

# **202-5 Interviewing Adolescents Exhibiting Oppositional/Defiant Behaviors**

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**202-5 INTERVIEWING ADOLESCENTS EXHIBITING  
OPPOSITIONAL DEFIANT BEHAVIORS**

***AGENDA***

**INTRODUCTION AND EXPECTATIONS**

**CAUSES OF OPPOSITIONAL BEHAVIOR DURING THE  
INTERVIEWING PROCESS**

**FOUNDATION SKILLS**

**SETTING THE AGENDA AND DEFINING THE ROLES**

**TECHNIQUES FOR PASSIVE RESISTANT BEHAVIORS**

**RECOGNIZING DEPRESSIVE SYMPTOMS**

**TECHNIQUES FOR ANGER DE-ESCALATION**

**TECHNIQUES FOR OPPOSITIONAL DEFIANT BEHAVIOR**

**REFLECTION GROUPS**

**WRAP-UP AND EVALUATION**

# **CAUSES OF OPPOSITIONAL/DEFIANT BEHAVIORS**

- 1. DEVELOPMENTAL**  
AUTONOMY AND LOYALTY ISSUES
  
- 2. FEAR**  
UNKNOWN  
INEXPERIENCE  
PAST HISTORY OF POWER ISSUES
  
- 3. CULTURAL MISUNDERSTANDINGS**  
VALUES AND BELIEFS DIFFERENCES  
LANGUAGE BARRIERS  
NON-VERBALS
  
- 4. PASSIVE RESISTANT PATTERNS**  
MANIPULATION  
POWER  
ANXIETY  
ANGER  
DEPRESSION
  
- 5. OPEN DEFIANCE**  
FOUL LANGUAGE  
ANGER OUTBURSTS  
DEFIANCE  
VICTIMIZATION TRIANGLE

# FOUNDATION SKILLS CHECKLIST

- NON-VERBALS FOR SYNCHRONIZATION
- REFLECTIVE LISTENING AND PARAPHRASING
- CLARIFICATION
- QUESTIONING
- CONFRONTATION
- SILENCE
- AVOIDING VICTIMIZATION TRIANGLE

# SETTING THE AGENDA

1. DEFINING PURPOSE
2. SETTING GROUND RULES
3. CHOOSING THE SETTING
4. CHOOSING THE TOPICS WISELY

# DEFINING ROLES IN DEVELOPING RAPPOR

1. CLEARLY DEFINING ROLE OF WORKER
2. CLEARLY DEFINING THE ADOLESCENT'S ROLE
3. SETTING LIMITS AND BOUNDARIES
4. DISPELLING THE "WHAT IFS"

## ***CASE STUDY OF TANYA***

Tanya is a fourteen-year old female who has been on the run for the past 10 days. She lives with her alcoholic mother and 4 younger siblings. There is a long history of neglect and concerns that she has been sexually abused by her mother's live-in boyfriend. She has been truant from school over 20 days this school year and it is suspected that she may be prostituting herself for money.

The caseworker has located her at a friend's house. The caseworker needs to interview her regarding the suspicions of sexual abuse and to obtain shelter care for Tanya.

Upon arrival at the house where Tanya is currently staying, Tanya is belligerent and oppositional. She alternates between open hostility with threats of physical abuse toward the caseworker if she doesn't leave and sitting hunched over with arms crossed staring at the floor. Other than the threats of harm, she is uncommunicative with the worker.

Determine what you will say to Tanya regarding the purpose of your being there, how you will describe your role, and how you will set limits and boundaries with her. Remember to also utilize the foundation skills described on Handout 3 (Foundation Skills Checklist).

# PASSIVE RESISTANCE

- \_\_\_ MIRROR BODY LANGUAGE, SYNCHRONIZE, LEAD
- \_\_\_ MOVE FROM CLOSED-ENDED QUESTIONS TO OPEN-ENDED QUESTIONS
- \_\_\_ USE EITHER/OR, SCALES FROM ONE TO TEN, WORST/LEAST
- \_\_\_ LOOK FOR NON-VERBAL MESSAGES TO JUDGE PROGRESS
- \_\_\_ USE "GIMMICKS" TO AVOID EYE CONTACT
- \_\_\_ MOVE FROM ONE AREA OF QUESTIONING (SCHOOL, HOME, FRIENDS) IF POSSIBLE
- \_\_\_ SOLICIT HELP
- \_\_\_ USE SELECTIVE SARCASM

# DEPRESSION

## ASSESSING NON-VERBALS

MOVEMENT

OVERALL ENERGY LEVEL

FACIAL EXPRESSIONS

## ASSESSING VERBALS

INTONATION

RATE OF SPEECH

RESPONSE RATE

PROCESSING DIFFICULTIES

CONCENTRATION

## ASSESSING EXTERNALS

LIFE CIRCUMSTANCES

PAST HISTORY

# DE-ESCALATION CHECKLIST



- CALM TONE OF VOICE
- EMPOWERMENT
- ALLOW SOME VERBAL RELEASE
- USE OF PARADOX
- USE OF EITHER/OR AND WHEN/THEN STATEMENTS
- CALMING TECHNIQUES FOR SELF
- AVOIDING THE MANIPULATION BAIT
- WHEN AND WHERE TO INTERVENE

# ODD STRATEGIES CHECKLIST

- EMPOWERMENT
- CHOICES WITHIN THE OUTSIDE STRUCTURE
- BACK DOOR PRAISE
- STRENGTH-BASED APPROACH
- COLORING
- USE OF WIDGETS
- MUSIC
- PARADOX
- ACE CARD PROCESS

## CASE STUDY OF ERIC

Eric is a fifteen-year old male who has disclosed to his school guidance counselor that he is being physically abused at home. He has not indicated who the perpetrator is. He lives with his mother and father and two older siblings in a middle class neighborhood. The guidance counselor has indicated that Eric's grades and behavior at school have declined over the past two months. He has become oppositional and defiant with teachers. The nurse reports that there are large bruises on Eric's right arm and his back.

When you arrive in the office at school to meet with Eric, he refuses to say anything to you. He is slumped over in his seat with his head on the table. Occasionally, he looks up at you and threatens to walk out of the office if you don't stop talking to him.

Determine what techniques you will utilize to interview Eric to obtain the information that you need to investigate the allegation of physical abuse. Consider setting, how you will state your agenda and role, use of foundation skills, and specific techniques for responding to his "shut down" behavior.

# **ACTION PLAN**

- 1. How will you use the strategies to respond to passive resistant behaviors exhibited by adolescents that you interview?**
- 2. What are some signs of possible depressive symptoms that you will look for in teens exhibiting oppositional/defiant behaviors?**
- 3. What are the signs of anger escalation that a teen might exhibit while interviewing him/her and what techniques will you utilize to de-escalate the situation?**