

**Figure 1. Item averaged ratings for Session 152**

PQS DATA ENTRY PROGRAM Version 1.1 PQS DESIGNED BY EE JONES & CO-WORKERS		
<div><input type="checkbox"/> Before entering data, save and rename this file using the correct file naming convention, saving the original as a template for future use.</div> <div><input type="checkbox"/> Position the cursor in the <b>Score</b> column. Enter the score for each PQS item in turn.</div> <div><input type="checkbox"/> The blue table lists the <b>Target</b> number of items for each pile and displays the number in the the pile <b>Now</b>.</div> <div><input type="checkbox"/> Press <b>Control-l</b> (lower case L) to sort the items by score (pile).</div> <div><input type="checkbox"/> Working from the "9" pile to the "1" pile, adjust the scores until you have the correct number in each pile.</div> <div><input type="checkbox"/> When you have the correct number in a pile, the number in the <b>Now</b> column turns green.</div> <div><input type="checkbox"/> Press <b>Control-m</b> to re-sort the items by item number. Do not use regular excel sort function.</div> <div><input type="checkbox"/> Click on tabs at bottom of page to view full instructions. Comments and questions to <a href="mailto:jalundin72@hotmail.com">jalundin72@hotmail.com</a>.</div>		
Pile	Target	Now
9	5	4
8	8	3
7	12	2
6	16	7
5	18	10
4	16	5
3	12	9
2	8	1
1	5	3

PQS Item	Score (pile)
1	6
2	4,5

**Click on cells in column below to view full item descriptions.**

**1: Patient verbalizes negative feelings (e.g. criticism, hostility) toward therapist (vs. makes approving or admiring remarks).**

Place toward characteristic end if patient verbalizes feelings of criticism, dislike, envy, scorn, anger, or antagonism toward therapist. E.g. patient rebukes therapist for failing to provide enough direction in the therapy.

Place toward uncharacteristic direction if patient expresses positive or friendly feelings about therapist, e.g. makes what appear to be complimentary remarks to therapist.

**2: Therapist draws attention to patient's non-verbal behavior, e.g. body posture, gestures.**

Place toward characteristic end if therapist draws attention to patient's non-verbal behavior, such as facial expressions, blushes, or body movements. E.g. therapist points out that although patient says s/he is angry, the patient is smiling.

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Place toward uncharacteristic end if there is little or no focus on non-verbal behavior.

**3: Therapist's remarks are aimed at facilitating patient speech.**

Place toward characteristic end if therapist's responses or behavior indicate that he or she is listening to the client and encouraging him or her to continue, such as: um-hmm, yeah, sure, right, and the like.

Place toward uncharacteristic end if therapist does not respond in such a manner as to facilitate patient talk (does not refer to questions, exploratory comments).

**4: The patient's treatment goals are discussed.**

Place toward characteristic end if there is talk about what the patient wishes to achieve as a result of therapy. These wishes or goals may refer to personal or 'inner' changes (E.g. "I started therapy in order to get over my depressions") or change in life circumstances ("I wonder if therapy will result in my getting married").

Place toward uncharacteristic end if there is no reference or allusion by therapist or patient to the possible consequences of the therapy.

**5: Patient has difficulty understanding the therapist's comments.**

Place toward characteristic end if patient seems confused by therapist's comments. This may be defensive or a result of therapist's lack of clarity. E.g. patient repeatedly says "What?" or otherwise indicates that s/he doesn't know what the therapist means.

Place toward uncharacteristic end if patient readily comprehends therapist's comments.

**6: Therapist is sensitive to the patient's feelings, attuned to the patient; empathic.**

Place toward characteristic end if therapist displays the ability to sense the patient's 'private world' as if it was his or her own; if the therapist is sensitive to the patient's feelings and can communicate this understanding in a way that seems attuned to the patient, e.g. therapist makes a statement that indicates an understanding of how the patient felt in a certain situation.

Place toward uncharacteristic end if therapist does not seem to have a sensitive understanding of patient's feelings or

