

Psychiatric Therapy & Training

1972 - 1990

- 1. Group therapy with Dr. Bill Barkley.

NAME and NUMBER WATSON B-37999

CDC-128-C

S" has been in Group Therapy with this writer since October 4, 1972.

Orig: Central File ✓
 cc: psych jacket
 AW File "D" Quad
 Mrs. Van Sickle

Bill J. Barkley
 Bill J. Barkley, Ph.D.
 Staff Clinical Psychologist
 "D" Quad

DATE 1/22/76

CMC-E

wet

~~MEDICAL-PSYCHIATRIC-DENTAL~~

- 2. Satisfactory adjustment without need for psychiatric intervention.

NAME and NUMBER WATSON B-37999 CMC 6/8/79

CDC-128-C

Subject has been on D Quad since September 1972. He has made a very satisfactory adjustment, and has never required any psychiatric intervention or treatment. He spends practically all of his time at the chapel, and has not presented any management or psychiatric problems.

James B Hollingsworth
 JAMES B. HOLLINGSWORTH, M.D.
 ASSIST. SUPT., PSYCH SERVICES

Orig: C-file
 cc: D Quad MFA file
 Psych file

DATE 6/8/79

INFORMATIONAL

~~#####-PSYCHIATRIC-#####~~

3. Rational Behavior Training Group Therapy - 8 hours.

NAM and NUMBER

WATSON

B-37999

1394

CDC-128-C

Inmate Watson attended 8 of 9 Rational Behavior Training group therapy sessions. He completed all the required homework assignments and was an active participant in the group process. His attitude was good, and he showed a knowledgeable understanding of the principles of R.B.T. His overall evaluation is excellent.

John Leech
John Leech
Psychology Intern

R. A. Orling
R. A. Orling, Ph.D.
Senior Psychologist

cc: Psych
Quad
Inmate

DATE 6-24-83

GROUP THERAPY

CMC-E

co

~~MEDICAL-PSYCHIATRIC-DENTAL~~

4. Advanced Behavior Training Group Therapy - 4 hours.

NAME and NUMBER

WATSON

B-37999

Room number 1394

CDC-128-C

Inmate Watson attended 4 of 4 Advanced Rational Behavior Therapy Group sessions. He participated in the group by sharing his personal beliefs and experiences. Inmate Watson has an exceptional understanding of the basic concepts of RBT, and he has integrated them into his life style.

Orig: C file
cc: AWC
Psych
Inmate

John Leech
JOHN LEECH
PSYCHOLOGY INTERN

R. A. Orling
R. A. ORLING, Ph. D.
SENIOR PSYCHOLOGIST

JL:gf

DATE Aug 4, 1983

ADV. RATIONAL BEHAVIOR THERAPY

CMC-E

~~MEDICAL-PSYCHIATRIC-DENTAL~~

5. Beginning Stress Management and Relaxation Training Skills - 8 hours.

NAME and NUMBER **WATSON B-37999 1394** CMC-123-C

Mr. Watson has completed a four-week group in Beginning Stress Management and Relaxation Training Skills. This class included Deep Breathing Techniques, Progressive Muscle Relaxation, Autogenic Training, Meditative Techniques, Guided Imagery and Self-Hypnosis. The group met for a 2-hour session weekly for four weeks and all of the group members practiced the specific relaxation techniques with me in the group for 30-45 minutes after the initial hour of instructional materials. The in-class experience of these methods, along with a folder of relaxation handouts and their out-of-class practice of the deep relaxation techniques, have given the group members a variety of more productive ways in which to effectively cope with situational stress and to more fully relax.

Mr. Watson will also begin the four-week Advanced Relaxation Training group that will begin within two weeks of the date of this chrono.

Orig: C-file.
cc: Psych file, AWC file,
Inmate, group file.

