



Introduction to Addictive Behaviors HS40A  
Long Beach City College  
Instructor: Sheri O. Zampelli, M.S., CCH

## **Create a Client Paper/Presentation Instructions and Guidelines**

The purpose of the assignment is to practice the concept of working with and understanding a real client and all the issues he or she might have that contribute to addiction and codependency. You are responsible for compiling all the information below into one double-spaced, typewritten paper that is 3-10 pages long.

The purpose of this paper is to demonstrate your understanding of the following Student Learning Outcomes:

2. Demonstrate 3 skills from the Motivational Interviewing model and analyze when these skills can be most effective in dealing with addictive personalities
3. Describe 2 skills found in Brief Therapy models and demonstrate how each can be used in working with addictive personalities

**Your paper** will summarize the following points:

1. Start with your client's life overview based on the client vignette you created and turned in during lesson 7. Include your client's history of substance abuse, dependence and/or codependency
2. Then, include outline of the following client characteristics each under a separate subheading as demonstrated below:
  - Client's Family role – The role your client plays and an example
  - Codependent characteristics – List 2 or more and give examples
  - Defense mechanisms- List 2 or more and give examples
  - Self-defeating attitudes – List 2 or more and give examples
  - Self-defeating behaviors – List 2 or more and give examples
3. Mock session transcript. Write a counselor/counselee exchange between you and your client for a session which includes examples of each of the following counseling skills:
  - Open-ended question (Motivational Interviewing skill)
  - Reflective statement (Motivational Interviewing skill)
  - Magical Question (Brief Therapy skill)
  - Scaling Question (Brief Therapy skill)
  - Summary Statement (Motivational Interviewing skill)

This exchange should be long enough that it will take you and your partner 10 minutes to present it in front of the class.

You must turn in TWO COPIES of the Mock Session transcript. Your partner will use one copy during your presentation and I will keep that copy for course records. The other copy will be for your use during the presentation and will be returned to you.

**Presentation** You will act out your mock session with a partner in class. Presentation length is 10 minutes per person. Please speak clearly and slowly.

If you follow all the guidelines listed above, the paper is worth 100 pts possible. The presentation is worth an additional 100 points. 200 points possible total.