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		experience.
7	6,5	<p><b>7: Patient is anxious or tense (vs. calm and relaxed).</b></p> <p>Place toward <u>characteristic</u> end if patient manifests tenseness or anxiety or worry. This may be demonstrated by direct statements, e.g. "I feel nervous today," or indirectly by stammers, stuttering, etc., or other behavioral indicators.</p> <p>Place toward <u>uncharacteristic</u> end if patient appears calm or relaxed or conveys a sense of ease.</p>
8	3	<p><b>8: Patient is concerned or conflicted about his or her dependence on the therapist (vs. comfortable with dependency, or wanting dependency).</b></p> <p>Place toward <u>characteristic</u> end if patient appears concerned about dependency, e.g. shows a need to withdraw from the therapist, or in some manner reveals a concern about becoming dependent on the therapy.</p> <p>Place toward <u>uncharacteristic</u> end if patient does not convey concern about dependency. This may take the form of expressions of helplessness; or the patient may appear either comfortable or gratified by a dependent relationship with the therapist.</p> <p>Rate as neutral if patient experiences a sense of relative independence in the therapy relationship.</p>
9	1	<p><b>9: Therapist is distant, aloof (vs. responsive and affectively involved).</b></p> <p>Place toward <u>characteristic</u> direction if therapist's stance toward the patient is cool, formal, and detached, or marked by emotional retreat or withdrawal.</p> <p>Place toward <u>uncharacteristic</u> end if therapist is genuinely responsive and affectively involved.</p>
10	5,5	<p><b>10: Patient seeks greater intimacy with the therapist.</b></p> <p>Rate as <u>characteristic</u> if patient appears to either wish or attempt to transform the therapy relationship into a more social or personal and intimate relationship. E.g. patient expresses concern about the therapist; or attempts to gain knowledge of the therapist's personal life.</p> <p>Place in <u>uncharacteristic</u> direction if patient does not appear to seek greater closeness with the therapist.</p>

11	3	<p><b>11: Sexual feelings and experiences are discussed.</b></p> <p>Place toward <u>characteristic</u> end if the patient's sexuality is discussed. This can take the form of a discussion of sexual problems, or the patient's sexual feelings or fantasies or actual sexual experiences. E.g. patient talks of wanting to have sex with a romantic partner more frequently.</p> <p>Place toward <u>uncharacteristic</u> end if patient does not discuss sexual or erotic material.</p>
	5	<p><b>12: Silences occur during the hour.</b></p> <p>Place toward <u>characteristic</u> end if there are many periods of silence during the hour, or a few extended periods of silence.</p> <p>Place in <u>uncharacteristic</u> direction if there are few silences.</p>
13	6,5	<p><b>13: Patient is animated or excited.</b></p> <p>Place toward <u>characteristic</u> end if patient directly expresses, or behaviorally displays, a feeling of excitation or appears aroused in some way. E.g. patient becomes animated in response to therapist's interpretation.</p> <p>Place toward <u>uncharacteristic</u> end if patient appears bored, dull, or lifeless.</p>
	1,5	<p><b>14: Patient does not feel understood by therapist.</b></p> <p>Place toward <u>characteristic</u> end if patient expresses concern about feeling misunderstood by the therapist or assumes that the therapist cannot understand his or her experience or feelings. E.g. a widow doubts the therapist's ability to understand her plight since he has never been in her situation.</p> <p>Place toward <u>uncharacteristic</u> end if patient somehow conveys the sense that the therapist understands his or her experience or feelings. E.g. patient comments, in response to therapist's remarks, "Yes, that's exactly what I mean."</p>
15	1	<p><b>15: Patient does not initiate or elaborate topics.</b></p> <p>Place toward <u>characteristic</u> end if patient does not initiate or elaborate topics for discussion, brings up problems, or otherwise fails to assume some responsibility for the hour. E.g. patient states that s/he doesn't know what to talk about.</p>

16		Place toward <u>uncharacteristic</u> end if patient is willing to break silences, or supplies topics either spontaneously or in response to therapist's probes, and actively pursues or elaborates them.
	5	<p><b>16: There is discussion of body functions, physical symptoms, or health.</b></p> <p>Place toward <u>characteristic</u> direction if discussion emphasizes somatic concerns or physical symptoms. E.g. patient may complain of fatigue or illness, or of having headaches, menstrual pains, poor appetite, and the like.</p> <p>Place toward <u>uncharacteristic</u> end if physical complaints are not an important topic of discussion. A more extreme, uncharacteristic placement indicates that the absence of discussion is salient.</p>
17		<b>17: Therapist actively exerts control over the interaction (e.g. structuring, introducing new topics).</b>
	2,5	<p>Place toward <u>characteristic</u> end if therapist intervenes more than is usually expected in the therapeutic context. Do not rate on the basis of perceptiveness or appropriateness of interventions. E.g. rate as very characteristic if therapist is so active that s/he frequently interrupts to ask questions or make a point.</p> <p>Place toward <u>uncharacteristic</u> direction if therapist intervenes relatively infrequently, and makes little effort to structure the interaction; or if therapist tends to follow the lead of patient, e.g. allowing patient to introduce main topics for discussion and subsequently helping patient to follow his or her train of thought.</p>
18		<b>18: Therapist conveys a sense of non-judgmental acceptance. (N.B. Placement toward uncharacteristic end indicates disapproval, lack of acceptance).</b>
	8,5	<p>Place toward <u>characteristic</u> end if therapist refrains from overt or subtle negative judgments of the patient; "unacceptable" or problematic behavior of the patient may be explored while conveying the sense that the patient is worthy. Therapist displays "unconditional positive regard."</p> <p>Place toward <u>uncharacteristic</u> end if therapist's comments or tone of voice convey criticism, a lack of acceptance, or objection to the patient's behavior. A more extreme placement indicates therapist communicates that patient's character or personality is somehow displeasing, objectionable or disturbed.</p>
19	6	<p><b>19: There is an erotic quality to the therapy relationship.</b></p> <p>Place toward <u>characteristic</u> end if the therapy relationship seems somehow sexualized. This could range from the presence of a warm, erotically tinged relationship to coy, or seductive behavior on the part of the patient, to overtly</p>

