



Counseling and Psychotherapy Transcripts, Client Narratives, and Reference Works

A User's Guide from Alexander Street Press

<http://psyc.alexanderstreet.com>

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About | Software Requirements

Welcome to Counseling and Psychotherapy Transcripts, Client Narratives, and Reference Works

Counseling and Psychotherapy Transcripts, Client Narratives, and Reference Works is a searchable collection containing real transcripts of therapy and counseling sessions and first-person narratives illuminating the experience of mental illness and its treatment, as well as reference works to contextualize the primary material. New material is added on a biweekly basis and, when complete, the database will contain more than 2,000 session transcripts, 40,000 pages of client narratives, and 25,000 pages of secondary reference material. The database currently includes approximately 27,400 pages of material, including more than 8,000 pages of session transcripts, more than 10,000 pages of client narratives, and more than 8,000 pages of secondary reference material. [Learn More](#)

FEATURED ITEMS [browse all titles](#)

Willow Weep for Me: A Black Woman's Journey Through Depression
by Meri Nana-Ama Danquah
In this memoir, Danquah discusses the relationship between her depression, childhood traumas, the experience of pervasive racism, and her life as a single African American mother in the United States.

Group therapy 306 This group is made up of 7 women between the ages of early thirties to late fifties. Six of the seven women have remained abstinent for over 2 years now.
In this series of group sessions, seven women discuss their struggles with eating disorders and their strategies for recovery.

Handbook of Group Counseling and Psychotherapy
by Janice DeLucia Waack, Deborah Gerrity, et al.
A comprehensive reference work on group counseling and social work, this text discusses the history and theory behind group work, group therapy practice for many age groups, and a large section on multicultural group counseling.

Client 219: Asian female in her mid-twenties suffers from adjustment disorder with depressed mood.
In this series of sessions demonstrating brief relational psychotherapy, a young Asian woman discusses her depression and how it relates to her relationship with her mother and her husband.

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Overview

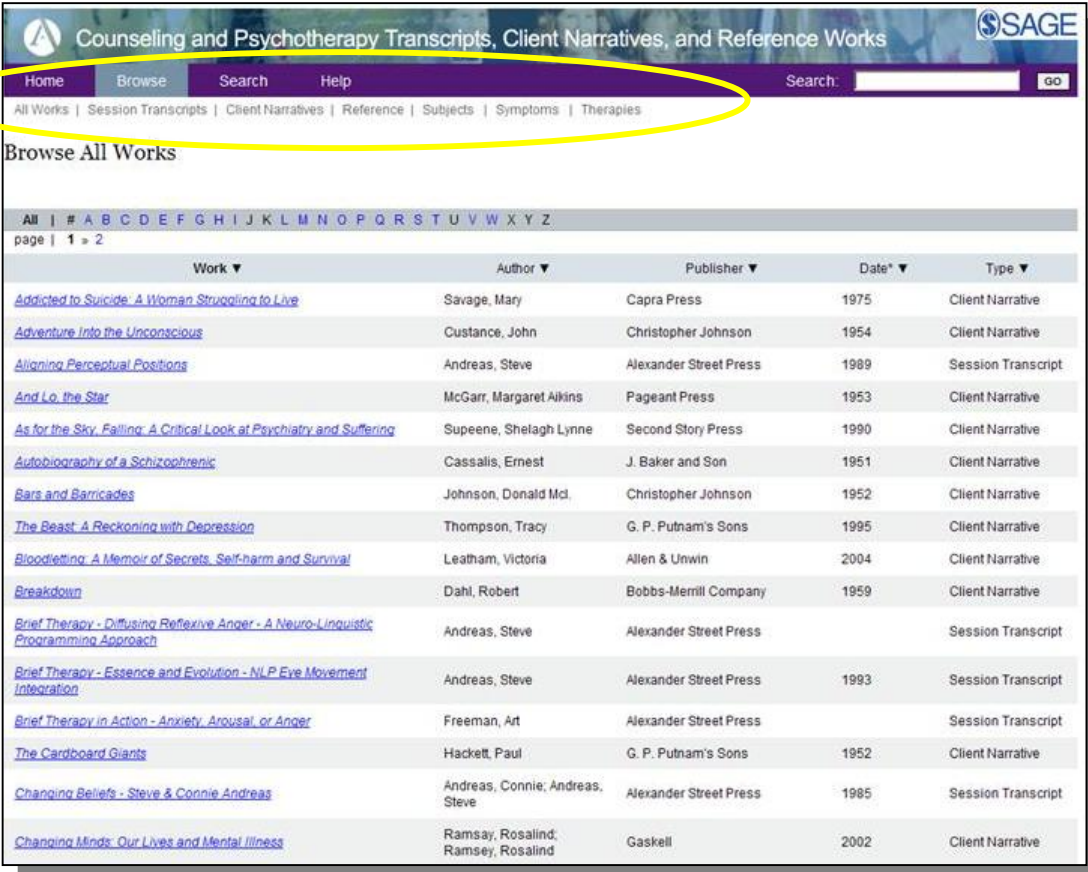
SAGE and Alexander Street Press have partnered to create *Counseling and Psychotherapy Transcripts, Client Narratives, and Reference Works*, a landmark new online reference containing:

