

Alliance University
SOCIAL WORK DEPARTMENT
FIELD EDUCATION PROGRAM

PROCESS RECORDING

Student: Jazmyne Jenkins

The major purposes of process recording are the following:

- 1) To structure thinking about professional practice--whether critical, community organization, group work, or social administration.
- 2) To conceptualize what happens in the transactions between the social work and the client systems.
- 3) To heighten your awareness of yourself in action and as part of the transaction.
- 4) To separate facts from judgments.
- 5) To practice identifying the specific social work skills that are most effective in certain types of transactions.

I. Client System (Client's first name, age, gender, race, ethnicity, occupation, etc.)
 Jane Smith, 35, Female, Black, Haitian American, Talent Advisor

II. Presenting problem/situation or background relevant to intervention.
 Jane is dealing with depression and anxiety and currently taking medication for her diagnosis. She wants to learn coping skills and strategies to accomplish goals to reduce the anxiety she feels from not having structure/discipline in her life.

III. Purpose and objectives for transaction (interview, meeting, conference, etc.)
 Initial interview with the client, gathering information about the client needs.

Content/Description of Transaction	Skill (s) Used	Reaction Thoughts/Feelings	Supervisor's Comments
Worker: Hi Jane! How is Jane today?	Engaging Skill.	Jane presented to be happy	perfect way to engage Jane

Client: Jane is happy feeling accomplished.			
Worker: That's good to hear. I can feel your energy and visibly see your happiness. Tell me about this feeling.	Active listening, Engaging skill.	Jane's energy could be felt through the zoom. She was lively, alert, happy, upbeat.	
Client: I just finished washing clothes at the laundromat, and I know that might seem small, but it makes me feel accomplished. I can wash multiple loads at once and cut the time in half. This helps with order in my home.			
Worker: Nothing about that is small. It's ok to celebrate small victories, because they turn into big victories. Let's give a hand clap for feeling accomplished and completing a task that helps you with order and creating a clear mind for you.	Open Communication.	Actively listening. engaged	
Client: Yes, Thank you for that.			
Worker: How was your week? On a scale of 1-10 what would you rate your mood level?	probing	Thinking, looking up in the air.	
Client: My week was pretty good. I had some bumps in the road, but overall; I would say my mood was about a 7/10.		Retracting the memory from the week. disposition did not change much.	
Worker: What makes it a 7, and not a 10?	Open probing, assessing.	Seemed to be thinking if she should answer.	
Client: I was only able to implement one day of the task we spoke about last week. However, the boys were able to get			

dressed by themselves and complete it. Their football schedule doesn't always end at 8. Sometimes, we do not get home until 830-845; and we like to give the boys time to unwind, and this throws off them during the task at 9.			
Worker: I definitely can understand how that might feel for you. I do want to acknowledge the one day that was a success! This is a step by step process. One at a time. You will have moments where all goals won't be accomplished. Small strides are still strides.	Reflecting feelings,	engaging	instead of understanding ask her how it may feel
Client: You're right. It did feel good when they were able to pick out their own clothes. I can only imagine the feeling when it is consistent.			what does consistent look like for her + family
Worker: yes, consistently comes with intentionality and showing up. Once you continue to show up everyday it will eventually affect your lifestyle.. How does a 10/10 week look for you?	Empathy and Empowering skill	smiling ,happy	Once she tells you the next thing to begin thinking about are action steps / goals etc. for her with her.
Client: The daily task and chores completed. The children are working independently, I can actually have my "me time."			
Worker: That definitely sounds like a 10/10 week. Have you started to put into plan any	Engaging Skill.		✓

good

steps for your 10 to become a reality?			
<p>Client: Yes, we started to create themed cooking days to help with being consistent with family time and cooking for the family. We implement Monday, Wednesday, and Friday as cook days and we eat the leftovers on the other days. Monday is Italian day, and we had pasta. Wednesday is Mexican, and Friday is soul food. We have been consistent for two weeks now so it feels good, because both my husband and I lack consistency.</p>			
<p>Worker: This is such good news! I can see your desire to be intentional in your daily living. Two weeks is very good. Keep up the good work. How does this make you feel?</p>	<p>Assessing and Engaging skill. Empowering skills</p>	<p>Jane presented to be hopeful</p>	
<p>Client: Thank you. It makes me feel really good. I feel like I am being a "good mom" and the way I see myself as a mother is being done in my life. I feel accomplished. My anxiety is lowered.</p>			<p>As your relationship develops explore what a good mom is to her, how she developed her definition. Seems like there may be something about the theme of motherhood</p>
<p>Worker: It sounds like you are able to identify your accomplishments and rest in your now. This is a good place to be in. I cannot wait to continue to hear the rest of your victory days. As you go into next week, what do you want to see happen?</p>	<p>Open Communication, Assessing skill.</p>		

Client: I would like to see us accomplish another day of working with the boys to become independent with their chores and duties. Continue to prepare food for my family. Be intentional about my "me time"		reflective and open	
Worker: How will you implement this?	Reflecting feelings, Engaging.		✓
Client: I am going to continue to set Alexa to 9pm to help with reminding me to tell the boys to pick out their clothes. Then I will plan with John Sunday the weeks meals, and use the days that John is off for my "me time"		excited	
Worker: Great! sounds like a solid plan. I can't wait to hear all about your week next week. Thank you for sharing with me today, and I look forward to hearing from you.	Empowering and Encouraging skills.		

VII. Overall Assessment of the Interview

A. Reflecting on the interview as a whole, how effective were you in achieving your purpose?

This session went well, I believe the purpose was fulfilled in the client being able to identify her strengths and areas of improvement. To help the client change her thought process and work intentionally on accomplishing the goal.

B. What techniques and skills were successful?

The skills I used were empowering, encouraging, active listening, engaging skill and assessing skill, to ensure the client feels encouraged and that I am engaging in a meaningful conversation.

C. What specific skills should you emphasize in the future?

I would like to integrate more probing questions.

D. What specific lessons have you learned that you will take into consideration in your next interview with this client and/or other clients?

I would take into consideration more open probing questions, to have a better assessment of the client. and to encourage the client more.

VIII. Plan/Contract for future intervention

A. What have you and the client system decided to work on at this point?

The client and worker has agreed to talk more about her steps she application to her goals.

B. Indicate next steps as you see them

Intern will continue to provide encouragement, like skill activities and weekly follow-up on the client and her feelings during the week.

Student Signature Jazmyne Jenkins DATE 10/03/2022

Field Instructor Signature Kua Baskerville DATE 10/4/22

Field Liaison Signature _____ DATE _____