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stated wishes for sexual gratification. E.g. patient talks of sexual experiences in such a way as to invite the sexual interests of the therapist.

Place toward uncharacteristic end if therapy relationship seems basically unsexualized; a more extreme placement in this direction indicates that patient (or therapist) avoid topics or behavior which might be viewed as betraying a sexual interest; or, that there is an attempt to manage or suppress erotic feeling.

**20: Patient is provocative, tests limits of the therapy relationship. (N.B. Placement toward uncharacteristic end implies patient behaves in a compliant manner).**

Place toward characteristic end if patient seems to behave in a manner aimed at provoking an emotional response in the therapist. E.g. patient may invite rejection by the therapist by behaving in a way which might anger him or her, or by violating one or another aspect of the therapy contract.

Place toward uncharacteristic end if patient is particularly compliant, deferential, or seems to be playing the role of the "good patient" as a way of courting the therapist.

**21: Therapist self-discloses.**

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Place toward characteristic end if therapist reveals personal information, or personal reactions to the patient. E.g. therapist tells patient where he or she grew up, or tells the patient "I find you a very likable person."

Place toward uncharacteristic end if therapist refrains from such self-disclosure. More extreme placement in this direction indicates therapist does not self-disclose even when patient exerts pressure for therapist to do so. E.g. therapist does not answer question directly when patient asks whether the therapist is married.

**22: Therapist focuses on patient's feelings of guilt.**

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Place toward characteristic end if therapist focuses on, or somehow draws attention to, patient's guilty feelings, particularly when there is an intent to help alleviate such feelings. E.g. therapist remarks that patient appears to feel guilty when she occasionally does not respond to one of her daughter's incessant requests for help.

Place toward uncharacteristic end if therapist does not emphasize patient's feelings of guilt.

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**23: Dialogue has a specific focus.**

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Place toward characteristic end if when reflecting upon the hour the rater can identify a single or several clear foci. E.g. the foremost topic of the hour was the patient's feeling that throughout the course of his life, and in many different ways, he has failed to live up to his father's expectations of him.

Place toward uncharacteristic end if discussion or dialogue seems somewhat diffuse.

**24: Therapist's own emotional conflicts intrude into the relationship.**

Place toward characteristic end if therapist appears to respond to the patient in a somehow ineffective or inappropriate way, and when this response does not stem solely from the therapy encounter, but conceivably derives from the therapist's own emotional or psychological conflicts (e.g. countertransference reaction). E.g. therapist seems to avoid or shows personal interest in certain affects or issues which the patient expresses or needs to express.

Place toward uncharacteristic end if therapist's personal emotional responses do not intrude in the therapy relationship inappropriately.

**25: Patient has difficulty beginning the hour.**

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Place toward characteristic end if patient manifests discomfort or awkwardness in the initial moments or minutes of the session. E.g. There is a lengthy silence or the patient says "Well, I don't know what to talk about today."

Place in uncharacteristic direction if patient begins hour directly without lengthy pauses, difficulty beginning, or prompting questions from the therapist.

**26: Patient experiences discomforting or troublesome (painful) affect.**

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Place toward characteristic end if patient expresses feelings of shame, guilt, fear, or sadness while the session is in progress. Extremeness of placement indicates the intensity of the affect.

Place toward uncharacteristic direction indicates the patient does not express such troublesome feelings.

**27: Therapist gives explicit advice and guidance (vs. defers even when pressed to do so.)**

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Place toward characteristic end if therapist gives explicit advice or makes particular suggestions which patient is then free to accept or ignore. E.g. therapist says, "You know, you might find it helpful to consult a lawyer about how to handle your inheritance." Or therapist might guide patient to consider a range of options and to explore each

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alternative. E.g. therapist may point out possibilities the patient overlooks and direct patient to explore possible consequences of each line of action.