- **2,000+ previously un-published transcripts of therapy sessions**
Ideal for students and scholars in counseling psychology, social work, public health, and medicine, these transcripts illuminate the process and experience of therapy in an absolutely unique way. Complete transcripts of each patient's full course of therapy let you observe how patients progress and how therapist-client relationships change over time. Issues that clients struggle with in these sessions include post traumatic stress disorder, schizophrenia, bipolar disorder, alcoholism, childhood trauma, sexual abuse, eating disorders, and many other conditions.
- **40,000+ pages of client narratives**
Candid, first-hand accounts in the form of diaries, memoirs, letters, and oral histories from those struggling with mental health disorders offer a rare window on clients' experience of both their disorder and the therapy process.
- **36 core references SAGE handbooks and reference works** complement the transcripts and narratives and provide context as well as a theoretical grounding.

Browse Features

You can browse the content of the database in much the same way you would browse the index or table of contents of a book.

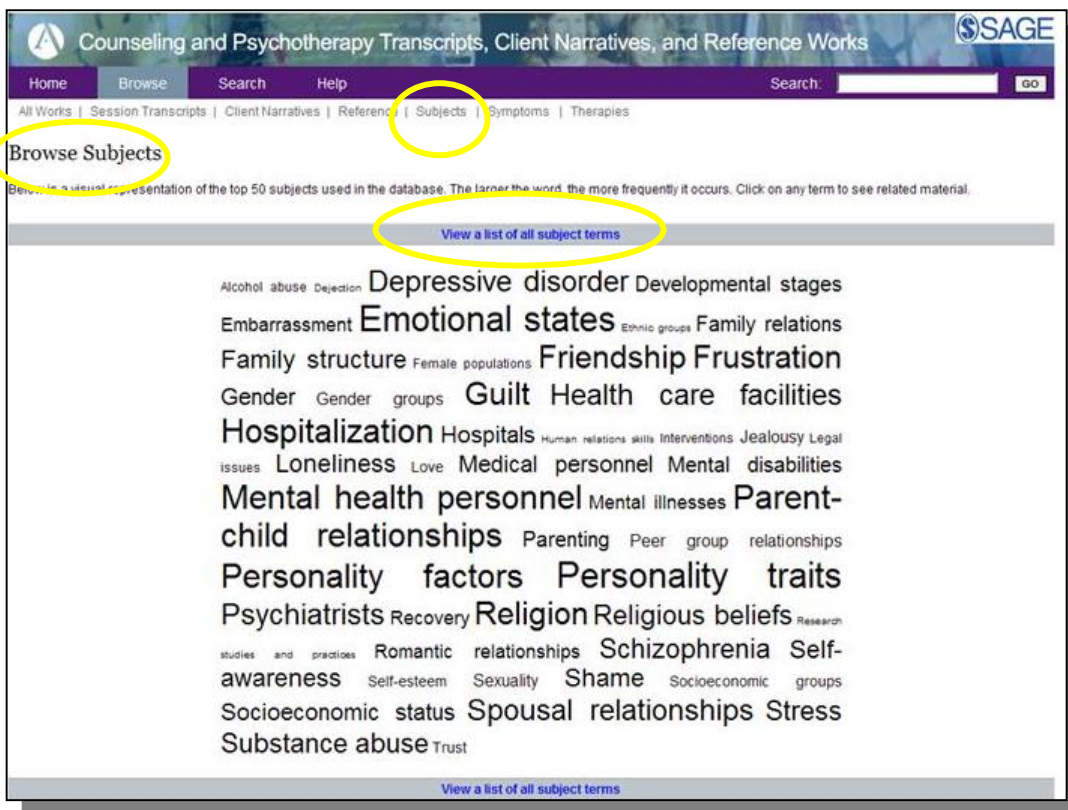
Using the toolbar at the top of the screen (circled in yellow below), you can browse by type of material (session transcript, client narrative, or reference work), subjects or symptoms discussed, or the therapeutic approach used in treatment.



