1. One problem with using the clinical interview as an assessment procedure is that a client must rely upon memory to provide information about events occurring outside a meeting. In many instances, the client may forget or distort important information. Since most events relating to the client’s concerns occur outside the worker’s office, the inaccuracy of recall can be an obstruction to constructing a useful assessment.

One possible solution to this problem is in-vivo interview and observation. When a worker conducts an in-vivo interview and observation, the worker visits the client where the problem situation occurs. During the visit, the worker interviews the client and carefully observes events as they occur. (Social workers frequently use this technique when conducting home visits.)

The following list indicates some other procedures that may used to obtain information without relying upon recall.

Please list the names of these procedures with a brief description of each.

- Self-Monitoring
- Thought sampling

2. Briefly describe the listed techniques for challenging automatic thoughts.

List the name of each technique, followed by your description.

- Understanding Idiosyncratic Meaning
- Guided Association/Guided Discovery
- Examining Evidence
- Challenging Absolutes
- Considering Odds
- Reattribution
- Turning Adversity to Advantage
- Direct Disputation
- Externalization of Voices
In Class Content

3. Define fading and thinning. What is the difference between them?
   List the name of each procedure, followed by your definition.
   
   Fading
   Thinning