Place toward uncharacteristic end if therapist refrains from giving advice; extreme placement in this direction indicates that the therapist does not supply such guidance despite pressure from the patient to do so, or when it might be useful to do so.

**28: Therapist accurately perceives the therapeutic process.**

Place toward characteristic end if the therapist seems to accurately perceive the patient's emotional state, intent of his or her speech, or experience of the therapy relationship. This should be inferred from the therapist's comments, interventions, or general stance toward the patient. Judgment should be independent of the type of therapy (i.e. cognitive-behavioral, psychoanalytic) being conducted; rather the rater should attempt an assessment of the process observed in this particular hour.

Place toward uncharacteristic end if the therapist appears in some manner to misperceive the patient's emotional state, the intent of his or her speech, the nature of the interaction between them, or to mis-formulate the problem.

**29: Patient talks of wanting to be separate or distant.**

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Place toward characteristic direction if patient talks about wanting greater distance or a sense of independence from someone (excludes therapist) e.g. states wish to finally be free of his or her parents' influence.

Place toward uncharacteristic direction if patient does not talk of wanting to be separate, independent, or detached.

**30: Discussion centers on cognitive themes, i.e. about ideas or belief systems.**

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Place toward characteristic end if dialogue emphasizes particular conscious ideational themes, beliefs or constructs used to appraise others, the self, or the world. E.g. therapist suggests they look more closely at a patient's idea or belief that unless he accomplishes everything he attempts perfectly, he is worthless.

Place toward uncharacteristic end if there little or no discussion of such ideas or constructs.

**31: Therapist asks for more information or elaboration.**

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Place toward characteristic end if the therapist asks questions designed to elicit information, or presses the patient for a



32		<p>more detailed description of an occurrence. E.g. therapist asks about the patient's personal history, or inquires what thoughts went through the patient's mind when s/he met an acquaintance by chance on the street.</p> <p>Place toward <u>uncharacteristic</u> end if therapist does not actively elicit information.</p>
	6,5	<p><b>32: Patient achieves a new understanding or insight.</b></p> <p>Place toward <u>characteristic</u> end if a new perspective, or new connection or attitude, or warded-off content emerges during the course of the hour. E.g. following the therapist's remark, the patient appears thoughtful and says, "I think that's true. I had never really thought about the situation that way before."</p> <p>Place toward <u>uncharacteristic</u> end if no evidently new insight or awareness emerges during the hour.</p>
33	5	<p><b>33: Patient talks of feelings about being close to or wanting to be close to someone.</b></p> <p>Place toward <u>characteristic</u> end if patient talks about being, or wanting to be, close or intimate with someone (excluding therapist). E.g. patient states he or she is lonely, and would like to be with someone.</p> <p>Place toward <u>uncharacteristic</u> direction if patient does not make statements about being or wanting to be close and intimate.</p>
	3	<p><b>34: Patient blames others, or external forces, for difficulties.</b></p> <p>Place toward <u>characteristic</u> end if patient tend to externalize, blaming others or chance events for difficulties. E.g. patient claims his or her problems with work stem from the fact that he or she has had bad luck with employees.</p> <p>Place toward <u>uncharacteristic</u> end if patient tends to assume responsibility for his or her problems, e.g. noting that his or her unhappiness in romantic relationships may be the result of choosing unsuitable partners.</p>
35		<p><b>35: Self-image is a focus of discussion.</b></p> <p>Place toward <u>characteristic</u> end if a topic discussed by the patient and/or the therapist is the patient's concept, or feelings, attitudes and perceptions of self, whether positive or negative. E.g. patient talks of how it is sometimes difficult to her to stand up for herself because she then experiences herself as being too aggressive.</p> <p>Place toward <u>uncharacteristic</u> end if images of the self play little or no part in the dialogue.</p>
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36	5,5	<p><b>36: Therapist points out patient's use of defensive maneuvers, e.g. undoing, denial.</b></p> <p>Place toward <u>characteristic</u> end if a major topic is the control operations used by the patient to ward off awareness of threatening information or feelings. E.g. the therapist points out how the patient is compelled to profess love for his father directly after having made critical remarks about him.</p>
		<p>Place toward <u>uncharacteristic</u> end if this sort of interpretation of defenses plays little or no role during the hour.</p>
37	2,5	<p><b>37: Therapist behaves in a teacher-like (didactic) manner.</b></p> <p>Place toward <u>characteristic</u> end if therapist's attitude or stance toward patient is like that of a teacher to a student. This can be judged independently of specific content, i.e., therapist can impart information to make suggestions without behaving in a didactic or teacherly way, and alternative interpretations can be offered in the form of instruction.</p>
		<p>Place toward <u>uncharacteristic</u> direction if therapist does not assume a tutor-like role in relation to the patient.</p>
38	3,5	<p><b>38: There is discussion of specific activities or tasks for the patient to attempt outside of session.</b></p> <p>Place toward <u>characteristic</u> end if there is discussion of a particular activity the patient might attempt outside of therapy, such as testing the validity of a particular belief or behaving differently than s/he might typically do, or reading books. E.g. there is talk about the patient facing a feared situation or object that s/he usually avoids.</p>
		<p>Place toward <u>uncharacteristic</u> end if there is no talk about the patient attempting particular actions of this sort outside of therapy.</p>
39	3	<p><b>39: There is a competitive quality to the relationship.</b></p> <p>Place toward <u>characteristic</u> end if either patient or therapist seems competitive with the other. This may take the form of boasting, "one-upping," or putting the other down. E.g. the patient suggests that therapists live a cloistered life while s/he is out living and working in the real world.</p>
		<p>Place toward <u>uncharacteristic</u> end if there is little or no feeling of competitiveness between patient and therapist.</p>
40	5,5	<p><b>40: Therapist makes interpretations referring to actual people in the patient's life (N.B. Placement toward uncharacteristic end indicates therapist makes general or impersonal interpretations.)</b></p>