The screenshot shows the SAGE database interface for "Counseling and Psychotherapy Transcripts, Client Narratives, and Reference Works". The navigation menu at the top includes "Home", "Browse", "Search", and "Help", with "Browse" circled in yellow. Below the menu, there are links for "All Works", "Session Transcripts", "Client Narratives", "Reference", "Subjects", "Symptoms", and "Therapies". The main content area is titled "Browse All Works" and features a table with columns for "Work", "Author", "Publisher", "Date", and "Type". The table lists various works, including "Addicted to Suicide: A Woman Struggling to Live" by Mary Savage, "Adventure Into the Unconscious" by John Custance, and "Aligning Perceptual Positions" by Steve Andreas.

Work ▼	Author ▼	Publisher ▼	Date ▼	Type ▼
Addicted to Suicide: A Woman Struggling to Live	Savage, Mary	Capra Press	1975	Client Narrative
Adventure Into the Unconscious	Custance, John	Christopher Johnson	1954	Client Narrative
Aligning Perceptual Positions	Andreas, Steve	Alexander Street Press	1989	Session Transcript
And Lo, the Star	McGarr, Margaret Aikins	Pageant Press	1953	Client Narrative
As for the Sky, Falling: A Critical Look at Psychiatry and Suffering	Supeene, Shelagh Lynne	Second Story Press	1990	Client Narrative
Autobiography of a Schizophrenic	Cassalis, Ernest	J. Baker and Son	1951	Client Narrative
Bars and Barricades	Johnson, Donald Mcl.	Christopher Johnson	1952	Client Narrative
The Beast: A Reckoning with Depression	Thompson, Tracy	G. P. Putnam's Sons	1995	Client Narrative
Bloodletting: A Memoir of Secrets, Self-harm and Survival	Leatham, Victoria	Allen & Unwin	2004	Client Narrative
Breakdown	Dahl, Robert	Bobbs-Merrill Company	1959	Client Narrative
Brief Therapy - Diffusing Reflexive Anger - A Neuro-Linguistic Programming Approach	Andreas, Steve	Alexander Street Press		Session Transcript
Brief Therapy - Essence and Evolution - NLP Eye Movement Integration	Andreas, Steve	Alexander Street Press	1993	Session Transcript
Brief Therapy in Action - Anxiety, Arousal, or Anger	Freeman, Art	Alexander Street Press		Session Transcript
The Cardboard Giants	Hackett, Paul	G. P. Putnam's Sons	1952	Client Narrative
Changing Beliefs - Steve & Connie Andreas	Andreas, Connie; Andreas, Steve	Alexander Street Press	1985	Session Transcript
Changing Minds: Our Lives and Mental Illness	Ramsay, Rosalind; Ramsey, Rosalind	Gaskell	2002	Client Narrative

