

INTERVIEW PROCEDURAL GUIDES

COMMENTS

I. PROBLEM IDENTIFICATION

- a. Discuss area(s) of concern;
focus on one area
- b. Identify and describe problem
feelings and attitudes.
- c. Describe situation: general
and specific aspects
- d. (Optional, depending on previous
material) Based on a, b, & c
material, describe specific
example of difficulty in terms of
problem feeling and situation
- e. Clarify and analyze what behavior
patterns (overt and covert) are
operating.
Example questions: What are you
doing (behaving, thinking, saying,
feeling)?
- f. Analyze and clarify consequences
of pattern. Evaluate in terms of
what client says he would like to
happen (overtly and covertly). In
other words, if client is not
satisfied with what he is getting,
what appears as the desirable
result?

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II. GOAL FORMULATION

- a. Focus on and discuss the "doing" aspect of problem in terms of what appears to maintain the undesirable pattern and its consequences (what, when, where, how often).
- b. Have client describe specifically what he would like as contrasted with consequences of presently used behavior pattern. (Ex. what would he like to happen?) Discuss range of outcomes.
- c. Discuss alternate behaviors. (Ex. what are the alternatives?) Behavior change.
- d. Focus on one outcome.

III. OBSERVING AND RECORDING BEHAVIOR*

COMMENTS

- a. What specific behavior is required in order to realize the client's objective?
- b. What kind of behavior will be watched and by whom? Who will record?
- c. What kind of record will be used and in what time frame (base-line, simple count, etc., daily, weekly, etc.)?
- d. Determine how many times behavior is occurring. (This applies to desirable and undesirable behaviors as evidence of progress.

*Observing and recording behavior is essential in order to objectively determine client progress. This process helps evaluate appropriateness of goals.