



STUDYDADDY

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Time Log					
Week	Dates	Times	Total Hours for This Time Frame	Activities/Comments	Learning Objective(s) Addressed
1	2/25 2/26 2/27	0830- 1700	25.5 hours	I observed psychotherapy sessions, and intake assessments with clients of all ages. I also engaged in play therapy with several clients. I observed different psychotherapy techniques such as cognitive behavioral therapy, when working with patients diagnosed with anxiety.	Assess clients presenting for psychotherapy. Compare assessment tools used in psychotherapy. Evaluate biological basis of psychotherapy treatments.

Time Log					
2	3/3 3/4 3/6	0830- 1700 0830- 1500 0830- 1700	23.5 hours	I collaborated with the therapist during individual psychotherapy sessions and intake assessments with clients of all ages. The therapist educated me on different psychotherapy techniques such as CBT, acceptance and commitment therapy, exposure therapy, and motivational interviewing.	Develop psychiatric diagnosis for clients across the lifespan. Analyze psychometric properties of assessment tools.

Time Log					
3	3/12	0830- 1700	8.5 hours	I collaborated with the therapist during individual psychotherapy sessions and intake assessments with clients of all ages. We utilized CBT for patients diagnosed with depression and anxiety.	Assess clients presenting for psychotherapy. Develop genograms for clients presenting for psychotherapy.

Time Log					
4	3/16 3/17 3/18	0830- 1700	25.5 hours	I collaborated with the therapist during individual psychotherapy sessions. I learned how to assist a patient with current suicidal ideations, create a safety treatment plan, and provide them with resources and support. I learned about grief therapy, Kubler-Ross's model of grief, and how to access CBT focused activities through therapyaid. I worked with multiple bipolar patients, assessed their manic/depressed states, and educated them on ways	Develop diagnosis for clients receiving psychotherapy. Analyze legal and ethical implications of counseling clients with psychiatric disorders. Integratively assess, diagnose, plan, implement, and evaluate cost-effective healthcare strategies that reduce health disparities by patient/population advocacy for access to specialist nursing care.

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