An Interview of Your Choice

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**For the purpose of this assessment, I interviewed a young female business graduate from the University of Jundiai Sao Paulo Brasil, aged 25 years, Renata Petracone de Oliveira as my client. She works as a seller in the company Shimtek industry and trade of resins LTDA. Before starting the interview, I prepared myself with a list of questions to learn more about my client. In addition. I reviewed the American Counseling Association's code of ethics for 2014, to be more professional, ethically possible, and to ensure the success of the interview. I took informed consent from her as part of the ethics of counseling** (ASSOCIATION, 2014)**. I referred to the site pychcentral.com, to obtain the interview question and I stick to the simple questions. My interview question comprises of:**

* **What brings you here?**
* **Did you ever visit a counselor earlier?**
* **What is the issue from your perspective?**
* **How do you feel due to this issue?**
* **What makes the issue better?**
* **If you could do a magic spell, what changes you would love to bring to your life?**
* **What would it take to make happy and satisfied?**
* **How would you define your mood generally?**
* **What are your expectations from the counseling process?**

**The content of my interview was aimed at obtaining the necessary information form the client and her feelings. I tried to get insight into her mood and what could be done to make her feel happy or satisfied. Besides, it was focused on her feelings, desires, and wishes. She shared that she wants herself to be valued and support her family to make them happy at any cost. Moreover, she wanted the counselings to teach her the right ways of communicating and overcoming nervousness, hope and ability to feel happy and free of stress.**

**I tried to develop a relationship with her. Bleger (1987) says the "psychological interview is a relationship, with particular characteristics, that is established between two or more people. The specific or particular of this relationship is that one of the members is a psychology technician who must act in that role, and the other or the others, need their technical intervention. However, this is a fundamental point, the technician not only uses his psychological knowledge in the interview to apply it to the interviewee, but this application is produced precisely through his behavior during the interview. To underline the fundamental aspect of the interview, it could be said otherwise that it consists of a human relationship in which one of the members must seek to know what is happening and must act according to this knowledge. The achievement of the possible objectives of the interview (investigation, diagnosis, orientation, etc.) depends on this knowledge and the action and agreement with this knowledge "(Bleger, 1987, p.12).**

**The interview lasted for about thirty minutes. To extend the interview for this much time, I created a script with the detailed information I need to extract from the client. As this opportunity of learning does not come every day, so I used every minute to build a learning context. The questions designed were open-ended because it allows the interviewee to express what they think fully** (“Structured and Unstructured Interviews | Simply Psychology,” n.d.)**. I gave more freedom to the client to respond to questions and allowed the conversation to flow in the best possible way for the client to have a friendly climate. The open-ended questions do not have answers in yes or no, and hence the client exposed her feelings. I used all my knowledge to obtain information from the client and tried to know her better. I also asked herself to share some incidents from her life to clearly express herself, which prolonged the interview duration. She was so indulged in speaking to me that never realized the time.**

**Overall, the interview was smooth sailing, but at some points, it went quite emotional and upsetting. The moment she told me about her relationship with her parents and that she is the only one caring for her younger brother and mother suffering from depression, was very nerve-racking for me. I was thrilled to hear the story of a young woman still so young and carrying so many responsibilities and living in a family with many issues. She got emotional and shattered while telling her story and made the situation uncomfortable however I was able to manage it by consoling her and appreciating her for her efforts. I told her how brave she is and how amazing it is to manage herself in such circumstances. I would have the solution to her problems, but I came across words.**

**As I comforted and cherished her for the bravery she is expressing and managing her responsibilities in a fine manner; she got happy and comfortable. In addition, I tried to maintain a friendly and empathetic attitude towards her from the beginning of the interview that made it welcoming and comfortable. Empathy is an important element in therapy and counseling and produced desired outcomes** (Elliott, 2011)**. I told her the story of my mother who managed herself in the same circumstances and informed her about my familiarity with such trials and their difficulties. She was very welcoming and provided every bit of information about the feelings laying deep in her heart. My compassionate and friendly behavior made her very comfortable and made interview very welcoming and easy for both for us.**

**I believe I succeeded in showing her, trusting her, and assuring her that she could express her feelings in a quiet, good-energy environment without judgments. My behavior and support made her feel contented and relaxed that allowed her to share her what prevailed in her heart from a very long time. In addition, I was successful in analyzing each situation carefully, in finding a solution for her.**

# References

ASSOCIATION, A. C. (2014). Retrieved from counseling.org: https://www.counseling.org/resources/aca-code-of-ethics.pdf

Elliott, R. B. (2011). Empathy. *Psychotherapy, 48(1)*, 43.

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