

## Interpersonal Interviewing

Interpersonal interviews (Blatner & Blatner, 1991) are a psychodramatic method which involve the facilitator 'interviewing' the individual in the role of another person. This method can be used for assessment purposes, assisting mentalisation, building empathy, and as springboard for empty-chair dialogues with other persons.

### Process of dialogue:

1). The facilitator asks whether gaining an interpersonal perspective might be helpful.

*Facilitator:* "I wonder what your wife thinks about the idea having children. While she's not here with us, perhaps we can still explore her perspective."

2). The facilitator invites the individual to change seats and adopt the perspective of the other.

*Facilitator:* "I'd like you to change seats and, as best as you can, speak as your wife. I'd like to ask her some questions."

3). After changing seats, interviewing the individual-as-other begins with concrete questions to assist warming-up to this new role.

*Facilitator:* "It's nice to meet you, Evelyn. How old are you? How long have you known your husband for? When were you married?"

4). Once warmed-up to the other's perspective, the interview moves on to more exploratory questions.

*Facilitator:* "As you know, your husband has mixed feelings about having children. What's your perspective?"

### Further Reading:

Blatner, A., & Blatner, A. (1991). Imaginative interviews: A psychodramatic warm-up for developing role-playing skills. *Journal of Group Psychotherapy, Psychodrama and Sociometry*, 44, 115-120.

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