



The Hebrew University of Jerusalem

Syllabus

PRINCIPLES OF INTERVIEWING - 65300

Last update 04-10-2018

HU Credits: 3

Degree/Cycle: 1st degree (Bachelor)

Responsible Department: Nutrition Sciences

Academic year: 0

Semester: 1st Semester

Teaching Languages: Hebrew

Campus: Rehovot

Course/Module Coordinator: Amira Berger

Coordinator Email: amira.berger@gmail.com

Coordinator Office Hours: by appointment

Teaching Staff:

Ms. Amira Berger

Course/Module description:

Types of interviews. The three stages process of the interview. Identifying targets for treatment. Components of the Interpersonal communication : listening and observation, verbal and nonverbal communication, the influence of prejudices and stereotypes. Main skills related to the nutritional interview ; how to create the therapeutic alliance, how to build a therapeutic confidence, empathy and sensitivity and how to evoke the client's motivation to change nutritional behavior . Dealing with defensiveness and resistance to treatment. Review of behavior modification approaches: CBT, MI, Educational counseling. Acquiring an experiential learning of the Maine interviewing skills with simulations, films and training

Course/Module aims:

Provide students with:

Basic concepts relating to the interview,
Identifying and understanding the definition of interpersonal
elements related interview and the therapeutic encounter,
Familiarity with related techniques in raising motivation for change

Acquisition of basic skills required for an interview

Learning outcomes - On successful completion of this module, students should be able to:

Recognize terms of interview principles
Interview in the course of the dietetic treatment

Attendance requirements(%):

100

Teaching arrangement and method of instruction: Lectures, exercises

Course/Module Content:

Introduction - What is the interview , the interview helps characteristics compared to other interviews

The steps that make up the interview : planning, interview (interviewing)
Evaluation

Building purpose of the interview ; processes in understanding the problem and defining the therapeutic goal
/ Counseling work

Building a therapeutic contract and skills required for that purpose

Method of collecting the information and skills required for this purpose

Advice and how the road to its implementation

Causes of resistance to change, resistance to overt and covert , how to identify modes of resistance

Analysis demonstrating resistance modes film deals with the subject and examining ways of dealing

Techniques and skills required to increase motivation to change based on Approach - Motivational Interviewing

The steps in the change process based on the model of Frotzska and Dklmmta

Treatment strategies are required for each stage of change

Analysis of characteristics that promote willingness to change eating habits with a film of an interview

Nutrient .

Integrative Reading of the map scene during the interview according to the three components

Therapeutic triangle model (target , contact, phase) .

Required Reading:

Willem A. Wagenaar, (2009) Atkinson & Hilgard's Introduction to psychology
• *15th edition , Cengage Learning EMEA . United Kingdom (pp 150 -193, 412-414)*

Athos , Anthony & Gabarro,J.(1978) . Interpersonal behavior, communication and Understanding in relationship, Prautrice - Hall international inc,(PP-133-148)

Snetselaar.L,G ., (2006) ,). Nutritional counseling for Lifestyle Change, CRC press
Pp 36 -46

Snetselaar.L,G ., (2006) ,). Nutritional counseling for Lifestyle Change, CRC press
Pp 21 - 36

Holli, B.B. , Calabrese .R.J.&Maillet.j,o (2003). *Communication and education skills for dietetics professionals*. Leo and Febiger. N-Y (Chapter 2)

Susan Nolen-Hoeksema, Barbara L. Fredrickson, Geoff R. Loftus., Willem A. Wagenaar, (2009) *Atkinson & Hilgard's Introduction to psychology*
• 15th edition , Cengage Learning EMEA . United Kingdom (pp 412-414)

דעות קדומות:

אבינועם בן זאב, משה גלעדי ו רעיה טולינגר (1991). דעות קדומות הקבוץ המאוחד

• Susan Nolen-Hoeksema, Barbara L. Fredrickson, Geoff R. Loftus., Willem A. Wagenaar, (2009) *Atkinson & Hilgard's Introduction to psychology*
• 15th edition , Cengage Learning EMEA . United Kingdom (Chp 17 pp608-636, 650-662)

מוטיבציה:

יחיאל ק. (2003) . מבוא לפסיכולוגיה האוניברסיטה הפתוחה רמת אביב , יח' 7 (הנעה וריגוש)

• Susan Nolen-Hoeksema, Barbara L. Fredrickson, Geoff R. Loftus., Willem A. Wagenaar, (2009) *Atkinson & Hilgard's Introduction to psychology*
• 15th edition , Cengage Learning EMEA . United Kingdom (pp 358 -384)

Additional Reading Material:

Appears in course presentations

Course/Module evaluation:

End of year written/oral examination 50 %

Presentation 0 %

Participation in Tutorials 0 %

Project work 50 %

Assignments 0 %

Reports 0 %

Research project 0 %

Quizzes 0 %

Other 0 %

Additional information:

The training part will be integrated with and during the lectures. It will include watching movies' simulations and preparing exercises