







Introduction

- 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 some individualized therapeutic techniques
- Learn to evaluate client responses to particular therapeutic approaches and techniques

Welcome to the Journey

- From the text: "Imagine you're sitting face-to-face with your first client. You've carefully chosen your clothing. You intentionally arranged the seating, set up the video camera, and completed the introductory paperwork."
- What fears do you have about working with clients?

Introduction

- 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

What is the Clinical Interview?

- From the text:
 - . . . a complex and multidimensional interpersonal process that occurs between a professional service provider and client. The primary goals are (a) assessment and (b) helping. To achieve these goals, individual clinicians may emphasize structured diagnostic questioning, spontaneous and collaborative talking and listening, or both. Clinicians use information obtained in an initial clinical interview to develop a case formulation and treatment plan.

Clinical Interviewing vs. Counseling and Psychotherapy

- It's often associated with first contact or the intake interview
- It's usually considered an assessment procedure
- But some theoretical orientations minimize formal assessment
- Sometimes therapy is just one session, so it can include everything

The Nature of an Ethical Professional Relationship

- An explicit agreement or informed consent to provide services
- Payment or compensation is provided
- Power differential
- The professional has acknowledged expertise
- There's some professional distance and associated relationship boundaries

Introduction

- Basic Requirements for Clinical Interviewers
 - Master technical knowledge
 - Become more self-aware
 - Especially how culture and social class have influenced your personal values and ways of acting
 - Develop excellent observational skills
 - "Other awareness"
 - Gain practical experience
 - Need to practice

Caveats

- Problems with nondirective listening
 - People become frustrated with it
 - Clients perceive as manipulative or evasive
 - Too many nondirective responses leave clients feeling lost
 - Clients who expect expert advice will be disappointed
 - You may be viewed as unprofessional

Caveats

- Too much of any one response is not a good thing
 - Either directive or nondirective

Psychotherapy

Psychotherapy	Conversation
Focused	Diffuse
Client-Centered	Equally-Centered
Time Limited	Not
Therapist Directed	Take Turns Directing
Only Clients Self-Disclose	Both People Self-Disclose
Power Differential	Equal Power

Why Clients Choose Therapy

- Subjective distress or discontent: This can enhance motivation
- Someone else insisted: These clients may be immediately resistant because they don't want to be there
- Personal growth and development: These clients are usually highly motivated
- Solution-focused therapists refer to clients as (a) visitors, (b) complainants, or (c) customers for change

Collaborative Goal-Setting

- Collaborative goal-setting is associated with positive outcomes
- In CBT, this is done via the problem list
- Both therapist and client bring expertise into the room and both are important

A Learning Model

1. Quiet yourself and listen
2. Adopt a helpful and nonjudgmental attitude toward all clients
3. Use specific interviewing behaviors to develop positive working relationships with all clients
4. Collaboratively obtain diagnostic and assessment information
5. Apply individualized therapeutic techniques
6. Evaluate client responses to therapeutic approaches and techniques

Quiet Yourself and Listen

- Can you imagine yourself calming down and listening without giving any advice?
- Although there's nothing terrible about advice giving, it works best with a foundation of listening

Adopt a Helpful and Nonjudgmental Attitude

- What Rogers (1957) wrote:
 - I feel no revulsion at anything the client says.
 - I feel neither approval nor disapproval of the client and his statements—simply acceptance.
 - I feel warmly toward the client—toward his weaknesses and problems as well as his potentialities.
 - I am not inclined to pass judgment on what the client tells me.
 - I like the client. (p. 98)

Developing Rapport and Positive Therapy Relationships

- The working alliance or therapeutic relationship is central to all approaches to clinical interviewing and counseling or psychotherapy
- We will return to this concept repeatedly during this course

Multicultural Competencies

- A Multicultural Orientation is necessary because:
 - The history of clinical interviewing is predominately White or Caucasian
 - U.S. culture is becoming more diverse
 - It is an ethical mandate
 - It facilitates positive outcomes

Multicultural Competencies II

- Four Multicultural Competencies
 - Cultural self-awareness
 - Multicultural knowledge
 - Culture-specific expertise
 - Culture-sensitive advocacy

Cultural Self-Awareness

- White privilege
 - What are your reactions to the concept of white privilege?
- Exploring your cultural self
 - Discuss this quotation from the text: "Culturally skilled . . . [therapists] have moved from being culturally unaware to being aware and sensitive to their own cultural heritage and to valuing and respecting differences" (Sue et al., 1992, p. 482)

Multicultural Knowledge

- What are some methods for increasing your multicultural knowledge?
 - Books and educational materials
 - Life experiences
 - Classes and workshops
 - What else?

Culture Specific Expertise

- Scientific Mindedness
 - Forming and testing hypotheses about client culture, rather than coming to premature conclusions
- Dynamic Sizing
 - When you should and should not make generalizations based on an individual client's belonging to a specific cultural group

Culture Sensitive Advocacy

- Microaggressions
 - . . . the brief and commonplace daily verbal, behavioral, and environmental indignities, whether intentional or unintentional, that communicate hostile, derogatory, or negative racial, gender, sexual orientation, and religious slights and insults to the target person or group (D. W. Sue, 2010, p. 5)
- What's appropriate advocacy for therapists?

Multicultural Humility

- Three interpersonal dimensions of multicultural humility are:
 - An other-orientation instead of a self-orientation
 - Respect for others and their values/ways of being
 - An attitude that includes a lack of superiority
- Stereotyping is all natural: How will you manage it?
