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Topic: Brief Solution Focus

I believe this activity was interesting, I never heard about this approach, but I believe it was something that seems to be applicable to my internship. It was a great experience even though some members of the group were not present. This topic raised interesting conversation regarding the trauma clients face and how challenging it is to work with behavior that are prompted by essential daily activities that we must perform.

During the role play, a member of the group state she was struggling with cleaning her house because certain noise reminded her of war. She stated that living with it is difficult and that every time she gets to hear her vacuum she cannot not concentrate or clean because some memories come to her mind again. The Social worker asked her a few questions and she decided that she will pay someone to clean her house while she seeks for some help to address the trauma. Client and Social Worker were exploring CBT to address the thought process and what it is triggering this behavior again in her life. Another participant shared that she struggles continuously cleaning her house and that she is anxious about everything being clean. The participant stated that she had different traumatic experiences while cleaning for the army and that every time something gets dirty, she thinks the Sargent is going to call her out or that she might get attacked by her. The social worker and client decided to explore the options of identifying someone the participants feel comfortable with and use them as a distraction from the prompted behavior. Client feels that it is a god approach. Client and Social Worker will use CBT to readdress the trauma the client lived in the army. One of the participants shared that going to sleep has become hard for her, every time she goes to sleep, she feels anxious. Client disclosed that her building was attacked during the war while she was asleep, she remembers waking up to the confusion,

darkness, and smoke. Client and the Social Worker will work at using techniques that can help client soothe before going to bed. Client expressed utilizing sleep sound before and seeing some improvement; Social Worker and client will go back to using the sleeping sound and other techniques to help client sleep since it has worked in the past.