Initial Interviewing

Course Outline

**Initial Interview Overview**

- Interviewing Words of Wisdom
- The Initial Interview
- Principles of Effective Treatment
- The Therapeutic Relationship
  - The Importance of a Therapeutic Relationship
  - Three Phases of the Helping Process
    - Phase One: Laying the groundwork
- Introduction to Counseling Techniques
  - TAP 21: Resource for the Counselor
  - Knowledge, Skills and Attitudes Needed for Effective Counseling
- Learning check

**The Interview Process**

- The Initial Interview Process and Structure for Practice
  - The Purpose of the Interview
  - Setting It Up: Physical Conditions of the Interview
  - Your Position Always Matters: In Front of the Desk or Behind It?
  - Changing Times: Physical Structure & Limitations
  - The Structure of the Interview
- Establishing Rapport
- Starting Where the Client Is
- The Resistant Client
  - Using Family as Interpreters: caution
- Exploration Process and Skills
- Learning check

**Counseling Skills**

- Overview of Counseling Skills for Interviewing
  - Direct Observation of Non-Verbal Behavior
  - Active Listening
  - Restating
  - Clarifying
  - Summarizing
  - Questioning
Initial Interviewing

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- Interpreting
- Confronting
- Reflecting Feelings
- Supporting
- Empathizing
- Facilitating
- Initiating
- Setting Goals
- Evaluating
- Giving Feedback
- Suggesting
- Protecting
- Disclosing Oneself
- Modeling
- Linking
- Blocking
- Terminating
- Learning check

Interview Theories and Types

- Initial Interview and Beyond: Theory and Practice
  ✓ What Comes First ... Theory or Practice?
  ✓ The Therapeutic Relationship
- Carl Rogers and the Therapeutic Relationship
  ✓ Essential Conditions for a Therapeutic Relationship
  ✓ Rogers’ Belief in Self-Actualization
- Therapeutic Relationship in Psychiatry
- Motivational Interviewing
  ✓ More on Theories Used During Initial Interviewing
  ✓ Trainable Therapist Behaviors in Motivational Interviewing
  ✓ Motivational Interviewing Interaction Techniques
  ✓ Motivational Interviewing Techniques
- Learning check

The Therapeutic Relationship
Initial Interviewing

Course Outline

- Authenticity and Self Disclosure in the Therapeutic Relationship
  - Two Types of Self Disclosure
  - Self Disclosure During Initial Interviewing
- Transference & Countertransference During the Initial Interview
  - What is Transference and Countertransference?
  - Be Aware of Transference and Countertransference
  - Assessment
- Learning check

Course Closing

- Final Thoughts
- Resources for Professionals
- Bibliography