Chapter 12 – Interviewing Young Clients

Special Considerations in Working with Children
- It is easy to overidentify or underidentify with children
- Children are not “just like us” and so it requires study and work to bridge the cultural divide.
- It may be tempting to rescue children and view yourself as an alternative parent

The Introduction
- Most young people do not seek therapy willingly
- Arranging an initial interview can be challenging
- Decide consciously whether to meet with parents/caretakers or not
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The Opening
- First impressions
- Office management and personal attire
- Discussing confidentiality and informed consent
- Handling referral and background information

The Opening (Cont.)
- Wishes and goals
- Assessing parents/caretakers
- Discussing assessment and therapy procedures

The Body
- Meeting separately with parents or caretakers
- User-friendly assessment and information gathering strategies
- What's good (bad) about you
- Using projective drawings
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10 Minute Activity
- Get with a partner and engage in the "What's good about you?" activity.
- After both partners have finished the activity, discuss the process and outcome with the whole group.

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General Considerations for the Body of the Interview
- Arts and crafts
- Nondirective, interactive, and directive play options
- Fantasy and games
- Storytelling

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The Closing
- Reassuring and supporting young clients
- Summarizing, clarifying, and seeking involvement
- Empowering young clients
- Tying up loose ends
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- Termination
  - Terminating with youth can be sudden
  - Sometimes parents or caretakers terminate before you or your client is ready