

Process Recording Assignment

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Nyack College

GCN 792: Counseling Internship II

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Student's Name: Pamela Chowayou
Agency Name: The Bowery Mission
Date of Session: October 7, 2020 **Length of Segments:** 15 minutes total (in two segments)

Introduction/Relevant Background Information:

Since I have just started at The Bowery Mission (“The Mission”), I have not been given any individual clients yet. However, I have been allowed to shadow the clinicians in their sessions. The following process recording is taken from a weekly session facilitated by a mental health counselor and former AGSC alumni named Jusup with his Gateway client, Eric. Gateway clients are the newest clients to The Mission and can hail from a detox or outpatient facility, a homeless shelter, their homes or from the streets. Eric lost his house and job due to his substance use disorder and had been living at a shelter. Eric is a 58-year old single West Indian male from Trinidad & Tobago who entered The Mission in September 2020. Previously, the client had a period of eight years of sobriety. Client has a crack cocaine substance use disorder and is an illegal immigrant who has been jailed for violations with ICE.

<p>Verbatim Narrative content of session</p>	<p><i>(Small talk occurs between Jusup and Eric at the beginning of the one-hour session. The following excerpt occurred approximately five minutes into the session and lasts for 10 minutes):</i></p> <p>Eric: Haven’t seen my mother since 2015. You know, mothers they worry. My mother wanted to know if the passes are available during the week.</p> <p>Jusup: What do you think will happen when you see your mother?</p> <p>Eric: You know we don’t have that kind of...it’s my mother. At the end of the day, you know...everything that I need to say to her, it’s done. The last time I’ve seen her, it was for a family reunion in Miami. It was her 70th birthday. I went somewhere, and I got high. I had been told to speak to my cousins about my issue since they were all there. I’m the oldest of all my cousins, and they didn’t know about my problem. They all started crying. Some apologized, some didn’t. But I felt better because I got it off my chest. This was in the year 2004 or 2005. It felt good to tell them.</p> <p>Jusup: I applaud you for doing that, by stepping up and expressing how you felt about your experience.</p> <p>Eric: I learned that through rehab. Writing a letter, telling people my feelings, they gave me tools. I finally could do them. I spoke to my cousin,</p>	
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	<p>and she said she was very supportive of me. She was disappointed and said to me, “We want you to be with our family, not in jail.”</p> <p>Jusup: How do you feel about how the conversation went with your cousin?</p> <p>Eric: It went okay. I’m my biggest problem. I have the support, but what do I choose to with it? I’m the one with the addiction; it’s eating me up.</p> <p>Jusup: You had your family reunion. You spoke with everyone. Has anything changed since then?</p> <p>Eric: It’s not going to change. I was never hugged.</p> <p>Jusup: Do you want to be hugged? Feel that motherly embrace?</p> <p>Eric: It doesn’t matter now. I’m 58 years old. I grew up not having it. Maybe when I was young.</p> <p>Jusup: Have you ever wished that your mom hugged you?</p> <p>Eric: I wish that it happened then, not now. At this point...</p> <p>Jusup: Do you have any hope for something different?</p> <p>Eric: She’s not going to change. Everyone knows how she is. She was 16 when her parents died. She had six siblings to take care of. She never apologizes. Everyone’s walking on eggshells when they’re around her.</p> <p>Jusup: So, she’s never apologized for what happened in the past.</p> <p>Eric: She did in some way. She had the opportunity to come to America to provide for her family. I remember the mud house we lived in, looking out the little hole and tasting the mud. She was in an abusive relationship. She was going through her stuff, and I was going through my stuff too. But still it messed me up. I grew up the first 4 years of my life getting beatings every day.</p> <p>Jusup: Are you ok with where you are with your Mom?</p> <p>Eric: Yeah, I want to see her, eat with her. I don’t want to stay with her for a week though. She always has something for me to do because I’m good with my hands. I made good money. I helped my cousin who’s studying to be a nurse. It feels good to help her with the tuition. The problem is me.</p> <p>Jusup: What is that? Let’s talk about that. Some of the things that we</p>	
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talked about to consider like fear of rejection.

