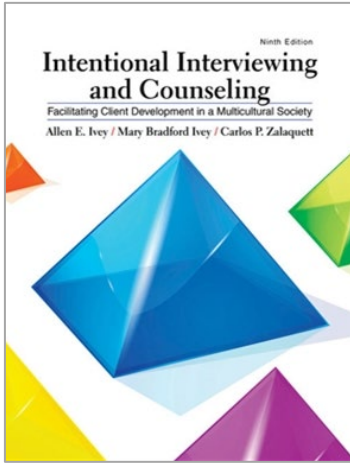


## MindTap Quick Start Guide



### Intentional Interviewing and Counseling: Facilitating Client Development in a Multicultural Society 9<sup>th</sup> Edition

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Over 500 data-based studies and years of field testing attest to the effectiveness of the microskills model in this hallmark text. It enables students of many backgrounds to master basic skills in a step-by-step fashion, empowering them to use listening and influencing skills as they conduct full interviews. Neuroscience and neurobiology, and their applications to counseling, are clearly outlined throughout.

### 3 Key Features

Activity	Where to find it – an example	What is it	Why it matters
Helper Studio exercises	<ol style="list-style-type: none"> <li>Section I: The Foundations of Counseling and Psychotherapy</li> <li>Chapter 2: Ethics, Multicultural Competence, Neuroscience, and Positive Psychology/Resilience</li> <li>How do I practice what I've learned?</li> <li>Chapter 2 Helper Studio: Erica, Understanding Challenges</li> </ol>	<p><b>Helper Studio exercises</b></p> <p>Students watch a brief role-play video and are then asked to answer brief, related questions. They then record and upload their response to the role-play as they would a client.</p>	<p>Students are able to elevate thinking through questions and practice their skills.</p>
Video Activity	<ol style="list-style-type: none"> <li>Section III: Transitioning from Attending and Listening to Influencing Skills</li> <li>Chapter 10: Empathic Confrontation and the Creative New</li> <li>How do I practice what I've learned?</li> <li>Chapter 10 Video Activity: confrontation, Example 1</li> </ol>	<p><b>Video Activities</b></p> <p>Students watch a video surrounding the main theme(s) of the chapter and are asked to respond to questions regarding concepts presented in the video.</p>	<p>The videos and associated questions help students make multiple connections about the chapter's content. Students are also provided an opportunity for reflection and can begin to build foundational understanding of the chapter content.</p>
Practice Activity	<ol style="list-style-type: none"> <li>Section V: Integrating Skill Into Theory for Effective Practice, Personal Style and Transcendence</li> <li>Chapter 14: Skill Integration, Determining Personal Style, and Transcendence</li> <li>How do I practice what I've learnt</li> <li>Chapter 14 Practice Activity: Skills, Responses, and Concepts</li> </ol>	<p><b>Practice Activities</b></p> <p>Questions are presented so students are able to practice and reflect on key concepts related to each chapter.</p>	<p>Students apply their learning, leading to greater understanding of and engagement in course material and further developing an understanding of the content presented in the chapter.</p>

**Ivey/Ivey/Zalaquett, *Intentional Interviewing and Counseling: Facilitating Client Development in a Multicultural Society, 9e 2018***  
**MindTap Asset Description**

Activity	How many?	What is it?	Seat time?	Why it matters?
<b>Why am I here? Polling Activity</b>	14	Students respond to scenarios that allow them to explore their current personal attitudes and beliefs about the topics presented in the chapter.	5 minutes	Through these scenarios and related polling questions, students begin to think about their attitudes and beliefs surrounding chapter's topics and themes, connecting them more deeply to the reading as they move through the chapter.
<b>Quiz: Did I get it?</b>	14	Multiple-choice, auto-graded quiz questions designed to increase retention and reading comprehension. Made to be completed before class discussion.	17 minutes after reading	Students who take a pre-lecture quiz after reading can improve their course grade by 15% (Daniel & Brouda, 2004).
<b>Video Activity</b>	7	Students watch a video surrounding the main theme(s) of the chapter and are asked to respond to questions regarding concepts presented in the video.	16 minutes	The videos and associated questions help students make multiple connections about the chapter's content. Through these videos, students are also provided an opportunity for reflection and can begin to build foundational understanding of the chapter content.
<b>Practice Activity</b>	20	Questions are presented so students are able to	13 minutes	Students apply their learning, leading to

