

THE BASICS OF INTERVIEWING

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What's this interviewing thing all about?

INTERVIEW

- Main task is to identify the presenting problem
- Single most important means of data collection
- Can do with a number of people:
 - Client
 - Family members
 - Teachers
 - Former therapist

A GOOD INTERVIEWER

- Must be able to work with a number of people
- Three features:
 - Obtains the most amount of accurate info
 - In a short time
 - Creates a good working environment

INTERVIEWING

- The need for comprehensive information
- The importance of practice

THE REFERRAL QUESTION

- All psychological evaluation begins with a referral
- The referral question shapes the type of assessment to be done
- Examples of referral questions

INTERVIEW VS. CONVERSATION

- Interview is designed to obtain certain goals
- Interview may require discussion of unpleasant thoughts, feelings, or events
- Interviewer is in control\
- One-sided

STRUCTURED VS. UNSTRUCTURED INTERVIEWS

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| <ul style="list-style-type: none"> • Structured <ul style="list-style-type: none"> • Increased reliability & validity • Decreased flexibility • May miss idiosyncratic info • May increase defensiveness and resistance • Allows for comparisons • Used in research and clinical settings • Can be scored by computer | <ul style="list-style-type: none"> • Unstructured <ul style="list-style-type: none"> • Decreased reliability & validity • Increased flexibility • Picks up idiosyncratic information • Increases rapport • Creates favorable changes and encourages self-exploration • Used in clinical settings |
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PSYCHOMETRIC PROPERTIES OF INTERVIEWS

- Reliability
- Validity

WHAT TO DO IN AN INTERVIEW

- Opening and Introduction
- Time Factors
- Settings
- Taking Notes
- **The Opening Question**
- Free Speech
- Establishing Rapport

WHAT TO DO IN AN INTERVIEW

- Managing the Early Interview
- History of the Present Illness

HINTS TO HELP

- Use open-ended questions
- Only ask a single question
- Talk in the client's language
- Choose the right probing question
 - Avoid "Why"
 - Focus on facts
- Avoid negative phrasing

HINTS TO HELP

- Encourage precision
- Keep questions brief
- Keep on the lookout for new leads

INTERVIEWING ABOUT FEELINGS

- Evaluate both negative and positive emotions
- Ways to get clients to discuss feelings
- Once you have a feeling statement, probe for examples
- How to handle an over-emotional client

AREAS TO EVALUATE IN THE INTERVIEW

- See Interview Sheet and follow along.