Gary A. Elen
Gary A. Elen, Ph.D.
Staff Psychologist

DATE 10/7/83 GROUP THERAPY PROGRESS CHRONO CMC-E bb ~~XXXXXXXXXX~~ - PSYCHIATRIC - ~~XXXXXXXXXX~~

6. Advanced Relaxation Training Group - 4 hours.

NAME and NUMBER **WATSON B-37999 1394** CMC-123-C

Mr. Watson has now completed the four week Advanced Relaxation Training Group. This group included specific advanced techniques and procedures in the practical application of Guided Imagery, Deep Muscular Relaxation, Productive Cognitive Restructuring through Personal Suggestion and Self-Hypnosis. This group also involved extensive in class practice of the techniques to reinforce the benefits of such relaxation procedures in daily life.

Mr. Watson has also signed up now for the On-Going Monthly Relaxation Group and will begin this group within one month of the date of this chrono.

cc: Psych, AWC, Inmate

Gary A. Elen
Gary A. Elen, Ph.D.
Staff Psychologist


DATE 11/23/83 ADVANCED RELAXATION GROUP COMPLETION CHRONO CMC-E bb ~~XXXXXXXXXX~~ - PSYCHIATRIC - ~~XXXXXXXXXX~~

7. Anger Control Group - 11 hours.

NAME and NUMBER WATSON B-37999 Room number 1394 CDC-128-C

S completed a psychotherapy group in ANGER CONTROL. This group began on 9-15-83 and ended on 12-15-83. S attended 11 out of 12 sessions, participated actively in group process, and completed therapy assignments. This group was based on principles of COGNITIVE BEHAVIOR MODIFICATION and included self-management strategies for regulating physical, cognitive, emotional and behavioral components of anger.

RAO:gf


 R. A. Orling, Ph.D.
 Senior Psychologist

cc: Psych
 Quad
 Inmate

DATE 12/21/83 THERAPY CMC-E ANGER CONTROL PSYCHIATRIC


8. Rational Behavior Training Group - 10 hours.

NAME and NUMBER WATSON B-37999 Rm. 1394 CDC-128-C

S completed a RATIONAL BEHAVIOR TRAINING GROUP which began on 1-26-84 and ended on 4-5-84. In this group, S learned self-management and self-counseling strategies for controlling and replacing negative self-defeating emotions. He learned techniques for changing his thoughts, attitudes, and beliefs so that he may eliminate irrational cognitions. The group was based on the theories of COGNITIVE BEHAVIOR MODIFICATION.

S did homework assignments and attended 10 out of 10 sessions.

cc: Psych
 Quad
 Inmate


 R. A. Orling, Ph.D.
 Senior Psychologist

DATE 4-6-84 RBT COMPLETION CMC-E be ~~MMRICAL~~ - PSYCHIATRIC - ~~MENTAL~~

9. Cognitive Behavior Modification Therapy Group - 10 hours.

NAME and NUMBER WATSON, Charles B-37999 Room number 1394 CDC-128-C

S attended 10 out of 10 sessions of a psychotherapy group. This was a cognitive behavior modification therapy group which emphasized rational thinking. The group was a process group. S completed written homework assignments and actively participated in group discussions. Also, he confronted personal problems, evaluated his own behavior and thinking and attempted to learn the skills of cognitive restructuring.

Orig: C file
cc: Psych
 AWC
 Inmate ←
RAO:gf

[Handwritten signature]
R. A. Orling, Ph. D.
Senior Psychologist

DATE 14 May 1984 PROTESTANT CHAPEL GROUP CMC-EAST ~~MEDICAL~~—PSYCHIATRIC—~~DENTAL~~

10. On-Going Monthly Relaxation Group - 6 hours.

NAME and NUMBER WATSON B-37999 1394 CDC-128-C

Mr. Watson has now completed the six month On-Going Monthly Relaxation Group and thus completes the series of three groups which also included the Beginning Stress Management & Relaxation Training Group and the Advanced Relaxation Group. He attended all of the groups and participated well in the group experience of relaxation methods during the groups.

