

## Final Project and Presentation Directions

### Video Recording and Paper 100 points

In groups of three (or four), you will portray a client, a counselor and be an observer in a set of role plays within your group. The “sessions” will be video recorded and need to be a minimum of 20 and maximum of 25 minutes in length. The “issues” brought up by the client must be focused on present drug and alcohol use issues. The client will demonstrate characteristics of being in either the precontemplation or contemplation stage of change. For the purposes of this assignment, you have already met the “client”, and this is not to be an assessment type interview.

After the videos have been recorded the student will then view all the videos and write a set of critiques based on the videos. The paper needs to be typed, double spaced, 12-point font with standard margins. The paper will be submitted in the “Final Project” drop box on eLearn by the due date.

- The critique as the counselor needs to be a minimum of 2 ½ pages long.
- The critique as a client needs to be from 1 ½ -2 pages in length.
- The critique as an observer needs to be from 1 ½ -2 pages in length.
- The entire paper needs to be a minimum of 5 and maximum of 7 pages total.

As the **counselor**, demonstrate effective counseling skills, utilizing primarily techniques related to Motivation Interviewing. Make sure the techniques used are consistent with the client’s stage of change. These techniques can include but are not necessarily limited to:

- Reflections of affect and reflections of content
- Reflections of discrepancies
- Affirming strengths
- Rolling with resistance
- Open ended questions
- Summarizing
- Reframing

Write a critique on what it was like being in the role as the **counselor**. Provide information on the following:

1. The client's state of change is identified, and how this conclusion was drawn is explained.
2. The client’s “motivational crisis” is identified and how this conclusion was drawn is explained.
3. At least 8 specific examples of use of motivational interviewing techniques in responses with the client.
  1. Type out the responses verbatim.
  2. The type of responses is identified and rational for use is clearly provided.
  3. Responses include “time markers” so the interaction can be viewed, and feedback can be provided.
  4. The responses are listed in chronological order. Initial introductory statements and use of words like “go on” and “uhm cannot be used as part of the 8 statements.)
4. In reviewing the role as the counselor, the clinical interactions were critiqued and what the student would do the same and or differently is discussed including rationale.
5. There is discussion of overall views and opinions of the session.
6. The “counselor” section is at least 2 1/2 pages in length.

As the **client**, write a critique on what it was like being in this role. The focus is on the experiences in the session.

1. The issues brought up in the session are specific to drug/alcohol use and “client” was portrayed being either in the precontemplation or contemplation stage of change.
2. As the client, discuss thoughts, feelings, awareness, and behaviors experienced during the session.
3. Identify at least two (2) helpful interactions between the client and counselor. How they were helpful is clearly described. “Time markers” are used for each interaction identified. What did the “counselor” do that was beneficial to the client?
  1. Be specific and constructive.
  2. Use “time markers” to identify two (2) helpful interactions.
4. What did the “counselor” do or not do that was problematic to you as a client.
  1. Be specific and constructive.
  2. Use “time markers” to identify two (2) less than helpful interactions.
5. The “client” section is at least 1 ½ -2 pages in length.

As the **observer**, write a critique of the counselor, focusing on what seemed to work or not work in the session including what techniques were used. Use behavioral observations of the counselor and client and the interactions between them.

1. Identify and describe at least 2 specific techniques used by the counselor in response to the client which were viewed as effective. “Time markers” are used for each response and technique you identified.
2. Identify and describe at least 2 specific techniques used by the counselor in response to the client which were identified as ineffective. “Time markers” are used for each response and technique you identified.
  1. For those ineffective techniques or interactions, alternative techniques and interactions are described including rational.
3. Overall impressions of the dynamics between counselor and client are clearly described including behavioral observations.
4. This critique includes constructive comments which are meant to help other individuals grow as a helper.

### **Structure, Organization, Spelling and Grammar**

1. Paper is typed in 12 font and double spaced with standard margins.
2. Paper includes a cover page with assignment title, date, name of the class and the student’s name and names of other group members.
3. Paper has no spelling or punctuation errors and is grammatically correct.
4. The body of the paper is a total of 5-7 pages in length.
5. The interview conducted was within the 20-25-minute requirement.

### **Group Presentation (50 points)**

The group will create a presentation which will be shared with classmates. This presentation needs to be between 20-30 minutes in length. Include some creative handout or classroom activity which will engage the audience and provide additional learning.

Each member of the group will facilitate a discussion based on their “counselor” video. Choose and share a segment or segments to show and teach about the technique used, rationale on use of that technique, and critique the interaction and results. Involve the rest of the class in the discussion.