Interview

[Name of the Writer]

[Name of the Institution]

Interview

**Counselor** [ 0:05] Hello nice to meet you

**Caucasian** [ 0:06] Hi

 **Counselor** [ 0:07] How are you doing today

**Caucasian** [ 0:08] I’m good

**Counselor** [ 0:10] Okay good Have you been to counseling before?

**Caucasian** [ 0:11] Yes

**Counselor** [ 0:40] Okay, so we're going to go over the limitation of confidentiality. Um, I just want you to know this is a safe space. Um, everything you say here is going to stay in this room, however, there are sometimes that that will differ. Um, if you threaten to kill yourself or someone else I would have to report. Um, also if you um. mention child abuse or elder abuse I would also have to report. Um, do you have any questions about that?

**Caucasian** [ 0:40] No

**Counselor** [ 0:43] Okay what did you do today

**Caucasian** [ 0:50] Umm. I just didn’t have a lot of work with anxiety with tranquilizers work and school to take care of

**Counselor** [ 0:54] Yeah it sounds like a lot. Okay what do you go to school for

**Caucasian** [ 0:58] Umm Psychology classes

**Counselor** [ 1:03] Okay it is something exciting I want to hear

**Caucasian** [ 1:06] Umm I don’t know students have reasons

**Counselor** [ 1:14] Yeah So have a lot of things. Umm, so what do you do? to do your work?

**Caucasian** [ 1:20] I m a TSS, I work at school and office

**Counselor** [ 1:24] Wow so you have a full-time job and you are at school full-time as well Yeah?

**Caucasian** [ 1:25] Yes

**Counselor** [ 1:40] Yeah, okay it sounds like you have a lot at school as well so today we will talk about espenelier 2 years and do can you tell me how you manage in the class

**Caucasian** [ 1:42] umm I mean in the class I didn’t work many hours it is the first semester and I worked many hours in the school so.

**Counselor** Well

**Caucasian** And I am **all tied up** So I saved all my score for the weekend I have all my reminders for the weekend

**Counselor** Yeah so, the weekend is jampacked with scores

**Caucasian** Yes that such a life

**Caucasian** I am just covered up seriously, nobody hangs out with me I am busy

**Counselor** Yeah, a lot of scores to do

**Counselor** Okay so do you have any support system, your home

**Caucasian** Yeah, I mean my family is so good but I don’t like ranting around I don’t like bothering them My boyfriend is really really good. So, I rattled around him. I overtook because he also works in a school full time So, I am making like balancing

**Counselor** Yeah,

**Counselor** Yeah so you passed time with him but you have a full busy schedule. And you have a lot of things that lead to the situation, so is there anything you do to, I know you said you worked full time, you are at school full time and on weekends, you do school work fulltime so do you take any time whether it an hour or few minutes to gather yourself gather your thoughts just cant bit of relaxing little bit.

**Caucasian** Two things I do,

 **Counselor** Okay

**Caucasian** After work, from 3-7 my niece is there and I ask her and she doesn't answer. Ummm.

**Counselor** Okay I am sure she will be enjoying one day you will spend time together and do have any pet at home

**Caucasian,** I have 1 dog and 2 cats

**Counselor** Nice what their names

**Caucasian** My dog she is penny and my cats are Oliver and pumpkin

**Counselor** Awesome so they give you time for relaxing you know care. that’s very good

**Counselor** Okay so you said you have class so have class every day except Tuesday and it is a big deal to have time for your nice on Tuesday so do you have time to spend along with her

Yes, we don't have one day every week and she is like Sunday every day but on Sunday we both… you know I have a lot of work

**Counselor** Yeah pretty busy Okay So, how many classes are you taking right now

**Caucasian** Right now I am taking three classes

**Counselor** Okay so how are managing are you doing well in your class

**Caucasian** Yes somehow you know I don’t want to show off

**Counselor** Yes that’s good to know although you work, you are a busy girl you are in crisis and you know things like that well that is very good to hear that you do well. Okay, now you are going to your third year. How long is your program?

**Caucasian** It is three and a half years but I am going it watch my classes

**Counselor** Okay

**Caucasian** Right now I’m doing marriage and familial but I am going to do clinical

**Counselor** Right

**Caucasian** I am just really more passionate and I feel the chances to be met because every time I Go to office three times but I am pretty nervous about it

**Counselor** Okay so you are being nervous but you definitely should choose what your passion is about and you still have time to change you know majors and it’s better to know you are heading to your passion about fighting anxiety and overwhelmed things like that you will definitely handle it well you get up every day you work and you do well and you are in crisis and you navigate your work and time. Is there anything you would say you do that makes you happy or you probably like?

