

Student: Aaron Beck Date: 10/14/2014 Patient Initials: J.S. Age: 27 Interaction Goal: Explore feelings about support system

<i>Student Nonverbal & Verbal Communication</i>	<i>Communication Technique Used & Analysis</i>	<i>Patient Nonverbal & Verbal Communication</i>	<i>Student's Thoughts & Feelings</i>
<p>Verbal: You stated that someone always finds you, by someone, who do you mean?</p> <p>Nonverbal: sitting next to pt, about to 2 feet away, and keeping a calm voice with intermittent eye contact.</p>	<p>Clarification: I am trying to help the pt. clarify his thoughts and to enhance a mutual understanding between us, therapeutic technique.</p>	<p>Verbal: My phone begins to go off, friends are calling and texting. They do not let me focus on what I want to do</p> <p>Nonverbal: Pt. is seated and intermittently makes eye contact with me. Pt. keeps biting his lower lips. Keeps smoking his cigar.</p>	<p>I am glad he is still expressing his thought and feelings about the situation, but he keeps biting his lower lip.</p>
<p>Verbal: I noticed you keep biting your lip.</p> <p>Nonverbal: sitting next to pt, about to 2 feet away, and keeping a calm voice with intermittent eye contact.</p>	<p>Making observation: allows pt. to notice his physical behavior. I am verbalizing what I perceive. Therapeutic technique.</p>	<p>Verbal: Yeah. I do not know why they keep interrupting me and never let me finish. They are always trying to f*ck with my head.</p> <p>Nonverbal: Pt. remained silent for a few seconds looking at the basketball court. After stating his phrase he looks back at me, more eye contact.</p>	<p>When he was silent for a few seconds I started to think I probably said the wrong thing.</p>
<p>Verbal: I'm following you.</p> <p>Nonverbal: nodding and keeping intermittent eye contact.</p>	<p>Accepting: I am letting the pt. know that he has been understood. Does not mean I am agreeing or being judgmental, therapeutic technique</p>	<p>Verbal: Everyone tries to f*ck with my head and messes me up all the time</p> <p>Nonverbal: Pt. points to his head and shrugs his shoulders. He intermittently makes eye contact with me.</p>	<p>Glad that the therapeutic conversation is still going and he keeps elaborating more about the situation.</p>
<p>Verbal: What do you mean by them messing with your head?</p> <p>Nonverbal: sitting next to pt, about to 2 feet away, and keeping a calm voice with intermittent eye contact.</p>	<p>Clarification: I want him to keep explaining his thoughts and feeling about this situation. Therapeutic technique.</p>	<p>Verbal: They are testing me, they make me start thinking and I do not do well. They do that constantly all those tests and then I start thinking...</p> <p>Nonverbal: Pt. shrugs shoulders and begins to bite lip again. Pt. is seated and intermittently makes eye contact with me. Keeps smoking his cigar.</p>	<p>I want to make sure I am understanding his situation..</p>
<p>Verbal: When they start to make you think, how does it make you feel?</p> <p>Nonverbal: sitting next to pt, about to 2 feet away, and keeping a calm voice with intermittent eye contact.</p>	<p>Encouraging evaluation: help pt. consider his own values and perspective, therapeutic technique.</p>	<p>Verbal: It is one thought after another. Sometimes it is not what they say, it is how they look at me.</p> <p>Nonverbal: Pt remained silent for about a minute and nodded his head side to side. Pt. shrugged shoulder. He intermittently makes eye contact with me.</p>	<p>It was taking him time to think about his feelings.</p>