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Process Recording

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*Preliminary Information*

My process recording was completed with a young lady who has had a history with DCS for about 3 years now. My role in this case is as the assistant to the appointed DCS case manager who is Adrian Boyd. Alexis is a 15 year old African American female. Alexis and her two siblings were initially put into state custody back in 2005 due to allegations of physical and sexual abuse by the biological father. There was also domestic violence between the step-mother and the father. The siblings were in the custody of their father until he gave power of attorney to the grandmother once he admitted to the allegations of abuse and was arrested. DCS became involved for the first time when the grandmother gave power of attorney to TN Baptist Children's Home. This placement disrupted for Alexis and her siblings after they ran away. Once found, Alexis was placed at Northbridge. Alexis remained in foster care briefly until her paternal aunt from Virginia Beach, VA filed a petition in Hamilton County Juvenile Court and received custody of her in June, 2007. Alexis was skipping school and running away. DCS became involved once again with the family when Alexis left her aunts supervision on 11/13/07 and was not located until 1/27/08. Authorities picked her up after she had telephoned her aunt and stated that she wanted to come home. Alexis had been cited for curfew violation and had failed to appear while on this runaway episode. She remained at the Virginia Beach, VA juvenile

detention center from 1/27/08 until released to DCS representatives on 2/22/08. Alexis was returned by air to Chattanooga by air and was admitted to the Valley Hospital, Level III, residential program on the afternoon of 2/22. She is being held there because it is thought that if given the opportunity, she will run again. During her time away from home, Alexis utilized her time by smoking marijuana and drinking. She writes in her personal journals that she also prostituted several times to earn money. The drug use has become a severe issue at this current time and Alexis will be seeking drug treatment in addition to psychiatric treatment while in the Valley facility. This is where the process recording actually took place. Alexis has very limited contact with any of her family members simply because she is on level III within the hospital but once she is promoted to level II, she will be able to have regular scheduled visitations with her aunt and her siblings. Her mother has as of yet not appeared as a significant person in Alexis's life. Reports state that she has moved back to Great Britain. There is a no contact order with the father whom is still in Prison for the physical and sexual abuse towards Alexis.

*Purpose of the Interview*

The main purpose of this session was to complete a monthly review with Alexis. Social Workers at DCS are required to complete 2 monthly review sessions with the clients. Upon scheduling my appointment with Alexis, I did inform her that this would just be a regular review session but that I did want to use the notes to

complete a process recording project for school if that was ok with her and she stated yes. I feel that Alexis and I both were aware of what the purpose of this session was so there were no misconceptions. I feel like the overall purpose of this project was to help develop my self reflection skills. A good process recording will capture the various facets of a “practice moment”, and allow for identification of what one did well and where improvement is needed. The process recording addresses and examines both the content and the process of the interaction with the client/client system.

*Initial Observations of the Client*

Upon entering into the meeting room at Valley Hospital, I saw Alexis standing in the hallway having a conversation with a couple of the other youth there. She was laughing and seemed to be having a good time talking with them. When she saw me, she immediately walked over to me and spoke to me with a kind and gentle voice. We proceeded into the meeting room where we both took a sit directly facing each other. Alexis is a beautiful young woman who is very light skinned and has long hair. She was wearing a pair of blue jeans with a small little tan T-shirt and a pair of sneakers. Her hair was pulled back into a pony tail; you could tell that she had not spent a lot of time brushing it today. It kind of looked like mine when I am in a rush. She was sitting upward with good posture and was smiling. It seemed as though she was a little nervous, it may have been due to the fact that she was aware of the fact that these notes were going to be used for

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my project. I felt the need to make her feel comfortable and so I offered her some candy and tried to make her laugh. My initial impressions of her attitude were that she was in good spirits and that she seemed to be having a good day. I was also having a good day and I think that I showed that within my attitude and conversation with her. As I stated earlier, I do feel that she was a little nervous and the reason I say this is because she was fidgety. In addition to her continuous movements, she clutched her notebook in her arms as a sort of defense shield. I think that she did try and engage with me and she had pretty decent eye contact with me. One thing that I was concerned about is that the day before my interview, my field instructor had told me that she can be a little manipulative. She tends to lie a lot to get her way. She likes to say or do what she thinks you want her to say or do. If this was the case with Alexis today, I would not know. She seemed very sincere with me but I am an amateur at this. Whatever the situation might be I found her to be a delightful and polite young girl and with all the devastating events that she has unfortunately been a part of over the past several years, I was amazed by her respect and politeness for adults.



