Reaction Paper # 1 Assist

This handout is for use in organizing a response to your Reaction Paper. You DO NOT NEED TO TAKE THE TEST AND WE WILL NOT BE SCORING IT.

These are the Content categories of the Therapists Scale. You DO NOT need to take the Survey. We will not be scoring these or collecting data. Use the questions and categories to guide your evaluation of your experiences, issues, perceptions and beliefs. It is very helpful to do this again in PSY 680B, after you have completed half of your practicum hours.

1. Therapist confidence
2. Boundary setting
3. Therapy impacting the therapist
4. Cultural impact
5. .Responsibility for change
6. Clinical perceptions
7. Factors for change
8. Working with clients
9. Process of therapy
10. Reflections about clients
11. Theoretical orientation

Each item below supplies a potential lesson that therapists may learn from their clients. With

your challenging client in mind, indicate the extent to which you believe the lesson described

applies to you in regards to this client by clicking on the most appropriate response.

In my ongoing relationship with this difficult client, I have learned that…

1. Therapists are just as flawed as their clients

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

2. I understand a great deal about my clients

o Persistently true

o Generally true

133

o Occasionally true

o Infrequently true

o Rarely true

3. I am unsure of how responsible I am for therapy outcome

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

4. I find early relationships very significant in shaping a person

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

5. It is important to challenge clients

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

6. I am hesitant to challenge or confront my client for fear of damaging the

therapeutic relationship

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

7. I do not feel the need to do outside research to work with a particular client

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

8. Relationship decisions are not always intelligent, healthy, or rational

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true’

9. I know where I fall on cultural identity scales

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

10. Therapy for one person can play an important role in a family or a community

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

11. I find it important to consult with other counselors regarding my clients

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

12. I question my effectiveness as a therapist

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

13. I recognize my client’s level of responsibility for therapy outcome

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

14. My approach to counseling tends to be flexible

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

15. I am unsure of the limits to how far I should push a client

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

16. I know how to work with or utilize services outside of my office to benefit my

clients

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

17. My clients’ presentation in session is often a replication of their presentation

with outside relationships

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

18. I am conscientious regarding the power of being a therapist

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Really true

In my ongoing relationship with this difficult client, I have learned that…

19. I am unsure about my competence as a therapist

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

20. The therapy relationship itself is curative

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

21. Doing client work can motivate me to change in my own life

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

22. My level of self-awareness in therapy is sufficient

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

23. A person’s culture has a significant impact on their worldview

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

24. It is important not to pre-judge the potential strength of the therapeutic

relationship based on the first few sessions

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

25. I conceptualize my clients based on culturally relevant dimensions

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

26. I have needs to be liked by my clients

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

27. I do not need a framework to work from with a client that has an issue I have

not seen before

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

28. I find it difficult to set boundaries with clients

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

29. My client and I may have very different perceptions of how the therapy work is

proceeding

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

30. Therapy is a negotiation and a collaborative process

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

31. I recognize the importance of my client taking responsibility for his/her actions

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

32. Clients tend to be rigid

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

33. I conceptualize my clients in a consistent manner based on my theoretical

orientation

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

34. People are generally good at taking responsibility for their lives

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

35. At times I do not recognize countertransference with a client

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

36. My clients help me recognize what I am thankful for in my life

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

37. I am unsure how my theoretical orientation influences my counseling work

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

38. I recognize the value of expressing empathy and compassion

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

In my ongoing relationship with this difficult client, I have learned that…

39. I do not need to always be accepting of clients’ behavior

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

40. Clients tend to be strong

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

41. Other people are very important in each person’s life

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

42. It is not very important for my client to take responsibility for his/her feelings

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

43. A significant sense of belongingness in a person’s life is not necessarily needed

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

44. My reactions in therapy help me recognize what is happening with my client

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

45. I have high expectations for myself as a therapist

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

46. I am skeptical about others’ ability to change

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

47. I know what I dislike about clients

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

48. I am aware of cultural biases that I have (including race, ethnicity,

socioeconomic status, sexuality, religion, physical/mental ability status, and

citizenship status)

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

49. Clients manifest their readiness to change in ways similar to one another

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

50. I do not think a diagnosis or treatment plan for my clients would be valuable

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

51. My ability to build the therapeutic relationship varies from client to client

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

52. Therapy as a confidential place where clients can get support is very valuable

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

53. There are things about my clients that I do not have unconditional positive

regard for

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

54. Therapy is a long process

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

55. Therapy is a curative process for the client and the counselor

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

56. A person’s motivation to change significantly influences therapy work

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

57. I recognize the usefulness of techniques

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

58. Therapy is difficult work

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

59. My like or dislike for a client will affect how I build the therapeutic relationship

with him/her

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

60. The therapy relationship can be simple

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

61. I am unsure what I like about a client

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

62. I find it important to be trained to work with a particular client

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

63. I question what it means to be a good therapist

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

64. I can help all of my clients

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

65. My reactions in therapy help me know how to focus the counseling work with a

client

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

66. Therapy has an impact on my personal well-being

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

67. I know very little beyond what my client tells me

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

68. I do not know how to appropriately work with silence

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

69. Meaningful change is generally achieved with limited difficulty

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

70. I struggle with self-disclosing in a clinically appropriate manner

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

71. I feel pulled to nurture my clients

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

72. I am unsure how I need to improve as a therapist

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

73. People are ambivalent about change

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

74. A client’s compliant behavior in session is usually not representative of how they

feel

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

75. I am good at setting boundaries with my clients

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

76. Clients display cowardice in session

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

77. I struggle setting effective boundaries with my clients

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

78. I can be competitive at times

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

79. I do not need to improve at setting boundaries with my clients

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

80. The client’s presenting issues always factor into the therapy relationship

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

81. Change is slow and gradual

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

82. Therapy generally does not play an important role in a person’s life outside of

counseling

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

83. A client’s readiness to change does not dictate how I use interventions

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

84. Conceptualization of a client evolves throughout the course of treatment

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

85. Doing counseling has helped evolve my outlook on life

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

86. Therapy is generally predictable

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

87. Clients generally do not have appropriate reasons for behaving in their

maladaptive ways

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

88. I can work effectively with a client I dislike

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

89. There is no formula for doing therapy

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

90. I see myself differently through a cultural lens

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

91. People have negative qualities (e.g., selfishness, greediness, criticalness, rigidity,

secrecy, intolerance, etc.)

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

92. With good rapport, goals for therapy are unnecessary

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

93. I do not think about the importance of being patient as a counselor

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

94. I can tolerate ambiguity in therapy

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

95. I am uncertain of how to work with clients that have certain diagnoses

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

96. Trusting in the process of therapy is not a very important concept in my client

work

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

97. It is ok to be rigid with my theoretical orientation

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

98. I question how important a parental/familial bond is for people

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true

99. I do not find the idea of supervision very useful or helpful

o Persistently true

o Generally true

o Occasionally true

o Infrequently true

o Rarely true