

STUDY GUIDE

COU212

“The Helping Interview”

Answer the following questions in essay form. Type your answers; double-spaced. Be concise, yet thorough in your answers.

1. As a helper, why is knowing ourselves important in the helping interview?
2. We discussed the helping interview as having three main stages. Name the three stages and briefly elaborate on each.
3. Discuss the use of silence in the helping interview. Give several purposes of silence, including those which are positive and those which are negative.
4. Discuss three ways in which we as helpers can understand the helpee.
5. Discuss the use of questioning in the helping interview. When should questioning be utilized? When should questioning be avoided?
6. What are some obstacles to effective communication?
7. Name three different types of questions and give a brief description of each.
8. Discuss the use of “why” questions in the helping interview.
9. Discuss “Interviewee-centered” responses and leads. Talk about the focus and life space of the interviewee. Identify three responses or leads and give a brief explanation of each.
10. What role does “advice” play in the helping relationship. Give a brief discussion of the pros and cons of advice-giving.
11. What is the purpose of urging in the helping interview?
12. Give a brief description of authority leads and responses.