**This is the script you read with your volunteer; remember to use appropriate body movements and vary your tone of voice.**

**Lynn**: Hello Mark, good to have you here today?

**Volunteer**: Thanks for having me (Says folding arms together).

**Lynn:** We spoke on the phone last Wednesday and scheduled this session today. Uumh, if you recall, I said that you would come out today and share in detail what you talked about the anxiety that you are experiencing. Today I will be asking you a fair about of questions so that we can to go into detail about what you are experiencing and to have a better understanding of your experiences. This will form the basis of how our next sessions will be.

**Volunteer**: Okay

**Lynn**: In our practice, we have a consent form that the client is supposed to fill before the session can begin. I would like for us to go through the form together (says pointing to the form).

**Volunteer:** okay (says looking and at the form and moving forward to have a view of the form).

**Lynn:** the first thing is a cancellation policy. We kindly ask that you give us 24-hour notice when canceling your session or if you want to reschedule. (volunteer shakes the head). The next thing is confidentiality; what you say here remains here. However, there is some exception to that. For instance, if you express a desire to harm yourself, I will be forced to report to someone. The other clause is on payment. We have different modes of payment; as you have indicated here, you prefer to use your card (says pointing the form and the volunteer shakes the head in approval). I will get a copy of that later. Any questions about the form?

**Volunteer:** ummh, no.

**Lynn:** You will just sign here to say that you are of the age of sound mind and you understood what we talked about (says pointing the place to sign and hands the volunteer a pen).

**Volunteer:** takes the form and signs and hands it back to Lynn, who puts it on the side table.

**Lynn**: We spoke on the phone last week. On the phone, you raised a concern about making presentations in school. Would you kindly tell me more about it?

**Volunteer**: I am in business school, and the professor gives us a lot of fieldwork and assignments that require us to make a lot of presentations. This has been something that is recurring. My first presentation was horrible; I stood in front of the class and froze. I could not get any words out despite having done so much practice the night before. Over the years, my presentations have not improved a lot as I would have hoped. I still tense and shake uncontrollably before making any kind of presentation. I tend to forget what I am going to say. (says moving the hands). I have a fear of standing in front of people and making a presentation because I feel like I will vomit or even collapse.

**Lynn**: I can imagine that must have felt terrible.

**Volunteer:** Yes, up to date. I remember how embarrassed I felt. I wished the ground would open and swallow me.

**Lynn:** I am sorry you had to go through that.

**Lynn.** Is there a time that you had to make a presentation recently? (makes a hand gesture at the word recently).

**Volunteer:** yeah, towards the end of last semester, which was three weeks ago. We were all required to make a presentation.

**Lynn:** How did you do in that presentation?

**Volunteer:** Pretty well, I think.

**Lynn:** So the first one might have been an isolated situation?

**Volunteer:** yes, since it has not happened again. However, I still panic and have some anxiety.

**Lynn:** so what I am getting is that the experience has led to a lot of anxiety in your subsequent presentations (uses hand signals)

**Volunteer**: Oh yeah (changes the sitting position) I am worried it may affect my grades.

**Lynn:** would it be okay if we go through the entire process of you making a presentation? (says making eye contact and using hand gestures)

**Volunteer:** yeah, sure (saying folding his hands)

**Lynn**: when do you feel most anxious (asks with a concerned low voice). Is it when you are presenting or before the presentation.

**Volunteer:** (Fidgets on the chair) the anxiety starts days before the actual presentation day. Mmmh (having a deep thought) like three to four days before the presentation. The teacher is always telling us when we are going to present. This makes me have anxiety leading to the day of the presentation.

**Lynn:** Nods the head

**Volunteer:** the closer I get to the day of the presentation, the more I get anxious.

**Lynn**: Okay, so you start feeling anxiety, Aaah mmh, a few days before a presentation?

**Volunteer**: yes, that is right. a few days before I present.

**Lynn**: What I am getting is that it starts to get distressing for you three to four days before presenting. What is normally going on in your mind?

**Volunteer**: I keep second-guessing myself, where I have done enough.

**Lynn:** So your thoughts are normally you wondering if you did enough preparation.

**Volunteer:** yes, and I end up thinking that I did not do enough or that I should have done more.

**Lynn:** Okay, so at this point, do you have any emotions going on? (asks with a concerned tone)

**Volunteer:** Yes, I get so anxious and also irritable. When someone talks to me, I easily get offended.

**Lynn:** For how long does this feeling last.

**Volunteer:** Until I make my presentation and it gets worse on the day before I make the presentation.

**Lynn**: When you have this feeling, are you able to prepare?

**Volunteer:** yes (shakes the head and uses hand gesture)

**Lynn:** tell me more about it. (Makes eye contact with the volunteer)

**Volunteer:** At this point, my mind is everywhere; I can't seem to focus on one thing.

**Lynn:** so this worry goes on until the day of presenting?

**Volunteer:** yes (nods the head)

**Lynn:** Let’s talk about the actual day of presenting. Do you ever find that you are the first to present?

**Volunteer:** yes, like that time, I really messed up. I froze in front of the entire class, and I was not able to say anything.

**Lynn:** How does it feel to see the other classmates presenting?

**Volunteer:** At this moment, I normally wish I could run away or come up with an excuse not to present.

**Lynn:** Is this the same feeling you have when presenting.

**Volunteer:** when presenting, I feel embarrassed that the other classmates can see me shaking or hear it in my voice. I am also worried about what the other people are thinking of my content.

**Lynn:** nods the head. How is it after the presentation? What feelings do you have?

**Volunteer:** the anxiety reduces, but I am still worried that I will receive a bad grade and that the other classmates saw how terrible I was.

**Lynn:** So your main concern at this point is what people are thinking of the presentation you just made and the grade that you will receive?

**Volunteer:** Yes (Sys nodding the head).

**Lynn:** of the two, which is the biggest fear?

**Volunteer:** what people are thinking of my presentation. I don’t want them to think that I should not be doing the course.

**Lynn:** How do you feel right now talking to me?

**Volunteer:** Surprisingly, I feel calm. I have no anxiety

**Lynn:** (Smiling) that is good. So maybe the anxiety comes when you are to address a lot of people?

**Volunteer:** I guess so (Nods the head).

**Lynn:** I see our time is much gone by now. Can I suggest that we have another meeting next week same time? I would like to give you some homework. When you have some time, close your eyes and pretend that you are making a presentation in front of your classmates. Do it as many times as you can and journal your feeling. Next week we shall go deeper into our discussion. It was a pleasure talking to you, and have a good day.

**Volunteer:** Thank you.