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Place toward characteristic end if therapist's interpretations refer to particular people the patient knows. E.g. therapist says, "you felt hurt and angry when your mother criticized you."

Placement of the item in the uncharacteristic direction signifies that interpretations do not refer to particular people, or refer to other aspects of the patient's life. E.g. therapist comments, "You seem to be inclined to withdraw when others become close."

**41: Patient's aspirations or ambitions are topics of discussion.**

Place toward characteristic end if patient talks about life projects, goals, or wishes for success or status. E.g. patient talks about his or her hopes to become a lawyer and earn a substantial income.

Place toward uncharacteristic end if patient shows a constriction of future expectations, whether in the form of realistic planning or wishful thinking.

**42: Patient rejects (vs. accepts) therapist's comments and observations.**

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Place toward characteristic end if patient typically disagrees with or ignores therapist's suggestions, observations, or interpretations. E.g. after the therapist made a major interpretation, the patient casually remarked that s/he didn't think that was quite it.

Place toward uncharacteristic end direction indicates that patient tends to agree with therapist's remarks.

**43: Therapist suggests the meaning of others' behavior.**

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Place toward characteristic direction if therapist attempts to interpret the meaning of the behavior of people in the patient's life. E.g. the therapist suggests that the patient's romantic partner has problems with intimacy.

Place toward uncharacteristic end if therapist does not make comments about the meaning of the behavior of others.

**44: Patient feels wary or suspicious (vs. trusting and secure).**

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Place toward characteristic end if patient appears, wary, distrustful, or suspicious of the therapist. E.g. patient wonders whether the therapist really likes him or her, or if there is another, hidden meaning in the therapist's remarks.

Place toward uncharacteristic end if patient seems to be trusting and unsuspicious.

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**45: Therapist adopts supportive stance.**

Place toward characteristic end if therapist assumes a supportive, advocate-like posture toward the patient. This may take the form of approval of something the patient has done, or encouraging, for example, the patient to assert him or herself. Or the therapist may agree with the patient's positive self-statement, or emphasize the patient's strengths, e.g. "You did this in the past, and you can do it again."

Place toward uncharacteristic direction if therapist tends not to assume a supportive role of this sort.

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**46: Therapist communicates with patient in a clear, coherent style.**

Place toward characteristic end if therapist's language is unambiguous, direct, and readily comprehensible. Rate as very characteristic if therapist's verbal style is evocative, and marked by a freshness of words and phrasing.

Place toward uncharacteristic end if therapist's language is diffuse, overly-abstract, jargon-laden, or stereotypic.

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**47: When the interaction with the patient is difficult, the therapist accommodates in an effort to improve relations.**

Place toward characteristic end if therapist appears willing and open to compromise and accommodation when disagreement occurs, or when conflicts arise in the dyad. E.g. when the patient becomes annoyed with the therapist, he or she makes some effort to mollify the patient.

Place toward uncharacteristic end if therapist does not exert an effort to improve matters when the interaction becomes difficult.

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**48: The therapist encourages independence of action or opinion in the patient.**

Place toward characteristic end if therapist urges patient to think for him or herself and to take action based on what he or she thinks best. E.g. therapist notes that he has now heard from the patient what her mother and colleagues think she should do, but it's not clear what she wants or thinks.

Place toward uncharacteristic direction if therapist does not introduce the issue of independence or initiative as a topic of discussion.

