



Interviewing Techniques

Normalizing family struggles

Normalizing the family problem as part of the normal developmental process that all families experience.

Search for exceptions to the pattern

Searching for and identifying any exceptions to the pattern.

Externalizing the problem

Referring to the problem as if it existed outside of the client

Tracking the problem behavior

Slowing down the description of a problem pattern or cycle to include details of thoughts, feelings, and actions

Influence between session changes

Using the time between sessions for more observation and discovery.

Old verses new T-charts

Using flipcharts to list the characteristics of the old way of doing things so that they can be differentiated from the new ways

Scaling questions

Asking family members to give their best estimate of where on a scale of given variable they might fall

Time-oriented questions

Taking clients to another moment in time to advise themselves.

Expanding the audience for Change

Ensuring an ever-expanding audience for awareness of the ongoing changes in the client's cognitive and behavioral skills.

Assessing problem pattern influence

Assessing the influence the problem has on the family and what influence the family has on the problem/

Reinforcing progress through credentialing

Reinforcing change and credentialing change from the earliest moment on therapy.

Celebrating rites of passage

Choosing to recognize significant progress with celebration and ritual to assist in securing lasting change.