

20 MINUTE INTERVIEW

1. Referred client

Whose idea was it that you come to see me?

What will convince ____ that you don't need to see me?

On a scale of 1 to 10 (1 being the worse, 10 the best) where would you rate yourself at this time? Where ____ would rate you on the same scale?

Where ____ would like you to be at?

How important is it for you to make these changes (scale of 1 to 10)?

How willing are you to work at it?

2. Self-Referred Client

What has to be different as a result of your coming and talking to me today? (Turning complaint into a goal). "All my friends are turning against me" into

"So you would like to have more friends who are on your side?"

When was the last time you did this, even a little bit (or a short time)?

How did you do this? (What would your best friend say you did this?)

What would it take you to do this again?

What needs to happen to move up a single point on the scale?

What would other say you need to do to move up on the scale?

3. Miracle Question

Suppose a miracle happened while you were sleeping and the problem that brought you here is solved. What would you be doing differently?

Who would be the first to notice you are doing things differently? What would he/she notice different about you then?

When was the last time it happened, even a little bit?

How did you do that?

What would it take you to do it again?

If you were to pretend, even a little while, that a small portion of the miracle had occurred, what one or two things would you be doing differently?

4. Questions for the Referring Person

Support and agree with the teacher, acknowledge his/her hard work with the child, frustrations and the effort that already has gone into making progress (if true).

What special qualities do you see in this child that tells you that he can do it?

How would you rate the potential for this child for change for the better?

What is the minimum change this child has to make?

Tell me a bout the last time when the child was even a little more like he should be.

How do you suppose that happened?

On a scale of 1 to 10:

Where would you rate the present behavior of the child?

Where is the highest rating the child has achieved?

Where would you rate this child's potential for change?

What is the first small thing I can do to be of help to you?

5. Steps to Homework and Closure of the Session

- a. Agree with and use client's words and world view
- b. Compliment whenever possible
- c. Suggestions toward solutions that can begins with
 - since you believe (think, feel) that . . .
 - Because (it is not your fault . . .)
 - I agree (I can see it seem like others are picking on you . . .)
- d. to the referring person:

"I appreciate your (concern, frustration, worries . . .) regarding Jimmy, therefore, it would be helpful in my work with Jimmy if you can (think about, watch for signs of, keep track of) and tell me what difference it makes for Jimmy. I will (talk with Jimmy, his parents, assess his motivation, check into resources, depending on their idea/view of what I can do to be of assistance to them.)