<p>(C) "I'm good, I got promoted to level two yesterday. Do you know if Mrs. Adrian will approve my pass so that I can go out with my aunt?"</p> <p>(C) "Yes that will be fine."</p> <p>(C) " Mrs. Annie said because I was attending school regularly and I have went 4 weeks without any incidence that I could move up and I am glad because when you are on level two, you get</p>	<p>(SW) "I'm not really sure but I can defiantly check on it when I get back to the office for you and I will let Mrs. Annie know, Is that Ok?"</p> <p>(SW) "Tell me what good things you have done to get put on level two already."</p> <p>(SW) "I think that is great that you are working so hard and that you are making an effort to attend school.</p>		<p>Strengths perspective</p> <p>Sharing my view</p>
<p>alot more privileges than when You are on level 3."</p> <p>©smiling</p> <p>(C) " They're going good. She listens to me and when I get real mad, she tries really hard to help me calm down. I</p>	<p>regularly, I am so proud of you.</p> <p>(SW) "Tell me how are your counseling sessions going with Mrs. Annie?"</p> <p>(SW) "I</p>	<p>©,listening attentively</p> <p>On my previous visit with Alexis, she was visibly upset because she found out that she would have to remain in Valley until the judge</p>	<p>Evaluating and Reviewing action steps</p>

<p>got into an argument the other day with this girl because she said that I called her a name but I didn't. We almost got into a fight but I just left the room. When I get really mad like that Mrs. Annie told me just to leave. Like sometimes she will come and get me and we will go out for a walk."</p> <p>(C)"Yeah. I guess so but I'll still be glad to get out of here.'</p> <p>(C) " Do you know if I can talk to my older brother? Mrs. Annie said that maybe I could call him or he could call me sometimes."</p> <p>(C) Ok that's fine. I just really miss talking to him.</p>	<p>understand that was probably very frustrating for you and I think that you handled that situation perfectly. It takes a lot of maturity to just leave the room like that. I'm also very glad that you have Mrs. Annie. It seems as though you feel comfortable with her and that you can share things with her. It's important to have at least one person that you can share your feelings with. I know that you were a little uncomfortable when beginning those sessions, do you feel like you are making progress with Mrs. Annie?"</p> <p>(SW) "That is something that will have to be approved with Mrs. Adrian but I can add that question to the list and ask her as soon as I get back to the office. Ok?"</p>	<p>could review the case and this made her really upset almost to the point of being uncontrollable. I am very glad to hear that her counselor is working with her on anger management skills.</p> <p>Alexis put her head down and I could tell that she was saddened by the fact of not being able to see her brother.</p> <p>We found out just within the past few days that her father had forced Alexis and her brother to have sexual relations as he watched. The inappropriate relationship continued off and on even with the father out of the picture. Alexis does have a close relationship with</p>	<p>Self control</p> <p>Bio-psycho-social; Systems Theory</p>
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<p>(C) "No."</p>	<p>(SW) "Have you been able to talk to anyone else in your family?"</p>	<p>her brother however, the counselors and caseworkers have decided that it is in her best interest to keep them apart for awhile during her recovery time.</p>	<p>Showing support\</p>
<p>(C) "Ok."</p>	<p>(SW) "Well we will see what we can do about that."</p>	<p>I was saddened by this because I know that she is not allowed to see her brother but I just didn't want to interrupt her process by telling her that she couldn't see him.</p>	
<p>(C)" Do you know when I go back to court?"</p>	<p>(SW) "Yes, your court date is scheduled for April 12. Are you nervous about going back to court?"</p>		
<p>(C) "A little bit. Am I going to see the same judge?"</p>	<p>(SW) Yes, we will be going in front of Judge Bowe but he is really nice and understanding."</p>		
<p>(C) 'I just want to go home. I don't want to be in here all summer."</p>	<p>(SW) "I can understand that and I'm sure that if you keep up the good work, he will consider it."</p>	<p>I could sense the client's nervousness about the upcoming court date.</p>	<p>Reflecting her feelings of nervousness</p>
<p>(C) "Are you going to be there?"</p>	<p>(SW) "To be honest I am not sure yet, but either Mrs. Adrian or</p>		

