**Sample Process Recording – Columbia University**

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| Narrative | Gut Level Feelings | Analysis | Supervisor's Comments |
| Krystal and I are seated on my office floor, making a journal. In this journal, Krystal can record her feelings about her frequent temper tantrums, what triggers them, and how  she feels after. |  |  |  |
| J: So, Krystal how was school today? |  |  |  |
| K: OK. I learned why the kids tease me. | I feel bad for Krystal--no child should have to be teased. |  |  |
| J: Why? | How stupid! I learned in class "how" is better than "why." | I keep using open- ended questions. |  |
| K: Because they are jealous of me. I heard them talking during lunch about me. |  |  |  |
| J: What did they say about you? |  |  |  |
| K: They said that they didn't like me because I  was the teacher's pet. | Krystal is very mature to have realized that children  often tease others because of jealousy and their own  insecurities. |  |  |
| J: What kind of things do you do that would make them feel that way? |  |  |  |
| K: I help the teacher clean up the classroom and wash the board  sometimes. |  |  |  |
| J: But that is a very good thing to do. Do you think you might stop helping the teacher because of what  the kids say? |  |  |  |
| K: No-I feel better about |  |  |  |

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| going to school now that I know why I get teased. |  |  |  |
| J: I am glad you are more |  |  |  |

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| comfortable with going to school. I am very proud of you for realizing that sometimes kids tease out  of jealousy. |  |  |  |
| K: They also tease me about my clothes. |  |  |  |
| J: How does that make you feel? |  |  |  |
| K: Sad. I can't help it if I have bad clothes. I don't have money to spend on  clothes. |  |  |  |
| J: Do you wish you had more money for clothes and other things you want? |  |  |  |
| K: Sometimes. I really wish I had enough money for a kitten. I really love cats! |  |  |  |
| J: So do I. What do you like best about them--they are friendly, soft, what is it? |  |  |  |
| K: They are cuddly and  cute. |  |  |  |
| J: Have you ever had a kitten before? |  |  |  |
| K: Yes, but we had to give her away because the landlord said we couldn't keep her. But, my dad  said when we lived on 47 Avenue in  that I could get  another one if I behaved. | Oh my God! Hasn't this girl had enough  disappointment in her life? |  |  |
| J: You said you don't have a kitten now, does that mean your dad thinks you |  |  |  |

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| aren't behaving? |  |  |  |
| He is a liar. He almost never does what he says. |  |  |  |
| J: When your dad lies to you, it must make you so angry. Is that true? | I hope I am not putting ideas into this child's head about how she should be feeling |  |  |
| K: Sometimes it makes me more sad. I mean I am trying to behave but he still won't let me get a kitten. It just makes me feel like not behaving. He | Dad and K's relationship is not very good. | Dad needs to be talked to. He is a very important figure in K's life and needs to support her. |  |

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| doesn't notice anyway. |  |  |  |
| J: Krystal, don't you feel proud of yourself when your mom comments on  how you're behaving? | Good-I am trying to get K to look at the positives in her life. |  |  |
| K: Yes-mommy has been talking to me a lot more but a lot of times she ignores me for Stephanie. |  | Mom possibly favors Stephanie which leads K to have temper tantrums to get some  attention \*attention  seeking behavior |  |
| J: Well Stephanie is a lot younger so she needs to be watched a lot more than you, K. I know you must feel like your mom favors your little sister but that's not true. When you were little, you probably needed a lot of attention,  too. | Here I go again putting ideas into the child's head! Stupid. And I used the word MUST--that's a strong word. |  |  |
| K: I guess you're right, but sometimes it doesn't feel that way. | Jeez--does anyone pay attention to this child? | K feels neglected sometimes by mom,  too. |  |
| J: What way? |  |  |  |
| K: Like she doesn't love me. It is my fault my parents’ fight you know. |  |  |  |
| J: Why do you feel that way? |  |  |  |

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| K: Because usually when they fight it's because I did something bad. My  temper tantrums make everyone mad. | Wow! It's good this child realizes that her emotions can affect others in her family | K is mature beyond her years and is observant |  |
| J: K, what ever is between your mom and dad is between them. It has  nothing to do with you. It's not your fault. |  |  |  |
| K: What do you mean? |  | I'm glad Krystal is not afraid to ask questions when things are unclear |  |
| J: Like, when you fight with Stephanie. That's not your mom and dad's fault, right? | I think using an example the child could relate to is a good way to get the idea  across. |  |  |
| K: No. |  |  |  |
| J: Well, when you fight sometimes with Stephanie your parents sometimes get upset, right? |  |  |  |

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| K: Yes. See its just like that with your mom and dad except when they fight, they may take it our  on you. |  |  |  |
| J: I see. It makes sense now. |  |  |  |
| K: Can I stay a little longer. I like being here. |  |  |  |
| J: Sure. I do have to stop in 10 minutes because I  have another client. | Making it sound as if she's not as important as other  clients! | K is feeling engaged in therapy and is enjoying  it. | Q |
| K: OK. Do you like my journal? | I can't wait to analyze it in my art therapist "way." |  |  |
| J: Its beautiful! |  | Very creative girl. |  |
| K: Will you talk to my dad about getting a kitten? |  |  |  |
| J: I can't promise you I can get you a kitten but I | I hope not getting a kitten doesn't ruin our |  |  |

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| can talk to him about his lying and how it makes you feel. Is that what you want? | established relationship |  |  |
| K: Yes. Thank you. |  |  |  |