needs to be at least two paragraphs in length.

Plan

If this were your therapy client, what would you want to do next? Describe the course you would take in future therapy sessions.

Conclusion

Give me some final thoughts about the experience and your therapy skills. Where do you go from here? Or, is this it for you in terms of therapy? Do you think you want to pursue a career providing therapy to others?

This assignment will be due on **November 20, 2023**, at the beginning of class, and will be worth 40 points. Turn in both the written assignment and either the video of the session itself (on a thumb drive or equivalent) or a link to a password-protected online video (also provide the password to me) in class at that time. You should e-mail the link to me.

Example of a Therapy Transcript

Begin: 05:36

Therapist> Um, can you describe your family- family's parenting style?

Client> Um, my dad is pretty, you know, he's always, I think the big problem with my parents is they weren't sure what to do with us until we were old enough to, like, you know, think on our own. But, um, now that now that we can, you know, we get along fine, we don't argue. <pause for four seconds> But, uh my dad has always been of like, you know, "I'll let you think about it, try to solve your own problems" and, uh, you know, my mom has always been, um, doing a lot of stuff in the background. Like, uh, it was always the kind of thing that, whenever people come over, she's always doing stuff, she's always uh, you have to be like, "sit down, visit with me" you know. Sorry the cat. Um, and uh, my mom, she's really like, she's loving and stuff, but she doesn't talk, you know it's not something, you know, that she feels she has to say like every ten minutes or anything, it's more that, the things that she does and the way that she treats you is, is the way that she does it, she's very contained, I guess. It took me a lot to get things out of her as a child sometimes, you know, "tell me, tell me what, you know, you want" or "tell me what you were thinking" so.

Therapist> So she's more focused on actions than talking.

Client> Right, definitely and my dad is like me, definitely a lot on the talking, so.

Therapist> Um, when you or your sister got in trouble as children, who was the disciplinarian?

Client> Um, it was really kind of both my parents, actually they were both kind of, you know, I remember them having arguments about, you know, "well, I don't want to be the bad guy, don't make me be the bad guy, we have to be the bad guy," and so, uh, it was, it was really both of them, you know, we got spankings and stuff and it was, my dad did a lot of like traveling for business when we were younger and stuff, so it ended up being my mom for a lot of the time, but, my dad, when I, when we were older, my dad was definitely the one to be like, "no, you can't do this," "no, you're not going to go there." So, I guess it evened out as, but um, I guess for that reason, when we were younger, that my mom was more the disciplinarian.

End: 10:42