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Analysis Paper for Assessment Interview Project #1

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This interview allowed me to practice my skills in interviewing a pseudo-client for 15 min. In that time, we were to practice completing an echo-map and assess for ACE's and resiliencies in the pseudo-client. After reviewing myself on the video, I think that I listened to the client fairly well but not as well as I could have. I feel that I did well at picking up on who and what was important to the client and when we started the echo-map I was able to pull different individuals and groups that the client had already mentioned were important to her like her boyfriend, her family, and the gymnastics team. However, there were times when doing the echo-map specifically where I kept saying "Ya", "Um-hum", and "Right" where it was interrupting the client and what she was trying to say. During the session, I affirmed and validated the client at the beginning of the session when I said that it was admirable that she was able to stay so busy and enjoy all the athletic things like gymnastics, running, outside sports. I also affirmed the client at the end of the session when I mentioned that she had a lot of strong relationships and she seemed to be committed to her relationships which was also admirable.

Throughout the interview, I felt that I was more accepting, genuine, and had more warmth than my last video, however, I still get nervous and talk fast and the interview doesn't feel relaxed in my opinion. I was genuinely interested in her gymnastics and how long she had been in gymnastics and felt genuinely interested in learning more about her problem and things she had tried and how it was all affecting her. I was accepting of everything she said but at one point in the interview when she was talking about how her boyfriend sometimes feels like a parent figure and she would rather him be her boyfriend than a parent, I smiled which could have been taken as judgmental which was unintentional. I did not even realize I was smiling until it had already happened. Being aware of my non-verbal language is essential to being accepting of

all the client says. I really struggle with showing empathy and I do not feel that I showed any during this video. While I paraphrased and reflected on what the client shared throughout the interview, I did not show empathy towards the client. This is a skill that I need to continue working on to become better at interviewing and connecting with clients. A way that I will continue to practice this skill is being intentional about showing empathy in my interviews. Looking for specific opportunities to use empathy in different interactions both when working with clients and also interactions with friends and family will also help me to improve at this skill.

Some ethical values/principles/standards that I demonstrated during the interview were dignity and worth of a person, importance of human relationships, service, self-determination, confidentiality, physical contact, and derogatory language. Dignity and worth of a person was demonstrated in practicing active listening skills, asking the client if it was okay to proceed with the echo-map and using eye contact with the client. Importance of human relationships was demonstrated when I emphasized that she had a lot of strong connections with individuals and she was committed to the relationships which was admirable. Just by offering my services to her, service was demonstrated. By asking if it was okay to proceed with the echo-map, asking certain open-ended questions to allow her to disclose what information she wanted, and letting her decide if future sessions would be permitted, I demonstrated self-determination. I informed my client about confidentiality at the beginning of the interview and refrained from physical contact or derogatory language which demonstrated confidentiality, physical contact, and derogatory language.

Some of my own personal biases and values that impacted my work with my client were that I have not had good experiences with relationships. This includes romantic relationships, but

this also includes friendships. I failed at maintaining a relationship with my brother and also with a best friend of 10 years. While the majority of the interview, I do not feel that I showed my bias opinion throughout most of the interview but one time I did see it come out is when she was sharing that she would rather her boyfriend be her boyfriend and not a parent to her. I smiled when she said this which as mentioned before could have been taken as judgmental which was not the intent. I have a very anti-relationship thinking right now due to the pain of failed relationships and the boyfriend acting as a parent made me want to say that guys are horrible, and you are better off on your own. While I refrained myself from saying these things, my smile did slip out. As far as a plan of action to enhance my ability to work with clients who have relationship problems, I think just knowing and accepting my views and work on setting them aside when working with a client will be helpful. I don't see my views on relationships changing in the near future so being intentional about my non-verbal language and truly going into the interview with a clear slate will help avoid these situations in the future.

In the interview, my mind forgot that assessing for ACE's and resiliencies was a part of the skills to practice. When she mentioned that the tone that her boyfriend uses was the same as the one her parents used which scared her, I missed an opportunity to explore that tone and the source of the tone. I remember thinking in the interview that that might be an ACE, I failed to explore and confirm that possibility. If I were to do the interview again, I would try to explore more areas of her life when doing the echo-map. When she brought up different areas of her life such as her family and who all was in the family, her boyfriend, and her gymnastics team, I just wrote them down without exploring further details. Some of this was because of time constraints but I also did not remember to look for those areas.

From my interview, I did not notice any areas of trauma mentioned by my client. She did mention a tone that her parents used when they got upset but she also mentioned that she was the good kid and did not get in trouble very often. I realize that does not mean there was not trauma as a child and I failed to explore more and learn more about her family life. This is another area that I need to focus on learning more and practicing when working with clients. A way that I helped reduce trauma with my client was to empower her with showing her the support systems that she had to help her through difficult situations. In the interview, I find that I get nervous and forget some key points of things I need to be looking for or show throughout the time I am with a client. Learning to relax and thinking through the goals of the interview in my head will hopefully help me to remember these important concepts to cover.

From the feedback my peer gave me, I will continue to be intentional about asking relevant and good follow up questions. I will also continue to try to have smooth transitions even though I did not feel that the transition was very smooth. When transitioning from the client's problem to the echo-map, I should have paraphrased what the client had just said and then ask if there was anything else. Some skills that I need to continue to practice are empathy, warmth and ability to put client at ease, and assessing for ACE's. These are things that I have mentioned that I do not feel that I excel at, so it was encouraging to see that my thoughts were consistent with what my peer thought. In future interviews, I may try asking the client if they are comfortable where they are at as my peer suggested. I will also be intentional about showing empathy and going into more depth to learn more about ACE's in my client.

On a scale of 1-10 where 1 means I am uncomfortable and highly insecure with my skill level and where 10 means I am fully comfortable and highly secure in my skill level, I would rate myself probably around a 3.5. The reason I give myself this score is that I realize after the

interview that while I started an echo-map, I failed to assess for ACE's and resiliencies or show trauma informed care. I felt strained because of the time and rushed some areas and topics where I should have spent more time on learning more about my client and her life. I failed to do any sort of goal formation or planning with my client as I jumped abruptly from her problem to the echo-map. I showed no empathy and did not do well at putting the client at ease or showing warmth. I also missed many opportunities to paraphrase and reflect what the client had just shared with me and instead opted out by saying "Okay". While I showed active listening skills by nodding, and saying comments such as "Ya", "Right", and "Okay", not paraphrasing and reflecting what the client said perhaps made the client feel unheard. I also could have involved the client more in the echo-map process by allowing her to draw the circles and place lines to indicate the relationship. This would have involved a better explanation of what the echo-map was and how to fill it out than I gave as I stumbled over my words to describe it. This is why I gave myself a 3.5 on the scale from 1-10. In future interviews, I hope to accomplish more of the assigned skills to practice and become more intentional about practicing the skills which I lack. I will do this by being intentional about paraphrasing and reflecting as well as ask more questions and look for more areas to add to the echo-map. Practicing how to introduce and explain the echo-map will also allow the interview to go more smoothly.