<p>(C) " Not really, they said we will have a big lunch and a special desert on Sunday."</p>	<p>myself will be there."</p> <p>(SW) "Are they planning any kind of special event here for Easter?"</p>		<p>Reflecting feeling and content; Building rapport</p>
<p>(C) " No" @laughing</p>	<p>(SW) "That sounds good. Do they usually have pretty good food here?"</p>	<p>I was very pleased with the way the session was going up to this point. I felt her opening up to me.</p>	
<p>(C) "When I was little, we use to have Easter egg hunts at my aunts house in Virginia."</p>	<p>(SW) "Easter egg hunts are always fun, we use to have them when I was little too and sometimes we had special eggs with money in them. That was even better."</p>	<p>I was trying to share something personal with her to help her open up.</p>	<p>Self Disclosing</p>
<p>(C) " Yeah, I wish we had egg hunts like that now." @smiling</p>	<p>(SW) "You're not the only one; I wish I could find someone giving out eggs with money in them. It sounds like you use to have a lot of fun at your aunts house, why did you choose to run away from</p>	<p>@Laughing</p>	<p>Crisis Intervention Theory; Strengths perspective</p>
<p>(C) "I just got tired of being told what to do. She was always trying to act like my mom</p>	<p>myself will be there."</p>	<p>I just wanted to switch gears a little and see if I could get her to talk about why she ran away so many</p>	

		time	
<p>Or something and I was always messing things up.</p> <p>(C) "I was always getting in trouble. I wanted to do the right thing and be able to go out and be trusted without people worrying about if I'm doing this or that.</p> <p>(C) "Yeah, I don't want them to care for me; I want my brothers to be the only one to care."</p> <p>(C)"I guess she did its just that it's been hard with my</p>	<p>there?"</p> <p>(SW) "What do you mean by that, always messing things up?"</p> <p>(SW)I hear what you are saying and I understand that it gets annoying having people tell you what to do all the time and constantly keeping track of you but they worry about you and they want to protect you because they love and care for you."</p> <p>(C) " Well, I'm sure that your brothers care but it is always a good thing to have other people around you who care about you and only want what is best for you. In addition, you have to keep in mind that you are still a young woman and that when people are telling you</p>	<p>at her aunt's house to make her feel it was better to be in the streets than to be at home.</p> <p>Client has a very serious look on her face almost sad like.</p> <p>In her personal journals that we received upon her entering custody, she states this same thing. "This is the third time I done F__ up, what's wrong with me? I can't do anything right. Nobody's going to trust me!!!Wait hold on, I know what's wrong with me, I'm a hoe!"</p> <p>I really felt the pain that this girl was feeling. She was obviously reaching. She has some severe self esteem issues and I am sure they stem from the sexual and physical abuse she has suffered.</p>	<p>Strengths perspective; Assessment of assets</p> <p>Reflecting feeling</p> <p>Validating</p> <p>Reaffirming her families love and concern</p> <p>Used and open ended question to give her the opportunity to express her feelings</p> <p>Providing</p>

<p>mom being gone and being taken away from my dad even though you know..... the things he did, he's still my dad."</p> <p>(C) "Well, things were pretty messed up, I just don't want to be here."</p> <p>(C) " Yeah."</p> <p>(C) "No but please don't forget to ask</p>	<p>something it is usually just to help protect you. I'm sure that your aunt did the best she could. After going through all of this and looking back at the situation now, what do you think?"</p> <p>(SW) "Yes. I'm sure that it has been very difficult for you and I am so sorry that you have had to go through all of this. I think that your dad has a lot of things he needs to work on and I also think that maybe you need a little time to rethink things and get back on track. How do you feel about that?"</p> <p>(SW) "I can sympathize with you and that's why it is very important to try hard to reach level 1 and to complete all your goals on your perm plan, right?"</p> <p>(SW) "I know you can do it, you have done so</p>	<p>Mrs. Annie walks into the room.</p> <p>Alexis is quiet, there is a silence in the room.</p>	<p>information and support</p> <p>Focusing on one of the areas of concern</p> <p>Centering</p> <p>Goal setting;</p>
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<p>Mrs. Adrian about my pass.”</p> <p>(C) ” No, I’m ok.”</p>	<p>great up to this point, just keep trying.</p> <p>(SW) "Is there anything else you want to tell me or ask me about?"</p> <p>(SW) “I promise you that as soon as I get back to the office, I will ask her. Do you need anything?”</p>		<p>Empowerment perspective</p> <p>Reflecting feeling</p> <p>SW values; self-determination</p>
<p>(C) " I think that I have it in my room.”</p> <p>(C) "Yeah"</p>	<p>(SW) “Well, I will come and see you in two weeks unless you need something. Whatever it is, you can call me and leave me a message. Do you have the office number?”</p> <p>(SW) “Ok if you need anything or if you have any questions, you call me or Mrs. Adrian at the office, Ok?”</p>	<p>I felt the need to reassure her that I am there if she needs me.</p>	<p>Termination</p> <p>SW values; self-determination</p> <p>Reinforcing support</p> <p>Looking back I should have used more open ended questions to continue the flow of the conversation.</p>