Eric: Rejection. Not having a plan. Like what happened with the house. I believed that I had it. That's the difference this time around. I have God now. I didn't have a sponsor. I was sober for eight years. I went to an AA meeting, and this guy was telling MY story. I said to myself, "I should ask him to be my sponsor." I always remember his story. That was in Staten Island, and I opened up the meetings book. I found another meeting in Flatbush, Brooklyn at a church and it was the same guy! He was the speaker, and I thought "what are the chances?!" So, I'm feeling more gutsy because it's been a few months, and I asked him if he could be my sponsor. He said no. It was like a stick went into my side (*He makes a motion of a stick going into his side*). And you just brought up this rejection thing. After that, I never asked another person to be my sponsor. I was just freestyling, doing it on my own. I have a strong Christian friend, and she tells me to pray. God will now be my sponsor because He won't reject me. I always grew up in church. I was an altar boy. I need to get God back into my life.

Jusup: How do you transfer the rejection?

Eric: I just shut down.

Jusup: What caused you to shut down?

Eric: The sponsor is not supposed to say no. I'm new into this. You didn't tell me this part.

Jusup: You took this to never ask anyone anymore. If you could go back in time, what does that "no" mean to you? He doesn't want to help you?

Eric: So, no I don't want to help him.

Jusup: You hear the story, and he's supposed to be my sponsor.

Eric: It really shocked me. I didn't have the courage to do this. Wow, after that?!!

Jusup: How do you see yourself when you hear the no?

Eric: I was always told no.

Jusup: What does that mean?

	<p>Eric: Shut down.</p> <p>Jusup: Shut down is the result but...</p> <p>Eric: You know like a hermit crab; it goes inside of its shell... <i>(Eric curls his head into his body)</i></p> <p>Jusup: Do you see yourself as a nothing?</p> <p>Eric: I want to be accepted.</p> <p>Jusup: There's a hurting child still crying out for acceptance.</p> <p>Eric: I always want to be accepted. They always told me no. I've done everything else. Everything God gave me. But it got taken back because I never thanked Him or praised Him. I did it to myself. I messed up. And I'm here, it's Him. On May 12, when I got out of the ICE Detention Center, it was because of Him.</p> <p>Jusup: Have you ever thought that maybe God sent him?</p> <p>Eric: I never even thought of that. Could have been. I didn't have God in my life.</p> <p>Jusup: If that was God's doing, what is God trying to teach you?</p> <p>Eric: He's not the one, you don't need him. Come to Me.</p> <p>Jusup: How about this? This is an opportunity for you to learn and misinterpret that this guy doesn't want to help you. Could it be that you have a pattern, Eric, of fear of rejection, longing for acceptance? The perception is that he didn't want to help you.</p> <p>Eric: I don't know. Maybe he had too many people he was sponsoring or whatever. But I didn't think about that before.</p> <p>Jusup: You will continue to experience more no's in your life.</p>	
<p>Your rationale for intervention, or client's coping mechanism</p>	<p>The counselor, Jusup, used probing questions to increase the client's (Eric's) unhealed emotions of rejection and low self-esteem stemming from his childhood history of abuse and neglect. Additionally, Jusup skillfully used the reframing technique by allowing Eric to consider other reasons why the AA sponsor did not agree to mentor him. Jusup allowed Eric to discover that insight and make it his own.</p>	
<p>Client's</p>	<p>Eric was engaged and talkative during the session. His stance was open.</p>	

