



THE CLINICAL INTERVIEW

WHAT IS CLINICAL INTERVIEW?

A **clinical interview** is a conversation between a psychologist and client that is intended to help the psychologist diagnose and treat the patient.



THE INTERVIEWER

The most pivotal element of a clinical interview is the person who conducts it.



GENERAL SKILLS

- **Quieting yourself** – minimize excessive internal, self-directed thought that detract from listening.
- **Being self-aware** – know how you tend to affect others interpersonally, and how others tend to relate to you.
- **Develop positive working relationships** – can segue into psychotherapy.
 - respecting and caring attitude is key.



SPECIFIC BEHAVIORS

- Eye contact
- Body language
- Vocal qualities
- Verbal tracking
- Referring to the client by the proper name



BODY LANGUAGE

General rules; face the client, appear attentive, minimize restlessness, display appropriate facial expressions and so on.



VOCAL QUALITIES

Use pitch, tone, volume, and fluctuation to voices to let clients know that their feeling and words are being deeply appreciated.



VERBAL TRACKING

- Ensure clients that they have been accurately heard.
- Monitor the train of thought of client, if able to shift topics smoothly rather than abruptly.



REFERRING TO THE CLIENT BY THE PROPER NAME

Misuse of names in this way may be disrespectful and be received as microaggression.



COMPONENTS OF THE INTERVIEW

- **Rapport** – positive, comfortable relationship between interviewer and client.
- **Technique** – what an interviewer does with clients;
 - *Directive vs. Non-directive Styles*



OPEN-ENDED AND CLOSED-ENDED QUESTIONS

- **Open-ended questions**

- Allow individualized and spontaneous responses from clients.

- Elicit long answers that may or may not provide necessary info.

- **Close-ended questions**

- Allow less elaboration and self-expression by the client.

- Yield quick and precise answers



PRAGMATICS OF THE INTERVIEW

- Note taking
- Audio and Video-recording
- The interview room
- Confidentiality



NOTE TAKING

- Little consensus about note-taking.
- Provide a reliable written record, but can be distracting to client and interviewer.



AUDIO AND VIDEO-RECORDING

- Also provide a reliable record, but can be inhibiting to clients.
- Must obtain permission.



THE INTERVIEW ROOM

Professional yet comfortable with
your clients.



CONFIDENTIALITY

Involves a set of rules or a promise that limits access or places restrictions on certain types of information.



TYPES OF INTERVIEWS

- Intake Interviews
- Diagnostic Interviews
- Mental Status Exam
- Crisis Interviews



INTAKE INTERVIEWS

To determine whether to “intake” the client into the agency or refer elsewhere.



DIAGNOSTIC INTERVIEWS

- To provide DSM diagnosis
- Structured interviews often used
 - minimize subjectivity, enhance reliability
 - SCID (Structured Clinical Interview for DSM-5)
is an example
- Currently being revised for DSM-5



MENTAL STATUS EXAM

- Typically used in medical settings.
- To quickly assess how a client is functioning at that time.



CRISIS INTERVIEWS

- Assess problem and provide immediate intervention.
- Clients are often considering suicide or other harmful act.



CULTURAL COMPONENTS

- **Appreciating the Cultural Context**
 - knowledge of the client's culture, as well as the interviewer's own culture.
 - for behavior described or exhibited during interview.
- **Acknowledging Cultural Differences**
 - wise to discuss cultural differences rather than ignore.
 - sensitive inquiry about client's cultural experiences can be helpful.



Thank You! =)