cc: Psych, Quad, Inmate

[Handwritten signature]
Gary A. Elem, Ph.D.
Staff Psychologist

DATE 8/16/84 GROUP THERAPY COMPLETION CHRONO CMC-E bb ~~MEDICAL~~—PSYCHIATRIC—~~DENTAL~~

11. Communication Skills Training Group - 15 hours.

NAME and NUMBER WATSON B-37999 1394

CDC-128-C

Mr. Watson has now begun a 10-week evening Communication Skills Training Group with Psych. Intern Michael Hartley. This group will meet once weekly for a 1 1/2 hour therapy group focusing on developing more productive communication skills.

Michael Hartley

Michael Hartley
CSPP Psychology Intern

Gary A. Elem
Gary A. Elem, Ph.D.
Staff Psychologist

cc: Psych, Inmate, Quad

DATE 3-7-85 START GROUP THERAPY CMC-E bb ~~MEDICAL-PSYCHIATRIC-DENTAL~~

12. Self-Esteem and Assertiveness Training Therapy Group start up.

NAME and NUMBER WATSON B-37999 1394

CDC-128-C

Mr. Watson has started the 10 week Self-Esteem and Assertiveness Training Therapy Group as of 4/19/85 with Doctoral Intern Steve Walker.

Steve Walker

Steve Walker
C.S.P.P. Doctoral Intern

Gary A. Elem
Gary Elem, Ph.D.
Staff Psychologist

cc: Psych, Inmate, Quad

DATE 4/26/85 START GROUP THERAPY CMC-E bb ~~MEDICAL-PSYCHIATRIC-DENTAL~~

13. Self-Esteem & Assertiveness Group - 8 hours.


NAME and NUMBER - - WATSON B-37999

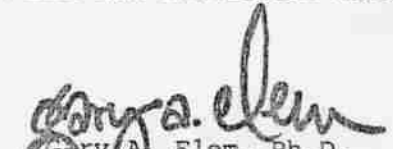
CDC-1384

Subject completed a Self-Esteem & Assertiveness Group, which began on 4-19-85 and ended 6-21-85. In this group, Subject learned the components of self esteem and how this impacts motivation, feelings towards self and others, and personal behavior. Subject learned techniques for improving self-awareness in the areas of physical image, environmental surroundings, and personal style of responding to others. The issue of responsibility and situational assertiveness in making decisions on response style was stressed. Much of the course material was based on Cognitive Behavior Modification theories.

Subject was given weekly homework assignments to augment the lecture and discussion material.

Subject attended 6 out of 8 sessions.


Steve Walker
CSPP Psychology Intern


Gary A. Elem, Ph.D.
Staff Psychologist

cc: Psych, Inmate, Quad
DATE 6-21-85 COMPLETION OF GROUP CMC-E bb

~~MEDICAL - PSYCHIATRIC - DENTAL~~


14. Communication Skills Training Group - 10 hours.

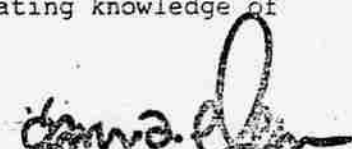
NAME and NUMBER WATSON R 37999 1394

CDC-123-C

Mr. WATSON has successfully completed the ten-week Communication Skills Training Group by meeting the following criteria:

- a) Attendance -- at least 8 of 10 sessions.
- b) Adequate group participation.
- c) Improved intra-group communication.
- d) Completion of written examination demonstrating knowledge of essential concepts in communication.


Michael Hartley
CSPP Psychology Intern


Gary A. Elem, Ph.D.
Staff Psychologist

cc: Psych, Inmate, AWC

DATE 6/26/85 GROUP COMPLETION CMC-E bb

~~MEDICAL - PSYCHIATRIC - DENTAL~~