

To: Chloe Benjamin

Re: Continuation of session, grade 12, session 7

Date: February 8, 2009

You do a good job of gently confronting her (by asking her how realistic is it that she can get her work done given all that she is doing). Unfortunately, she seems to think that she can do it by “keeping her energy up.” So she doesn’t seem, at this point, to recognize or to be able to deal with the fact that she is working against her “alleged goal” of doing better in school by being involved in so many other activities. She says that she can’t weed any of the things out and wouldn’t want to.

OK, then you go to what her main goal (prioritizing her work ethic) is and her subgoals. You get her to write down her goal (that is a good strategy for her to write it down rather than you doing it). I like that you are trying to get her to specify the behaviors that are involved in “prioritizing her work ethic.” What does being fully prepared for class mean in terms of actual behaviors? Good, I like how you try to get her to specify what behaviors that would involve. Good, I like how you try to get her to specify what positive behaviors would be involved in “avoiding distractions.” Good question about whether her work ethic at her job gets in the way of her work ethic at school. Another good question – “What do we need to do to make you feel like you are making progress?” “What can you do?” Another good question – “What do you need to focus on now?”

Good, I like how you prepare her to deal with possible relapse if she doesn’t get things done; I also like how you ask her what she is going to do to make it happen (i.e., the subgoals that she has set). Good, I like how you try to get her to move beyond “using her planner” to trying to accomplish a specific task. It’s interesting how she doesn’t seem to commit to even completing (just starting) one of the essays. That again makes me wonder about our conversation in triadic supervision about whether these are truly her goals or goals that she thinks her mom wants her to accomplish.

Chloe, you did some very nice work in this session with your client. It will be interesting now to see whether these are truly her goals and she has made some progress on them or whether the two of you will need to revisit the goal stage and confront what might be a conflict between what she wants and what she thinks she should be doing.