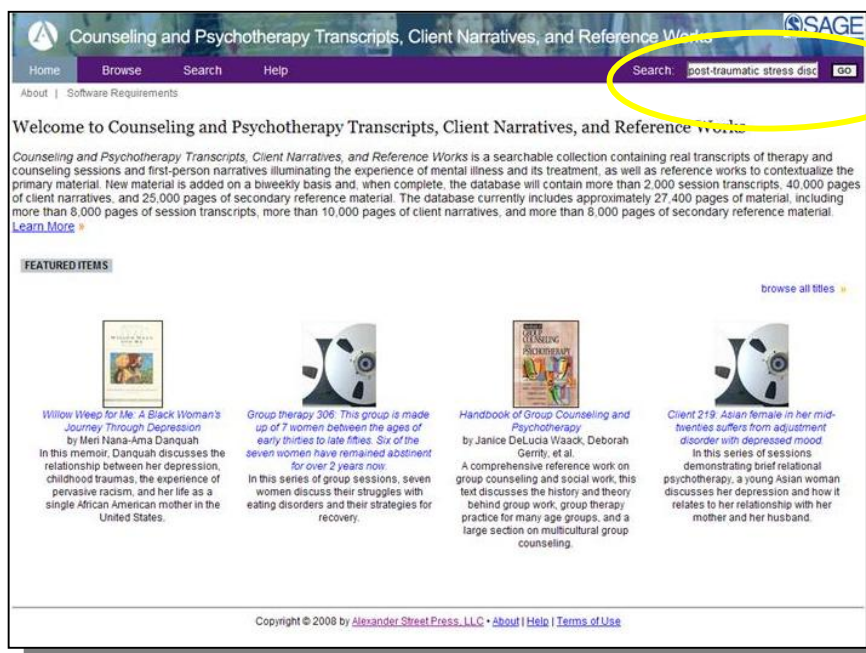
When browsing by **subject** (see below), a **tag cloud** gives you a quick representation of the topics covered. A larger, bolder subject term (like "emotional disorder," "personality," or "depressive state,") indicates that there is more material included in the collection related to that subject term. You can also browse subjects in list form.



Quick Search How-To and Features

A quick-search box at the top right corner of the homepage will return results in all content types (session transcript, client narrative, or reference work). The search below on “post-traumatic stress disorder” will give you not only documents that contain the search term, but a quick display of the exact occurrences of the term, line by line.

Your search results can then be quickly filtered (using the toolbar at the top of the Search Results page) by author, therapy type, subject, symptom, or material type (session transcript, client narrative, or reference work).



In this search, for example, you could quickly refine your results by entering...

“behavior therapy” under **Therapies**,

“Anxiety disorder due to a general medical condition,” under **Subjects**,

or “Anger” under **Symptoms**.

Counseling and Psychotherapy Transcripts, Client Narratives, and Reference Works

Home Browse Search Help Search: [] GO

Search » Results

Search Results

Your search for Subject: Search: post-traumatic stress disorder returned 55 results (below) including: (refine search)

limit by:
[Authors] [Therapies] [Subjects] [Symptoms] [Material Types]

Showing 40 of 55 results per page. Sort by work title | author | date | hits

page | 1 » 2 » 3

1. [Brief Therapy - Essence and Evolution - NLP Eye Movement Integration](#), [by] Steve Andreas. (1993), 18p.
2. [Issues](#), [ed. by] Rosalind Ramsay and et al. In [Changing Minds: Our Lives and Mental Illness](#), [ed. by] Rosalind Ramsay and et al. (Gaskell, London, 2002), pp. [71]-[92]
3. [Session 11 - Client feels overwhelmingly worthless. She feels angry with her husband but does not express it to him](#), in [Client 208: White female in her mid-fifties suffer from major depression](#), (1996), 1-27p.
4. [Session 10-12 - Client discusses how alcohol became a problem in his life after his divorce from his first wife and how the physical pain that he's in hurts his spousal relationship](#), in [Client 403 - Client experiences medical conditions that adversely impact marital/familial relationships: marital/family conflict, anger, unresolved childhood traumas, dissatisfaction with life and physical limitations](#), (2006), 1-15p.
... mugged and so she s got **post traumatic stress disorder** and I kind of wonder if ...
5. [Chapter 24 - Physical and Sexual Aggression in Relationships](#), [by] F. Scott Christopher and Sally A. Lloyd. In [Close Relationships: A Sourcebook](#), [ed. by] Clyde Hendrick and Susan S. Hendrick. (Sage Publications, Thousand Oaks, CA, 2000), pp. 331-343
...key to show symptoms of **post traumatic stress disorder** including depression anx...
6. [Back Matter](#), [by] Clyde Hendrick [and] Susan S. Hendrick. In [Close Relationships: A Sourcebook](#), [ed. by] Clyde Hendrick and Susan S. Hendrick. (Sage Publications, Thousand Oaks, CA, 2000), pp. 371-476
7. [Front Matter](#), [Edited by] Lee C. Lee and Nolan, W.S. Zane. In [Handbook of Asian American Psychology](#), [ed. by] Lee C. Lee and Nolan, W.S. Zane. (Sage Publications, Thousand Oaks, CA, 1998), pp. [NA]-79