<p>feeling at the moment, body language, non-verbals, etc.</p>	<p>Eye contact was direct. Eric’s tone and volume were appropriate, and he was reflective and deliberate in his responses.</p>	
<p>Student’s questions, feelings, comments</p>	<p>I enjoyed this part of the session because I observed the various counseling techniques that I studied from our classes in application (reframing, narrative therapy, asking probing questions, person-centered therapy). As I saw the direction that Jusup was going with Eric, I grew increasingly eager and hoped for an ample amount of time in the session to continue talking and digging deeper.</p>	
<p>Verbatim Narrative content of session</p>	<p><i>(This second excerpt follows a re-telling of a conflict that occurred between Eric and The Mission staff which caused Eric to feel rejected and misunderstood):</i></p> <p>Jusup: But you matter, Eric. <i>(Silence from Eric).</i></p> <p>Eric: <i>(shifts uncomfortably in his seat and changes the topic)</i> Do you want to hear something funny? My ex is a special ed teacher. We lived together for 13 years. It all started with her. She’s the reason that I became sober. Her father was an alcoholic, and the rehab counselors were telling her the same things that she was telling me. I’m my worst enemy. I need God in my life.</p> <p>Jusup: Are you willing to love that worst enemy in you?</p> <p>Eric: I don’t know.</p> <p>Jusup: In our sessions, this is what we will be looking at in yourself. In the Bible, we are to love our enemies. What does it mean to love myself? It’s easy to love the ideal me, but it’s difficult for me to love that part that still struggles and that part that sins. I feel nothing. I’m 47, and it has taken me a long time to get it. I’m my worst enemy, but can I appreciate that worst enemy? Can I value that worst enemy? Jesus came right into the enemy’s territory. He put himself into that mess. His desire is to love you first. Yes,</p>	

	<p>I will heal you but the most important thing...I need to get into the habit of loving Him first.</p> <p>Eric: You gotta understand, I grew up in church. For 14 years straight, it's so out of my system now. But I forget. But I love me. This is all new stuff. I never had this. I want this. I'm here for a reason and purpose.</p>	
<p>Your rationale for intervention, or client's coping mechanism</p>	<p>I observed two simultaneous processes occurring: 1) Eric firmly believing that if he is responsible for the current mess he has made in his life. In his mind, Eric thinks that if he were a better person, a stronger Christian, went to church more, etc., he would not be at this low point in his life and; 2) At the same time, from Jusup's line of questioning, I could see that Jusup began to challenge Eric's thinking about himself by using CBT and Jungian's theory of one's shadows.</p>	
<p>Client's feeling at the moment, body language, non-verbals, etc.</p>	<p>Eric's body language is expressive. When telling the story about the misunderstanding, his body posture slumped down and his voice became defensive. Then when Eric shared the portion about his ex-girlfriend of 13 years, Eric mentioned doing the empty chair technique at a past group therapy session. He noted that he really liked it, and his body, face and expression opened up. I recognized this Gestalt technique and how impactful it can be for clients like Eric. When Jusup acknowledged to Eric that he mattered, Eric appeared uncomfortable as he shifted in his chair but at the same time, he also seemed to relish the affirmation spoken over him. It was a juxtaposition of opposing emotions in that moment. I also considered the belief that for every negative statement made over a person, seven positive statements are needed to combat the impact of that one negative statement. I wondered how many more affirmations Eric would need from his social supports and family to conquer the feelings of low self-esteem and abandonment.</p>	
<p>Student's questions, feelings, comments</p>	<p>This particular one-on-one counseling session was the best one that I have observed at The Bowery Mission so far. I have been sitting in on sessions with The Mission's social worker, but perhaps because Jusup is an AGSC graduate and a mental health counselor (limited permit), I seemed to</p>	

	<p>understood the direction that Jusup seemed to be going. It felt familiar and effective to me. I would not have changed any portion of Jusup's interventions. I wished that we had a 1.5-hour session so that we could have gone deeper into Eric's maladaptive thinking. I also considered Jung's theory of shadows and how Jusup would, in future sessions, give "permission" to Eric to love his dark side and those parts that he believes are not "Christian." I will be joining Jusup and Eric for future sessions over the course of the internship and look forward to Eric's personal growth and transformation.</p>	
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