Introduction

Welcome to the Journey

Welcome to this class

This class will be an opportunity for you to apply the clinical interviewing and assessment skills you've been wanting to directly experience.

What is Psychotherapy?

Class Definition

Dr. Grieve’s Definition
Introduction
- Learn to develop positive working relationships with a wide range of clients
- Learn how to obtain diagnostic and assessment information
- Learn to apply individualized therapeutic techniques
- Learn to evaluate client responses to particular therapeutic approaches and techniques

Theoretical Orientations
- "There are many ways and means of conducting psychotherapy. All that lead to recovery are good" – Sigmund Freud
- Psychoanalytic
- Behavioral (and Cognitive-Behavioral)
- Humanistic
- Constructive
- Solution-focused

Basic Requirements for Clinical Interviewers
- Master technical knowledge
- Become more self-aware
- Develop excellent observational skills
- Gain practical experience
<table>
<thead>
<tr>
<th>Psychotherapy</th>
<th>Conversation</th>
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<tbody>
<tr>
<td>Focused</td>
<td>Diffuse</td>
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<tr>
<td>Client-Centered</td>
<td>Equally-Centered</td>
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<tr>
<td>Time Limited</td>
<td>Not</td>
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<tr>
<td>Therapist Directed</td>
<td>Take Turns Directing</td>
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<tr>
<td>Only Clients Self-Disclose</td>
<td>Both People Self-Disclose</td>
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<tr>
<td>Power Differential</td>
<td>Equal Power</td>
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