**Caucasian,** I think I like being with myself I don’t really switch

**Counselor** Yeah

**Caucasian,** I like to being by myself

**Counselor** Okay being by yourself is good you know you get time to relax and take time out and be by yourself as well. Is there anything you could do to bring inside down?

**Caucasian** Not really

**Counselor** Not really,

**Caucasian** I better think of

**Counselor** No that is fine I think I should say you are doing well you don’t feel low, your anxiety is pretty normal, to be with someone especially during weakened and I should say you do an awesome job and keep up the good work. You go to school and work and your balance and you have a friend you have a family so you have a lot then

**Counselor** So, do you have anything else that you want to talk about

**Caucasian** Umm

**Caucasian,** I worry if I get more hours because one student I see every day from 8 to 3. They say I’m required to do have not been at school they didn’t say anything I have to say anything

So, you will be having one student every year possible 8 to 3. Now they are staying you have 2 students and it is mandatory

 **Counselor** Okay Wow Okay you said that your supervisor hasn’t mentioned do you hear that from someone or you know for sure

**Caucasian** She is like. hope for that I said I have hope but somewhere I kept canceling and then she was saying well you are mandatory to have another student but I don’t know she forgot or she remembered what I said

**Counselor** Yeah so you are kind of nervous someone comes to you and say hey you know you have to pick up this client

**Caucasian** Yeah

**Counselor** Yeah that can be trustful do you think how long have you been into this job?

**Caucasian** A little bit earlier

**Counselor** And it is the first time you have to pick up the client

**Caucasian** Umm it will be the first time I will add somebody or others are just added to my schedule from the beginning

**Counselor** Hmm

**Caucasian** It will be the first time I will be having the routine like doing

**Counselor** Right okay

 **Counselor** So would you be nervous to go to your supervisor and have anxiety

**Caucasian,** I think nervous I would be, it would be like analogy back

**Counselor** Yes maybe because when you meet supervise everything will be fine like picking client and everything that will happen over the summer or the week that will happen because you have Tuesday to be cool. When you go to the supervisor and ask about having the second client. I mean picking up the second client you are feeling anxiety, try to figure it out. Refresh your thought

**Caucasian,** I think.

**Counselor** Okay I think everything your feeling is definitely okay you are full time busy you are working full time working with kids is difficult you know going to school there has to be dare and will to do. and you feel anxiety and all I will definitely promote you to take the time that you should I mean take time to spend it with yourself or penny or your pets. It is something that you will definitely be benefit from so that you can keep moving. Earlier you mention that you have a very good support system would you talk more about that

**Caucasian** Yeah, I will talk about my sister but she does not understand

**Counselor** And what is the age difference

**Caucasian** She is six years older than me

**Counselor** And did you guys do probably the same

**Caucasian** Yes,

**Counselor** Oh that very kind but you said she don’t understand

**Caucasian** She never like she never had anxiety she is fearless

**Counselor** Do you share with her anything you feel?

**Caucasian** Yes, but she is like you don’t have it

**Counselor** Ok she is kind of dismissive

**Caucasian** Yeah

**Counselor** Yeah so you are really close to your niece

**Caucasian** Yes, she is the year and a half she is very little

**Counselor** Yes so, she is your only. and what do you say her name

**Caucasian** Carrel.

**Counselor** Yes

**Caucasian** Yes is at my house three days a week when I woke up for work she is already there and when I am, back from work she is still there

**Counselor** Okay that’s awesome that awesome So she keeps up with you. Okay, what about your parents are the kind of supportive and they support you everywhere?

**Caucasian** Yeah but I don’t talk with them very much. Like we are close but I don’t talk to them very much I am busy with my work and I don’t tell what happened to work and what I feel about work

**Counselor** Yes, that is very normal sometimes you don’t share much with your parents as much as you share with your sister, boyfriend just because you think they might not think the same. You know you know well who defend you well it is your boyfriend or your family or your sister you know who know your work situation. For how long you have been together

**Caucasian,** it’s been four years

**Counselor** Oh its really really awesome. You can go through everything which is really awesome don't be afraid to feel a thing or try to hide them you have every reason to feel that way you are doing a really good job you know Umm. Do you have any questions or concerns?

**Caucasian** No. think

**Counselor** Okay so you have a job that you are struggling alike, do you think anything different or disturbing you know what we talked about today. You know why you why to feel things down, we will discuss them in the next session Umm. Anything that you want to talk about you can always give me a call or you can tell me you are coming or share the heading point. But for most of the part you did an awesome job just keep up the good work whenever you have a chance I will definitely spend time with you. Try to be happy and sped tie with your pets and so things that keep your happy stay positive and share if you have any questions or anything you can give me a call and it was very nice to meet you thank you.