



## Chapter 13 – Principles and Tips for Interviewing Couples and Families

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### Chapter 13

- Some Ironies of Interviewing Couples and Families
  - More clients, less time
  - What is a couple?
  - How do we define family
  - The generic interview

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### Chapter 13

- Interviewing Stages and Tasks
  - The introduction
  - The opening
  - The body
  - The closing
  - Termination

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## Chapter 13

- Interviewing Stages and Tasks
  - The introduction
    - Preparation and planning
    - First contact: Scheduling couples
    - Meeting and greeting couples
    - Telephone contact and scheduling with families
    - Meeting and greeting families
    - Couple and family education

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## Chapter 13

- The Opening
  - The opening statement in couple counseling
  - Maintaining balance
  - Evaluating couple interactions and behavior

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## Chapter 13

- The Opening (Cont.)
  - The family clinician's opening statement
  - Maintaining balance with families
  - Evaluating family interactions and behavior

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## Chapter 13

- The Body
  - Theoretical orientations with couples
  - Theoretical orientations with families
  - Common areas to address
  - Sex
  - Money
  - Relationship commitment

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## Chapter 13

- The Body
  - Family of origin
  - Genograms
  - Gathering family therapy goals
  - Willingness to make changes
  - Kids, parents, neighbors, friends
  - Drugs, alcohol, and physical violence

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## Chapter 13

- The Closing and Termination
  - Watching the clock and maintaining time boundaries is especially challenging
  - Summarization is crucial
  - Clarify homework
  - End with hope

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## Chapter 13

- Special Considerations
  - Identifying, managing, and modifying conflict
  - Conflict process vs. conflict content
  - How do you feel about conflict
  - How much should you let people argue and fight in therapy?
  - Limit-setting in the service of therapy
  - Diversity issues

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## Chapter 13

- 10 Minute Reflection
  - Get with a partner or small group and discuss your personal experiences with conflict. Talk about how it was dealt with in your families of origin and how you like to try to deal with it now.
  - Share your insights with the whole class as appropriate

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## Chapter 13

- Special Considerations
  - Shifting from individual to couple or family therapy
  - Conflicts of loyalty
  - You are (almost always) not the only (competent) therapist in town
  - Identification, projection, joining, and avoiding

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