**LASA 1-Create and Interview Guide**

Interviewing Techniques

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School or Institution Name (University at Place or Town, State)

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**Interview Purpose**

 It is the ethical responsibility to pursue the well-being of the client. This means the specific purpose of the interview is to help the client who is seeking help for persistent headaches and problems in sleeping. It will be extremely important to be able to model questions to the specific to the client’s case who is suffering and in need of professional help. I will gather information from the client by asking, and close-ended questions; then I will use the information to serve the client to help figure out the source of his problems. At the end of an interview, I will form my analysis to guide client deal with his problems through lifestyle changes and the required treatment.

**Interview Structure**

 The structure of the interview is important because it helps to establish a more comfortable environment for the client. And helps the client to open up about his stresses and problems which not only helps to understand the problem but also promotes the client/clinician relationship. This is how I will structure an interview. First, I will introduce the client to the interviewing process and communicate the interview’s purpose, as explained above, with him. This generally will help to set the track and pace for the client. It is significant for the interview for both the interviewer and the client to give their brief backgrounds. I will introduce myself to the client and he will do the same. This allows the client to know the credentials of the interviewer, which makes him trust the interviewer and for the interviewer, it gives him vital information regarding the case from a firsthand account through the client. The questioning portion of the interview will then move to closed-ended questions to gain basic information such as objective facts, followed by open-ended questions to gain more complex information for the treatment plan. By the end of the interview, hope is to obtain a diagnosis and come closer to means for treating the symptoms. After this procedure, the formulated plan will be followed in the client/clinician relationship, which needs to be agreed upon by both client and clinician. This plan will demonstrate the ethical priority of the client’s well-being(“Structured and Unstructured Interviews | Simply Psychology,” n.d.).

**Interview Questions to obtain information**

**Closed-Ended Questions:**

1. What is your gender, age, marital status, and employment status?
2. What type of symptoms are you experiencing?
3. Which symptom is most troublesome for you?
4. When did you first notice the symptoms?
5. Did anything particular happened on the day, you first time experienced symptom?
6. How long does each headache last? How many times per day?
7. Have you noticed any regular patterns to the headaches?
8. How many hours a night do you sleep?
9. Do you feel anxious, hopeless, depressed?

**Open-Ended Questions:**

1. Do you take a nap in the morning?
2. When you wake up in the morning?
3. How can't sleep at night or you get poor sleep? Like you keep waking in the middle of the night?
4. How are you feeling today?
5. How do you feel after a sleepless night?
6. When was the last time you had a good sleep?
7. Can you tell me what sort of treatment you are comfortable pursuing?
8. Why do you think stress influences these symptoms?
9. Tell me your complete routine of the day?
10. In your opinion, how outside factors and personal factors are causing you to be stressed?(Fall, Holden, & Marquis, 2017).

**Technique Examples**

 In the interview, I hope to be able to actively listen to what the client is telling me so that I may be able to paraphrase and summarise what the client is saying to me. This will allow me to be able to understand the situation more in-depth and keep a firm grasp on the situation. To be able to do this, I will need to let the client talk in significant amounts without any break and then will give the information him and ask him questions to make sure that I am on the right page with them.

 Paraphrasing- to paraphrase in this scenario, I may pick out an individual detail given by the client and then tell the client to provide me with the details on this topic. For example, the client tells the symptoms that he feels and describe them disturbing, so iI will rephrase his line and ask him how he actually finds the symptom disturbing. This rephrasing will make the client feel that I was listening to him attentively.

 Summarizing- A summarization would be used after a large group of questions to make sure the ideas for all are thoroughly understood before moving on to the next section.

 Reflecting- The reflection will come at the end of the session right before the treatment plan. This is to make sure all the material that was talked about is looked over and that it is extensively peered into before the treatment plan(“Reflecting and Paraphrasing • Counselling Tutor,” n.d.).

**Types/Examples to Avoid**

 Types of questions that will be avoided are ones that are stacked and overwhelming for the client, not like any of those that have been prepared above, but ones that would be hard to track or that might make the client more defensive (Argosy, 2018). This could look like "why do you not know what is causing these symptoms? Does anyone around you keep tabs on you? Why do you think that therapy is the answer to this? Are you sure you're not making this up?" These questions demonstrate an offensive style of asking questions that may leave the client feeling uneasy or overwhelmed and that can result in the client's desire to discontinue. Another set of question types that these questions could demonstrate are loaded questions or questions that make you feel trapped and are not typically purposed for interviews” (Argosy, 2018).

**Analysis**

 Due to the interactions I have with people in my life, I do not typically have sympathy for those who complain about having headaches or sleeping problems, due to the fact that in the majority of those cases the reasons behind are simply based on person's own fault and negligence. I have also experienced that people who generally complain of headache, they usually use it as an excuse to avoid the participation in social activities such as hang out with their “friends” or to avoid going for work. It becomes more difficult to trust the person and show empathy to them when you know that they typically tend to come up with these issues on the days they are supposed to do things. But I do believe that such behaviour has nothing has nothing to do with age, culture, gender, sexual orientation, or ethnicity.

 In this interview, I will analyze that if a person is simply a complainer or has a general anxiety disorder. Because sometimes people avoid social activities because of their anxiety. Because the idea of the tough day ahead can also be the reason for sleep troubles and headaches, I will examine the pattern of symptoms carefully. I will not let my past experiences come in way of me analyzing the patient. The best way I can separate my feeling influence my time with the client is to be mindful of the approaches I am using for figuring out the cause to the client’s symptoms which might look like finding triggers in their everyday life. The more I focus on the interview and the content within it, the more I will be able to redeem these symptoms for others around me to where I can start having sympathy for them again. I do not intend to inform the client of my own interactions with similar symptoms in people who are close to I because I do not believe it would be productive and actually might make the client think I am judging them.

**References**

Fall, K. A., Holden, J. M., & Marquis, A. (2017). *Theoretical Models of Counseling and Psychotherapy*. Taylor & Francis.

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