

Interview Techniques

- I'm confused.
- I'm perplexed.
- Help me understand that.
- What does that mean to have a gang member for a boyfriend?
- Let's watch this unfold together.
- Have you discussed this with anyone else? (This gets at patient's support system and may get at his values, and certainly what he has thought about this in the past).
- I can see why your health is coming second.

Psych Questions

- Tell me about the experiences that brought you here.
- I'm curious about...
- How would it feel if you... (went out with Dad)?
- There may be some reason this is a precious baby
- What do family members say about...
- Try to learn about the symptom first rather than fixing it.
- You will be faced with decisions about drugs, sex, alcohol, etc.

How to get at underlying questions

- What do you want to tell me that no other doctor listened to?
- What are you going to tell your husband when you get home about this visit.

Dealing with children

- Get curious...Not furious!
- What can make this better?

Dealing with adolescents

Preface: I'd like to ask you some questions about your health. Some of these questions may seem nose-y but they all have to do with keeping yourself healthy.

Raise Awareness: "Lots of kids get hurt on skate boards. I just wanted to make sure you were aware of that?"

Teach alternatives: Teen tells you they smoke so they will have something to do with their hands. Find out what they can do instead.

Change behavior: "I'm not your parent. I don't moralize. I try to give you ways to keep yourself healthy."

Misc: "If some kid in your school wanted to tell someone they were gay who could they talk to? How would they be treated?"

Risk behaviors:

Feedback: Reflect back what the adolescent said.

Reflection: Get the kid to talk about why the behavior is occurring and take responsibility.

Advice: This is why it's dangerous....

Motivation: Talk about what would happen if.....

Education:

Self efficacy:

Empathic skills

Excellent chapter in Behavioral Medicine in Primary Care. Published by Lang. Edited by Christensen. The chapter on empathic skills is by Barry....

- Reflection:
- Validation: Anybody would feel angry about that.
- Support:
- Partnership: Would you like to work on that together.
- Respect: You've really worked hard on that.

Supporting adolescents

- Kids need connections. Parents should try to connect with their kids. Don't just yell at them. Say and do positive things together.
- Help kids talk about feelings.
- Doctor should try to make patient feel special (How was your trip last month?).
- Adolescents who are connected to adults are psychologically safer.
- Peak time for adolescent pregnancy is 3-6PM.