

Date: October 30, 2014

CCR: COUN 4080-003

Class: Essentials of Helping Relationships

Instructor: Robin DuFresne

Watched video and talked about how it was not the way to interact with a client.

Assessment and Initial Interview:

Assessment:

- Done by intake worker, not always licensed social worker
- Sometimes referred to as diagnostic assessment or intake assignment
- Do door openers and are sitting appropriately
- Try to build a relationship because you may be keeping this client

Therapeutic relationship:

- Ask if they had counseling before
- ask what do they like/ what worked/ or didn't work last time if they had counseling

Screening:

- CAGE question to ask if you think someone has a substance abuse problem
 - o C: have you ever tried to cut back
 - o A: has anyone been annoyed at you
 - o G: have you ever felt guilty about anything you have done while/after using the substance
 - o Eye opener: did you wake up in the morning and use the substance
- SASSI-III:
 - o Takes five to ten minutes to tell you if a person needs more assessment to determine if they need more testing to determine substance abuse.
 - o Pre-screening
 - o Have to be able to read at a third grade level/ or comprehend at a third grade level

Assessment Stage: Organizing Information

Take observations, information from client, information from other sources → diagnose/ identify major issues → tells you the issues and what you need to work on with the client

****keep in mind these notes are in addition to Robin's PowerPoints****

- say, "I want you to fill out this assessment, in order for us to help you get better," instead of "we are going to test you for a personality disorder" because it can carry a negative connotation to some people
- Meyer Brigs Test: 16 codes that tell you of your personality (not very accurate)
- When you recommend tests, make sure they have validity

Diagnosing:

- Counseling thinks that diagnosing is stigmatizing.
- Counselors and social workers are not able to diagnose in Michigan, but can in Ohio

Organize the Assessment: option 2

- Mood (affect)
- Thoughts
- Behaviors
- Perceptions- for assessing someone for psychotic features. Ask what that diagnosis means to you. How they perceive the world, like if they see things that we don't (delusions).

Organize the Assessment: option 3

- Most important for children
- Did the child potty train at the right age, start walking at an appropriate age, did they make a best friend for children
- For adults ask if they are married, etc.
- Ask about limitations in a roundabout way

Organize the Assessment: Option 4

- Ask about being oriented times 3: oriented to person, place, and surroundings
 - Do you know who you
 - Do you know where you are
 - Do you know the date
- MSE:
 - Mental status exam: a full one takes a long time

- o Ask them to remember a couple words and then ask them minutes later to tell you what they are
- o Ask them to count back from 100 by 7's

Robin demonstrated how to do an intake form appropriately and inappropriately

Sidenote: GED price doubles as of January 2015