Advanced Search How-To and Features

The advanced search capabilities are particularly useful for research and for generating topic ideas or subjects for discussion or further exploration. To access the Advanced Search page, click on the “Search” tab at the top of the screen.

Counseling and Psychotherapy Transcripts, Client Narratives, and Reference Works

Home Browse Search Help Search: [] GO

Advanced Search

Search Text [] Clear Search

Title [] [select terms](#)

Author / Editor [] [select terms](#)

Subjects [] [select terms](#)

Symptoms [] [select terms](#)

Therapies [] [select terms](#)

Publisher [] [select terms](#)

Date from [] to []

Material Type Session Transcripts Client Narratives Reference Editorial

Sort Results By [Title (default)]

LIMIT BY CLIENT DETAILS []

LIMIT BY THERAPIST DETAILS []

Clear Search

*Editorial refers to any editorial matter within a book, including front matter and back matter.

Using Alexander Street's Semantic Indexing technology, each text has been indexed using a series of unified controlled vocabularies specially devised for the analysis of transcripts and client narratives. What this means is that you can use the advanced search to get at incredibly detailed information, including, for example:

- symptoms
- therapeutic approach
- gender, age, marital status and sexual orientation of the client
- gender, education, number of years of experience, and school of therapy of the therapist

If you don't know exactly what you're looking for but you would like to see at a glance what your search options are in terms of frequently used phrases or terms, you can click on the "select terms" link and check off any of the terms you want to see results for.

The screenshot displays a search interface with various filters. At the top, there are fields for 'Publisher', 'Date' (with 'from' and 'to' sub-fields), and 'Material Type' (with checkboxes for 'Session Transcripts', 'Client Narratives', 'Reference', and 'Editorial'). Below these is a 'Sort Results By' dropdown set to 'Title (default)'. Two main filter sections are visible: 'LIMIT BY CLIENT DETAILS' and 'LIMIT BY THERAPIST DETAILS'. The 'CLIENT DETAILS' section includes dropdowns for 'Gender' (set to 'All'), 'Age Range' (with a list of options: '21-30 years', '31-40', '31-40 years', '41-50', '41-50 years'), 'Marital Status' (set to 'All'), and 'Sexual Orientation' (set to 'All'). The 'THERAPIST DETAILS' section includes dropdowns for 'Gender' (set to 'All'), 'Experience' (with a dropdown menu open showing options: 'All experience levels', '10 years or less', 'Between 11-20 years', 'Between 21-30 years'), 'Education' (set to 'All degrees'), and 'School of Therapy' (set to 'All schools'). At the bottom of the filter area are 'Clear' and 'Search' buttons. A small footnote at the bottom left reads: '*Editorial refers to any editorial matter within a book, including front matter and back matter.'

Using combinations of search terms, you can identify, for example:

- Transcripts of sessions conducted by therapists with 5-10 years of practicing experience.
- All uses of the word "numb" in accounts of loss or grief.
- All narratives discussing the experience of electro-convulsive therapy since 1980.
- All discussions of depression in women between the ages of 20 and 30 across all types of material.

The search below, for example, lists transcripts of sessions treating depression in women between the ages of 21-30 with a therapist who has 10 years or less of experience.

