

Interviewing a Therapist or Counselor

For this assignment you will conduct an interview with a therapist or counselor. Begin by providing a brief introduction.

Suggested script:

Hello my name is _____. I am a psychology student (or your major if not psychology) currently enrolled at Benedict College. I am seeking to learn a little more about the helping profession. Would you mind participating in a brief interview?

Below are the suggested interview questions, once you have received permission from the professional to move forward with conducting the interview. The questions are as follows:

1. Can you tell me a little about your practice?
 - How long have you been practicing?
 - What is the primary focus of your practice?
 - Do you focus on a particular population?
2. What is your theoretical orientation?
3. What made you decide to become a therapist?
4. What do you do outside of work that helps you maintain a healthy, well-balanced life?
5. How do you stay organized and stay on top of documentation?

6. What do you consider to be the most important traits for a therapist to have?
7. What advice would you give an undergraduate college student seeking to enter the helping profession?