		practice and reflect on key concepts related to each chapter.		greater understanding of and engagement in course material and further developing an understanding of the content presented in the chapter.
<b>Case Study</b>	16	A brief case study related to chapter themes is presented along with short-answer questions.	22 minutes	Students are able to practice theories and concepts related to the chapter's content through real-world examples.
<b>Helper Studio</b>	12	Students watch a brief role-play video and are then asked to answer brief, related questions. They then record and upload their response to the role-play as they would a client.	23 minutes	Students are able to elevate thinking through questions and practice their skills.
<b>What does this mean to me? Reflection Activity</b>	14	Students reflect on how material covered in the chapters applies to their own life and practice after developing a deeper understanding of the material in the chapter.	17 minutes	Ensures that students are given the opportunity to reflect on the chapter content and apply their own thoughts and opinions as they think about their future role in the helping professions.
<b>Practice Activity: Neuroscience Review</b>	13	Neuroscience definitions are presented so students are able to practice applying neuroscience to counseling.	13 minutes	Students apply their learning or neuroscience, leading to greater understanding of and engagement in course material and further developing an understanding of the relationship between neuroscience and counseling.

Topic/Chapter	MindTap Assignments	Points
<b>Chapter 1</b> <b>Intentional Interviewing, Counseling, and Psychotherapy</b>	Why am I here? Polling Activity	10
	Quiz: Did I get it?	15
	Video Activity: Demystifying the Helping Process	20
	Practice Activity: We Are All Multicultural Beings	20
	Practice Activity: Your Natural Helping Style	20
	Case Study: What Do You Say Next? Working With a Difficult Case	20
	What does this mean to me? Reflection Activity	15
<b>Chapter 2</b> <b>Ethics, Multicultural Competence, Positive Psychology, and Therapeutic Lifestyle Changes</b>	Why am I here? Polling Activity	10
	Quiz: Did I get it?	15
	Video Activity: Toward Multicultural Competence: Self-Disclosure and Race/Ethnicity	20
	Practice Activity: Your Wellness Plan TLCs	20
	Case Study: Minority Experience in Counseling Training	20
	Helper Studio: Erica, Understanding Challenges	20
	What does this mean to me? Reflection Activity	15
<b>Chapter 3</b> <b>Attending Behavior and Empathy Skills</b>	Why am I here? Polling Activity	10
	Quiz: Did I get it?	15
	Video Activity: Empathic Response, Exercise 1	20
	Video Activity: Empathic Response, Exercise 2	20
	Case Study: Is Attending Enough?	20
	Helper Studio: Maria, Attending Skills	20
	What does this mean to me? Reflection Activity	15
<b>Chapter 4</b> <b>Observation Skills</b>	Why am I here? Polling Activity	10
	Quiz: Did I get it?	15
	Practice Activity: Basic Competence	20
	Practice Activity: Observation of Nonverbal Patterns	20
	Case Study: A Case from Greece: After Graduation, What Next?	20
	Helper Studio: Sophie, Verbal and Nonverbal Statements	20
	What does this mean to me? Reflection Activity	15
<b>Chapter 5</b> <b>Questions: Opening Communication</b>	Why am I here? Polling Activity	10
	Quiz: Did I get it?	15
	Practice Activity: Defining Open vs. Closed Questions	20
	Practice Activity: Intentional Prediction	20
	Case Study: Questions: Drawing Out Strengths with Difficult Clients	20