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**49: The patient experiences ambivalent or conflicted feelings about the therapist.**

Place toward characteristic end if patient expresses mixed feeling about the therapist or if the patient's overt verbalizations about the therapist are incongruent with the tone of his or her behavior or general manner, or if there seems to be some displacement of feelings. E.g. the patient cheerfully agrees with the therapist's suggestions, but then goes on to express hostility toward people who tell him or her what to do.

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Place toward uncharacteristic end if there is little expression of patient ambivalence towards therapist.

**50: Therapist draws attention to feelings regarded by the patient as unacceptable (e.g. anger, envy, or excitement.)**

Place toward characteristic direction if therapist comments upon or emphasizes feelings that are considered wrong, inappropriate, or dangerous by the patient. E.g. therapist remarks that patient sometimes feels a jealous hatred of his more successful brother.

Place toward uncharacteristic end if therapist tends not to emphasize feeling reactions that the patient finds difficult to recognize or accept.

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**51: Therapist condescends to, or patronizes the patient.**

Place toward characteristic end if therapist seems condescending toward patient, treating him or her as if less intelligent, accomplished, or sophisticated. This may be inferred from the manner in which therapist delivers comments, or offers advice.

Place toward uncharacteristic direction if therapist conveys by his or her manner, tone of voice, or comments, that s/he does not assume an attitude of superiority.

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**52: Patient relies upon therapist to solve his/her problems.**

Place toward characteristic end if patient appears to present problems to the therapist in a manner which suggest a hope or expectation that the therapist will offer specific suggestions or advice in the way of a solution. E.g. patient states uncertainty as to whether or not to break up with a romantic partner and asks the therapist what he or she should do. Note that the appeal for a solution need not be explicitly stated but may be implied by the manner in which the patient discusses the problem.

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Place toward uncharacteristic end if patient does not appear explicitly or implicitly to rely on the therapist to solve problems.

**53: Patient is concerned about what therapist thinks of him or her.**

Place toward characteristic end if patient seems concerned with what the therapist might think of his or her behavior, or is concerned about being judged. E.g. the patient might comment, "You are probably thinking that was a stupid thing to do." Rater may also infer this from patient behavior, e.g. patient boasts of accomplishments in order to favorably impress the therapist.

Place toward uncharacteristic if patient does not seem concerned with the kind of impression s/he is creating, or appears unworried about being judged by therapist.

**54: Patient is clear and organized in self-expression.**

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Place toward characteristic direction if patient expresses him or herself in a manner which is easily understandable, and relatively clear and fluent.

Placement in uncharacteristic direction is indicative of rambling, frequent digression, or vagueness. This can sometimes be judged by the rater's inability to readily follow the connections between topics the patient discusses.

**55: Patient conveys positive expectations about therapy.**

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Place toward characteristic end if patient expresses the hope or expectation that therapy will be of help. A more extreme placement in this direction indicates that the patient expresses unrealistically positive expectations, i.e. therapy will solve all of his or her problems and will be a protection against future difficulties. E.g. client may convey hope that therapy will provide quick results.

Place toward uncharacteristic end if patient expresses criticisms of therapy, e.g. conveys a sense of disappointment that therapy is not more effective or gratifying. A more extreme placement indicates patient expresses skepticism, pessimism or disillusionment about what can be accomplished in therapy.

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**56: Patient discusses experiences as if distant from his or her feelings.**

Refer to patient's attitude toward the material spoken, how much s/he appears to care about it, as well as how much

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overt affective expression there is. Place toward characteristic end if patient displays little concern or feeling, and is generally flat, impersonal, or half-heartedly indifferent (tension may or may not be apparent).

Rate as uncharacteristic if affect is apparent and patient is emotionally involved with the material. Place toward very uncharacteristic end if patient expresses sharp affect, or outbursts of emotion, and deeply felt concern.

**57: Therapist explains rationale behind his or her technique or approach to treatment. (Click on this cell to view entire item above).**

Place toward characteristic end if therapist explains some aspect of the therapy to the patient. E.g. therapist may reply in response to a direct question or request by the patient that s/he prefers not to answer immediately, since this would provide a better opportunity to explore thoughts or feelings associated with the question. Also includes the therapist answering questions about treatment process. This item is also intended to capture the therapist suggesting the patient use, or instructing the patient about, certain therapy techniques. E.g. therapist suggests that patient try to focus on her feelings, or close her eyes and attempt to imagine a scene, or to hold a conversation in fantasy with someone during the hour.

Place toward uncharacteristic end if little or no effort is made by therapist to explain the rationale behind some aspect of the treatment even if there is pressure, or there may be some utility, in doing so.