Counseling and Psychotherapy Transcripts, Client Narratives, and Reference Works SAGE

Home Browse Search Help Search: GO

Search » Results

Search Results

Your search for **FullText=depression & Material Type=Session Transcript OR Client Narrative OR Reference & Client Gender=female & Client Age Range=21-30+years & Therapist Experience=10+years+or+less** returned 30 results (below) including: [refine search](#)

limit by:
 Therapies Subjects Symptoms

Showing 25 | 50 results per page. Sort by work title | author | date | hits

page | 1 » 2

- [Session 2: Client talks about how tired she is and how that makes it harder for her to deal with depression and different emotions. She discusses her feelings of social impotence when she is unable to join in her friends' conversations.](#) In [Client 006: Heterosexual female between 20-25 years of age has thoughts of suicide and would like to not be as self-centered.](#) (1970), 1-16p.

... And it s just fantastic **depression** It was like it was all I...
 ...vercome with feelings of **depression** and feelings of just not...
- [Session 6: Client tells therapist that she expects more feedback from her. Client also tells how she did not feel like killing herself while camping alone for a weekend.](#) In [Client 006: Heterosexual female between 20-25 years of age has thoughts of suicide and would like to not be as self-centered.](#) (1970), 1-13p.

... agent for my going into **depression** He s not the cause I gue...
 ...plunging you into a real **depression** that it also makes you v...
- [Session 7: Client discusses her feelings of negativity and lack of energy. She would rather feel suicidal because at least then she feels as if she has energy.](#) In [Client 006: Heterosexual female between 20-25 years of age has thoughts of suicide and would like to not be as self-centered.](#) (1970), 1-19p.

...plaining you re stuck in **depression** It underlines it for you...
 ... be just such a complete **depression** and such a complete bloc...
- [Session 13: Client and counselor discuss reasons why client has not been showing up to recent therapy sessions.](#) In [Client 006: Heterosexual female between 20-25 years of age has thoughts of suicide and would like to not be as self-centered.](#) (1970), 1-16p.

...iable to get back into a **depression** and then get that way ag...
- [Session 14: Client discusses how she feels overwhelmed in her daily life. She is very stressed in school and work.](#) In [Client 006: Heterosexual female between 20-25 years of age has thoughts of suicide and would like to not be as self-centered.](#) (1970), 1-15p.

...next day I m in complete **depression** which happens after my l...
 ...t would really add to my **depression** if I was in a real depre...
[» all hits](#)
- [Session 15: Client feels absolutely overwhelmed, like there is nothing she can do to get uphill.](#) In [Client 006: Heterosexual female between 20-25 years of age has thoughts of suicide and would like to not be as self-centered.](#) (1970), 1-14p.

You can click on any of the search result transcripts to see the full-text record of that therapy session. The heading information shows information about the author, document type, subjects, therapeutic approach, publication year, and details about the client and therapist. You can also jump to the first instance of the search term in the text (seen above in red).

Examples of topics covered in this database, include:

- | | | |
|--|-------------------------------------|--------------------------------|
| Anger Management | Family Conflict | Phobia-Panic/ Agoraphobia |
| Antisocial Behavior | Female Sexual Dysfunction | Post-traumatic Stress Disorder |
| Anxiety | Financial Stress | Psychoticism |
| Attention Deficit Disorder (ADD) - Adult | Grief/Loss Unresolved | Sexual Abuse |
| Borderline Personality | Impulse Control Disorder | Sexual Identity Confusion |
| Chemical Dependence | Intimate Relationship Conflicts | Sleep Disturbance |
| Chemical Dependence - Relapse | Legal Conflicts | Social Discomfort |
| Childhood Traumas | Low Self-Esteem | Somatization |
| Chronic Pain | Male Sexual Dysfunction | Spiritual Confusion |
| Cognitive Deficits | Mania of Hypomania | Suicide Ideation |
| Dependency | Medical Issues | Type A Behavior |
| Depression | Obsessive-Compulsive Disorder (OCD) | Vocational Stress |
| Dissociation | Paranoid Ideation | |
| Eating Disorders | Parenting | |
| Educational Deficits | Phase of Life Problems | |