	Helper Studio: Carl, Use of Questions	20
	What does this mean to me? Reflection Activity	15
<b>Chapter 6</b> <b>Encouraging, Paraphrasing, and Summarizing: Active Listening and Cognition</b>	Why am I here? Polling Activity	10
	Quiz: Did I get it?	15
	Video Activity: A Child Who is Being Teased	20
	Practice Activity: Identifying Skills	20
	Case Study: Meridith	20
	Helper Studio: Rosetta, Paraphrasing and Summarizing	20
	What does this mean to me? Reflection Activity	15
<b>Chapter 7</b> <b>Observing and Reflecting Feelings: The Heart of Empathic Understanding</b>	Why am I here? Polling Activity	10
	Quiz: Did I get it?	15
	Practice Activity: Paraphrase vs. Reflecting Feeling	20
	Practice Activity: Facilitating Clients' Exploration of Emotion at Varying Levels	20
	Case Study: Making Decisions	20
	Helper Studio: Rosetta, Reflection of Feeling	20
	What does this mean to me? Reflection Activity	15
<b>Chapter 8</b> <b>How to Conduct a Five-Stage Counseling Session Using Only Listening Skills</b>	Why am I here? Polling Activity	10
	Quiz: Did I get it?	15
	Practice Activity: Predicting Results, the Basic Listening Sequence, and Empathic Understanding	20
	Practice Activity: The BLS in Many Settings	20
	Case Study: Couple Conflict	20
	Helper Studio: Rosetta, Five-Stage Model	20
	What does this mean to me? Reflection Activity	15
<b>Chapter 9</b> <b>Focusing the Counseling Session: Contextualizing and Broadening the Story</b>	Why am I here? Polling Activity	10
	Quiz: Did I get it?	15
	Practice Activity: Identify Focus Dimensions	20
	Practice Activity: Community Genogram	20
	Case Study: Career Counseling in Social Context – The “System” and the Client	20
	Helper Studio: Greg, Focus	20
	What does this mean to me? Reflection Activity	15
<b>Chapter 10</b> <b>Empathic Confrontation and the Creative New: Identifying and Challenging Client Conflict</b>	Why am I here? Polling Activity	10
	Quiz: Did I get it?	15
	Video Activity: Confrontation, Example 1	20
	Practice Activity: Practicing Confrontation	20
	Case Study: Confronting a Difficult Client in Romania	20
	Helper Studio: Greg, Empathic Confrontation	20

	What does this mean to me? Reflection Activity	15
<b>Chapter 11</b> <b>Reflection of Meaning and Interpretation/Reframing: Helping Clients Restory Their Lives</b>	Why am I here? Polling Activity	10
	Quiz: Did I get it?	15
	Practice Activity: Interpretation/Reframe	20
	Practice Activity: Your Future in Interviewing, Counseling, or Therapy	20
	Case Study: Finding Family Balance in Greece, A Universal Problem	20
	Helper Studio: Barbara, Reflection of Meaning and Interpretation/Reframing	20
	What does this mean to me? Reflection Activity	15
<b>Chapter 12</b> <b>Action Skills for Building Resilience and Managing Stress: Self-Disclosure, Feedback, Logical Consequences, Directives/Instruction, and Psychoeducation</b>	Why am I here? Polling Activity	10
	Quiz: Did I get it?	15
	Video Activity: Relaxation Demonstration	20
	Case Study: Hurricane Katrina	20
	Case Study: Stressed!	20
	Helper Studio: Nathan, Building Resilience and Managing Stress	20
	What does this mean to me? Reflection Activity	15
<b>Chapter 13</b> <b>Counseling Theory and Practice: How to Integrate the Microskills Approach with Multiple Approaches</b>	Why am I here? Polling Activity	10
	Quiz: Did I get it?	15
	Practice Activity: Identifying Skills	20
	Practice Activity: Microskills and Theoretical Approaches to the Interview	20
	Case Study: Will I Be Fired?	20
	Helper Studio: Sara, Crisis Counseling	20
	What does this mean to me? Reflection Activity	15
<b>Chapter 14</b> <b>Skill Integration and Determining Personal Style</b>	Why am I here? Polling Activity	10
	Quiz: Did I get it?	15
	Practice Activity: Decisional Counseling: Interview Summary	20
	Case Study: Part 1 – Confronting Family Values, Cultural Issues, and Depression	20
	Case Study: Part 2 – Confronting Family Values, Cultural Issues, and Depression	20
	What does this mean to me? Reflection Activity	15
<b>Additional Resources</b>	Chapter 2 Practice Activity: Neuroscience Review	10
	Chapter 3 Practice Activity: Neuroscience Review	10
	Chapter 4 Practice Activity: Neuroscience Review	10

	Chapter 5 Practice Activity: Neuroscience Review	10
	Chapter 6 Practice Activity: Neuroscience Review	10
	Chapter 7 Practice Activity: Neuroscience Review	10
	Chapter 8 Practice Activity: Neuroscience Review	10
	Chapter 9 Practice Activity: Neuroscience Review	10
	Chapter 10 Practice Activity: Neuroscience Review	10
	Chapter 11 Practice Activity: Neuroscience Review	10
	Chapter 12 Practice Activity: Neuroscience Review	10
	Chapter 13 Practice Activity: Neuroscience Review	10
	Chapter 14 Practice Activity: Neuroscience Review	10
	<b>Total</b>	<b>1,790</b>