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**58: Patient resists examining thoughts, reactions or motivations related to his or her role in creating or perpetuating problems.**

Place toward characteristic end if patient is reluctant to examine his or her own role in perpetuating problems, e.g. by balking, avoiding, blocking, or repeatedly changing the subject whenever a particular topic is introduced.

Place toward uncharacteristic end if patient actively contemplates, or is able to pursue, trains of thoughts regarding his or her role in creating or perpetuating problems.

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**59: Patient feels inadequate and inferior (vs. effective and superior).**

Place toward characteristic end if patient expresses feelings of inadequacy, inferiority, or ineffectiveness. E.g. patient states that nothing he attempts really turns out the way he hopes it will.

Place toward uncharacteristic direction if patient expresses a sense of effectiveness, superiority, or even triumph, e.g.

		recounts personal achievements, or claims attention for a personal attribute or skill.
60	4,5	<p><b>60: Patient has cathartic experience</b> (N.B. rate as <u>uncharacteristic</u> if emotional expression is not followed by a sense of relief).</p> <p>Place toward <u>characteristic</u> direction if patient gains relief by giving vent to suppressed or pent-up feeling. E.g. patient cries intensely over the death of a parent, and then tells the therapist s/he feels better or appears to feel better as a result of expressing feelings.</p> <p>Place toward <u>uncharacteristic</u> end if the experience of strong affect is not followed by a sense of relaxation or relief.</p> <p>Rate as neutral if cathartic experience plays little or no role in the hour.</p>
61	4,5	<p><b>61: Patient feels shy and embarrassed</b> (vs. un-self-conscious and assured).</p> <p>Place toward <u>characteristic</u> end if patient appears shy, embarrassed, or not self-assured, or at the extreme, humiliated or mortified.</p> <p>Place toward <u>uncharacteristic</u> end if patient appears unselfconscious, assured, or certain of him or herself.</p>
62	6	<p><b>62: Therapist identifies a recurrent theme in the patient's experience or conduct.</b></p> <p>Place toward <u>characteristic</u> end if therapist points out a recurrent pattern in the patient's life experience or behavior. E.g. therapist notes that patient repeatedly offers him/herself to sexual partners on a platter, thereby inviting shabby treatment.</p> <p>Place toward <u>uncharacteristic</u> end if therapist does not identify such a theme or recurrent pattern.</p>
63	4,5	<p><b>63: Patient's interpersonal relationships are a major theme.</b> (Click on cell to see entire item above).</p> <p>Place toward <u>characteristic</u> end if a major focus of discussion is the patient's social or work relationships, or personal, emotional involvements (excludes discussion of therapy relationship [see Item 98] and excludes discussion of love or romantic relationships [see Item 64]). E.g. patient discusses at some length his or her distress over conflicts with a boss.</p>



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Place toward uncharacteristic direction if a good portion of the hour is devoted to discussion of matters that are not directly connected to relationships, e.g. the patient's compulsion to work, or drive to achieve, or his/her preoccupation with food and eating.

N.B.: Item does not refer to discussion of relationships in the distant past. (See Item 91, Memories or reconstructions of infancy and childhood are topics of discussion.)

**64: Love or romantic relationships are a topic of discussion.**

Place toward characteristic end if romantic or love relationships are talked about during the hour. E.g. patient talks about feelings toward a romantic partner.

Place toward uncharacteristic direction if love relationships do not emerge as a topic.

N.B.: This item refers to the quality of the relationship as opposed to marital status. E.g. discussion of a marital relationship that does not involve love or romance would not be rated in the characteristic direction.

**65: Therapist clarifies, restates, or rephrases patient's communication.**

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Place toward characteristic end if one aspect of the therapist's activity is restating or rephrasing the patient's affective tone, statements, or ideas in a somewhat more recognizable form in order to somehow render their meaning more evident. E.g. therapist remarks, "What you seem to be saying is that you're worried about what therapy will be like."

Place toward uncharacteristic end if this kind of clarifying activity is seldom employed by the therapist during the hour.

**66: Therapist is directly reassuring (N.B. Place in uncharacteristic direction if therapist tends to refrain from providing direct reassurance).**

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Place toward characteristic end if therapist attempts to directly ally patient's anxieties, and instill the hope that matters will improve. E.g. therapist tells patient there is no reason for worry; s/he's sure the problem can be solved.

Place toward uncharacteristic end if therapist tends to refrain from providing direct reassurance of this kind.

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**67: Therapist interprets warded-off or unconscious wishes, feelings or ideas.**

Place toward characteristic end if therapist draws the patient's attention to feelings, thoughts or impulses that may not

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have been clearly in awareness. Rater must attempt to infer the quality of mental content (i.e. the extent to which it is in awareness) from the context of the hour (exclude interpretation of defensive maneuvers: see Item 36).

