

Activity from Chris Ann Meno Ph.D (Indiana University CAPS)

- The interns and I sit in front of a large dry erase board and each of us gets a marker. I begin by explaining that outreach is an extension of clinical work; it requires the use of skills they already possess, but applied in different ways.
- I then take 5-10 minutes to go through several examples of counseling theories, skills or interventions and how each is used in outreach.
- For example:
 - o Assessment (you must talk/meet with the requestor and ask lots of questions about their needs, the history behind the request, who the audience will be, etc.) in order to develop an appropriate 'treatment plan' and 'treatment goals' for that outreach program.
 - o Developing the program or 'treatment plan' after your assessment - You must think about boundaries, ethics, stages of change model, issues around diversity. We use theory and research to guide us in deciding what and how to present the outreach program.
 - o Goal setting – important to discuss this with the requestor; what is reasonable? What's not?
 - o Rapport building – the facilitator needs to start doing this with their audience members as soon as possible. What are ways we do this? (same as in counseling- eye contact, smiling, asking questions of audience members, etc.)
 - o Using silence with your audience or “wait time” as it's called in other professions-
 - o Transference and Countertransference with the requestor, topic or audience members
 - o Use of questions – open vs. closed, how many to ask in a row
 - o Self disclosure-
 - o How to create lasting change- can you give audience a homework assignment or way to check in with them regarding the program

Etc., Etc....

Then for the rest of the hour meeting, I ask the interns to take turns adding theories, concepts, skills to the board and talk out loud about how those might apply to outreach. It's slow at first, but they seem to be able to apply these ideas after we each take a couple of turns.

Our interns do this exercise in August, and again in July....it's really fun to watch how much they've learned as they do this exercise a second time.