

Therapeutic Relationship Analysis transcription Grid

this verbatim is from the 15min mark till the 20 min mark

Client response	Student response	Skills used	Skills missed	Better phrase
<p>I'm going to be standing, so standing the whole time if you go for 2 hours your standing on your legs, ok this is good exercise, would we do it , would we be committed, would we get them on the car, its sort of like skiing,</p>	<p>how do you feel about standing for 2 hours on your leg? Do you feel like it's able to do it or do you feel like its going to be more of an issue?</p>	<p>Questioning (open)</p>		
<p>I could feel how weak I am and I could hardly lift the 25lb board to carry it but I could I still did it, see when we were doing the out rigger I had to quit, I I quit because I didn't feel it was safe for a partner that doesn't know me because I could not flip the boat and I could not lift it by myself so</p>	<p>mhmmm so do you feel if you actually buy these boards that you'll commit to them and use them as much as you want to?</p>	<p>Questioning (open) Reframing</p>	<p>Empathy</p>	<p>I can see it was hard to give up the out rigger when you couldn't flip the boat, its great that you can lift the paddle boards. do think if you buy the paddle boards you'll commit to them and use them?</p>
<p>I don't know, that's my question to don, is is he willing to to do it you know, ummmm I don't know and you know like we're looking at would we rather like , just what do we want to do for the next 15 years? Really its all about what do we want to do now, who do we want to be</p>	<p>so its just discovering yourselves and going from there do you have an idea of who you want to be and what you want to do?</p>	<p>Questioning (open) Understanding</p>		

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well we know we love our family and we are committed to them, but	what else is you know in your future plans?	Questioning (open)	attending probing	it sounds like family is important to you, what other plans do you have for the future?
to me its just exer, just being in physical shape is the most important thing I see for me	so family, physical shape, youre both still working	reflection Paraphrasing		family and getting into physical shape seem to both be important to you, are you and Don still working as well?
and that unfortunately is, it will be around for a while	do you see any way of cutting that down in the near future?	Questioning Probing	Interprative Exploring	you sound upset about working for a while, do you enjoy your job?
in the next 5 months I'd like to be able to back off enough that I can get the exercise I need and still go to work. Umm when I give up the exercise to work it isn't a win win so you know im just looking at that short term goal and we lost a lot when we were off with cancer soo were back 5 years financially from where we wanted to be	so priorities is your health getting you into physical shape, the company's health getting that back up financially safe and Donny his health his mental health his where he wants to be in getting him back in trying to figure out his goals	Paraphrasing Understanding	Empathy Supportive Intervention	(I could have headed the interview in another direction here by focussing on the cancer)
I think he his mental health is really good, he's happy again right, finally	and he wasn't before?	Questioning Probing	Attending	hes happy again? Was he not before?

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<p>oh no, no he wasn't, he was very very angry and he hated me and he hated what had happened to me and he hated cancer and he didn't know he did and he was very angry and unhappy, but hes happy now, hes hes happy now and and its really cute because he he really thought he wanted this big boat and I kept saying well just last year let's not jump into anything, we don't really know who we are doing and he kept going "I know exactly who I am and what I'm doing" and you know blha blha blah and in the car on the way home he says you know I don't know that we really know what we want to do yet and I was like "I've been telling you that"</p>	<p>hmmm</p>	<p>Active Listening Empathy</p>	<p>Supportive Intervention Probing</p>	<p>(I think my response showed I was listening, but she was obviously getting upset, I could have probed more into her feelings and his anger)</p>
<p>and he goes you know im not sure if I want a cabin or if I want a boat or I think the paddle boards might be a good idea because then we don't have to commit to anything quite yet and you know I don't know if I want to move out of the house and buy a cabin or whether I want, you know Im not quite sure what I want to do yet and its like</p>	<p>so it sounds like you guys have a lot of options and you're just trying to work through them right now to figure what fits your life the best</p>	<p>Probing Paraphrasing Interpretation</p>		

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<p>yes I think that's exactly what we're trying to do and not just our life, but our life with our family and our life with keeping healthy and you know if you have a boat you just sit on a boat and you don't get any exercise</p>	<p>and if your goal is to be physically fit, physically strong you won't be able to waterski until your physically fit enough so having the boat might not be the best option for you to build up your strength</p>	<p>Reflection</p>	<p>Interprative Exploring</p>	<p>(I could have explored more options here about exercise while boating such as swimming)</p>
<p>ya, no I won't reach that goal by sitting you know with everybody opening there beer for the afternoon and sitting on a boat, especially a big boat, where you know today was really fun</p>	<p>but you can't ski and tube behind where itsjust basically for cruising</p>	<p>Interpretation Understanding</p>		
<p>ya, I mean I don't need that, unless we took paddle boards on the boat so that you could go for at least a paddle board</p>	<p>that's a good option</p>	<p>Supportive Evaluation</p>	<p>Probing</p>	<p>that's one option, can you think of anymore ways to get exersise on the boat?</p>
<p>but umm ya so those are the things we're trying to figure out</p>	<p>well it sounds like you guys are you know really working through it and trying to figure out where to go from here and you've got your feet on the ground and its just going through the motions and finding what works for you</p>	<p>Summarization Evaluation</p>		