

## **COUN 6360**

### **Discussion: Informal Observations and Interpretations**

In the video, “It’s not about the nail,” you may initially feel confident about what you are seeing. But things are not always what they seem. For this Discussion, view the video, and note your observations. Rather than attempt to make a diagnosis, focus on what you are seeing. For example, instead of noting that the client is depressed, observe that the client appeared sad as evidenced by crying, lowered head, or slow speech.

To Prepare:

- Review the Learning Resources for this week, including the videos.
- Start thinking about the foundations of assessment and how the process of counseling and assessment come together in a counseling session.
- Review the Observation and Interpretation Worksheet on how to make a clinical observation and interpretation
- View the video, “It’s Not About the Nail” and use the Observation and Interpretation Worksheet to note your observations of the woman in the video.

By Day 3 of Week 1

- Describe one early development of assessment that might influence your use of assessment methods for the woman in the video.
- Identify as many clinical observations and interpretations about the woman’s verbal and nonverbal behaviors as possible.
- Discuss formal or informal assessment methods that could be used to facilitate processing the woman’s feelings further to better understand her problem.
- Describe the behaviors you observed that may warrant formal assessment and identify one formal assessment method you would use to assess the problem.