

## Process Recording Table - Major Depressive Disorder

Student's Verbal or Nonverbal Communication	Client's Verbal or Nonverbal Communication	Student's Thoughts and Feelings Concerning the Interaction	Student's Analysis of the Interaction
*Smiling softly and sitting at eye level* – “Hi, I’m Yasmin, a nursing student here to check in with you. Is this a good time to talk?”	*Looks down, shrugs shoulders* – “I guess so.”	I felt a little unsure but wanted to approach gently.	Therapeutic technique: Offering self, Providing presence. Rationale: Builds rapport and shows willingness to listen.
“Thank you for letting me sit with you. How have you been feeling today?”	“I don’t know... It’s just all too much sometimes. I don’t even want to be here.”	I was concerned but wanted to encourage more expression.	Therapeutic technique: Broad opening, open-ended question. Rationale: Allows the client to direct the conversation.
*Gently* – “It sounds like things feel really overwhelming right now.”	*Nods slowly* – “Yeah. I don’t really see the point in anything anymore.”	I felt the heaviness in her words. I wanted her to feel safe.	Therapeutic technique: Reflection. Rationale: Helps client feel heard and validated.
“Sometimes when people feel that hopeless, they may think about hurting themselves. Is that something that’s been on your mind?”	*Quiet for several seconds, then nods* – “Yeah... I’ve been thinking about it again.”	I felt a bit anxious asking directly, but it was necessary.	Therapeutic technique: Direct questioning about suicide. Rationale: Required for safety assessment; nonjudgmental.
“Thank you for being honest with me. You’re not alone—we’re here to help you through this.”	*Tears up* – “It’s hard to believe that sometimes.”	I wanted to offer comfort without giving false hope.	Therapeutic technique: Giving recognition and reassurance. Rationale: Supports emotional expression without minimizing feelings.
“Would you like to talk about one thing that has helped you cope in the past, even a little?”	“I used to go for walks... I haven’t in a while though.”	I saw a small opening to shift toward hope and coping.	Therapeutic technique: Encouraging formulation of a plan. Rationale: Helps

			client start thinking about realistic coping mechanisms.
“That’s a great start. Maybe we could talk more later about how to work that back into your day, even a little bit.”	*Sighs, slight smile* – “Maybe.”	I felt hopeful that she responded positively, even just a little.	Therapeutic technique: Encouraging goal setting. Rationale: Promotes empowerment and recovery focus.