*Assessment*

While speaking with Alexis, I could sense the pain and hurt she has experienced during her life. The abuse that Alexis has suffered by the hands of her father had devastating effects on her life. The deepest part of her is incurably wounded. The horror of sexual and physical abuse is that no matter how severe the physical pain, the mental torment is even worse. Unless you find full healing, even if the physical pain ended in childhood, your inner pain and distress will still be with you forever. The counseling services will help her to focus and reevaluate things but the pain will remain with her forever. She experiences distorted feelings of worthlessness and guilt. An obvious factor in her situation is self-blame. Children, for instance, need desperately the security of knowing that their parents are good, trustworthy people who will protect, comfort and nurture them. This need can be so intense that they will choose to believe they were at fault rather than face the terrifying reality that they are exposed to continual danger that is utterly beyond their control. Abusers often cruelly manipulate the emotions of their victims until tender consciences are shattered by an overwhelming burden of false guilt. An abuser's insistence upon secrecy not only inflames the conviction that something shamefully wrong is occurring; it forces victims to keep their emotions dangerously bottled up. Alexis exhibits a very low self esteem. She has repeatedly stated that she is worthless. She uses sex as a substitute for love and feels that the only way she can get love is by having sexual relations with them.

My personal thoughts on Alexis's behavior are that once she was removed from her father's custody for the abuse, she then looked toward her brother for love and dependency. I feel like she looked at her brother as a father substitute. This is why she feels so close to him now. However, her brother is enabling her which is interfering with her treatment. This is why the decision was made to keep the two separated throughout the treatment process. There are several theories that can be utilized in assessing this case but I chose to focus on the ecological theory. The ecological theory looks at a child's development within the context of the system of relationships that form his or her environment. Development is influenced by experiences arising from broader social and cultural systems as well as a child's immediate surroundings. This theory incorporates several layers the microsystem, macrosystem, exosystem, chronosystem and the mesosystem. The family is the closest, most intense, most durable, and influential part of the mesosystem. The influences of the family extend to all aspects of the child's development; language, nutrition, security, health, and beliefs are all developed through the input and behavior related feedback within the family. This approach predicts that constructive organizations have the potential to acquire different capacities and new growth through positive interaction and emergence with their environment. This is the basis for DCS practices. If a child's needs are not being met within the family system, they utilize other resources in the community to compensate. In Alexis's case, she was not given the appropriate opportunity to

develop emotionally within her family unit. It was imperative that she be placed within a more productive and nurturing environment.

### *Analysis of my skills*

I must say that this assignment was very challenging for me. To be completely honest, I felt somewhat inadequate. I think that my skills in completing the interview portion of the process recording were fine. I feel like I used good interpersonal skills, reflective skills, and just enough self disclosure to build a rapport with the client but not so much as to step over the boundaries. I listened actively to my client and smoothly transitioned each part of the interview. I feel like I lacked skills in completing the process recording during Part B and even this portion of the process recording. I think that the strengths of the interview were at points where I was actually able to open the lines of communication with Alexis. For example, when she began to discuss the feelings she felt while living with her aunt in Virginia. I feel like I was able to build a rapport with her and although I could see her nervousness during the beginning of the session, I think that as we proceeded, she felt a little more comfortable with me which will help me in my future sessions with her. I think that there were some weaknesses within the process recording some which included asking closed ended questions. By doing this I limited her responses to me. Another weakness I encountered was that I did not know how to get the information I was looking for. I think that after reading her case file and her personal journals, I had a mental picture of the facts I wanted to discuss with her but while in the moment, I just didn't know how to get those facts and I didn't feel comfortable in pushing her to talk about the horrifying events that she has been through in her life. I do think that these skills will

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come with time and experience but I think that I was a little disappointed in the final outcome of the process. One thing I did realize in this entire process is the fact that I would not like to work in the social work field that deals with victims of rape or any kind of sexual assault.