

Socratic Questioning Enabled Analysis of Problem Behaviours

S. Venkatesan

*Department of Clinical Psychology, All India Institute of Speech and Hearing,
Manasagangothri, Mysore 570 006, Karnataka, India*

Phones: +91-0821-250141; Cell: 098447 37884, E-mail: psyconindia@gmail.com

KEYWORDS Behaviour Analysis. Examiner. Maladaptive Behaviour. Participants. W-Questions

ABSTRACT Socratic questioning involves asking questions to deconstruct static concepts and reconstruct fresh ones. The W-Question format (what-where-which-whom-when-how and why sequence) of asking queries is used for each statement made by respondents. This study investigates the effects of Socratic questioning in enabling self-analysis and critical thinking for understanding problem behaviours in their children by parents or caregivers. Both quantitative and qualitative descriptive methods of case-vignettes are used to demonstrate through clinical interviews, and the application of Socratic questioning to analyse commonly reported themes on problem behaviours in children. A thematic analysis of the interview transcripts was carried out on six categories, that is, questions on clarification, or probing assumptions, reasons and evidence, viewpoints and perspectives, and questions about questions. The results show how the questioning helps participants to know themselves, facilitate self-discovery, and self-healing. Although not as a stand-alone technique, Socratic questioning is a useful adjunct to clinical or applied behaviour analysis in the identification and behaviour management of children.