Place in uncharacteristic direction if therapist focuses on material that appears to be clearly in the conscious awareness of the patient.

**68: Real vs. fantasized meanings of experiences are actively differentiated.**

Place toward characteristic end if therapist or patient notes differences between patient's fantasies about an occurrence and the objective reality. E.g. therapist points out that although the patient may have harbored death wishes toward the deceased, s/he did not, in reality, cause his heart attack. Distortions and erroneous assumptions should also be included, e.g. therapist asks where patient got that idea when he or she repeatedly described the world as dangerous.

Place toward uncharacteristic direction if little of the activity of the therapy hour is concerned with distortions of reality.

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**69: Patient's current or recent life situation is emphasized in discussion.**

Place toward characteristic end if patient or therapist emphasizes very recent or current life events. E.g. patient talks about depression over a spouse's recent death.

Place toward uncharacteristic direction if discussion of current life situation was not an important aspect of the hour.

**70: Patient struggles to control feelings or impulses.**

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Place toward characteristic end if patient attempts to manage or control strong emotions or impulses. E.g. patient fights to hold back tears while obviously distressed.

Place toward uncharacteristic end if patient does not appear to make an effort to control, restrain or mitigate feelings s/he is experiencing, or has little or no difficulty achieving control over them.

**71: Patient is self-accusatory; expresses shame or guilt.**

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Place toward characteristic end if patient expresses self-blame, shame, or guilt. E.g. that patient claims that if s/he had paid more attention to a spouse's low moods, the spouse might not have committed suicide.

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Place toward uncharacteristic direction if patient does not make statements reflecting self-blame, a sense of shame, or pangs of conscience.

**72: Patient understands the nature of therapy and what is expected.**

Placement toward characteristic end reflects the extent to which the patient appears to comprehend what is expected of him or her in the situation and what will happen in therapy.

Placement toward uncharacteristic end suggests that the patient is uncertain, confused or misunderstands his or her role in therapy and what is expected in the situation.

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**73: The patient is committed to the work of therapy. (Click on this cell to to view entire item above.)**

Place toward characteristic end if patient seems committed to the work of therapy. May include willingness to make sacrifices to continue this endeavor, in terms of time, money, inconvenience; may also include genuine desire to understand more about the self in spite of the psychological discomfort this may entail. E.g. a patient was so interested in beginning treatment that he or she was willing to give up a weekly golf game to keep his/her appointments.

Place toward uncharacteristic end if patient seems ambivalent about therapy, or unwilling to tolerate the emotional hardships that therapy might entail. May be expressed in terms of complaints about the expense of therapy, in scheduling conflicts, or statements of doubt about the effectiveness of treatment, or uncertainty about wanting to change.

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**74: Humor is used.**

Place toward characteristic end if therapist or patient display humor during the course of the hour. This may appear as a defense/coping mechanism in the patient; or the therapist may use wit or irony to make a point or to facilitate development of a working relationship with the patient. E.g. patient demonstrates an ability to laugh at herself or her predicament.

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Place toward uncharacteristic direction if the interaction appears grave, austere or somber.

**75: Termination of therapy is discussed.**

Place toward characteristic end if patient or therapist talks of the end of therapy. Includes all reference to termination, i.e. whether it is wished for, feared, or threatened.

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Place in uncharacteristic direction if discussion of termination seems to be avoided. E.g. the upcoming termination is mentioned, but neither patient nor therapist pursues the subject.

Rate as neutral if no reference to termination is made.

**76: Therapist suggests that patient accept responsibility for his or her problems.**

Place toward characteristic direction if therapist attempts to convey to the patient that s/he must take some action, or change somehow, if his or her difficulties are to improve. E.g. therapist comments, "Let's look at what you may have done to elicit that response (from another person)."

Place toward uncharacteristic end if therapist's actions are in general not aimed at persuading patient to assume greater responsibility.

**77: Therapist is tactless.**

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Place toward characteristic end if therapist's comments seem to be phrased in ways likely to be perceived by the patient as hurtful or derogatory. This lack of tact or sensitivity may not be a result of therapist's annoyance or irritation, but rather a result of lack of technique, polish, or verbal facility.

Place toward uncharacteristic end if therapist's comments reflect kindness, consideration, or carefulness.

**78: Patient seeks therapist's approval, affection, or sympathy.**

78

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Place toward characteristic end if patient behaves in a manner which appears designed to make therapist like him or her, or to gain attention or reassurance.

Place toward uncharacteristic direction if patient does not behave in this fashion.

**79: Therapist comments on changes in patient's mood or affect.**

79

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Place toward characteristic end if therapist makes frequent or salient comments about shifts in the patient's mood or quality of experience. E.g. therapist notes that in response to his comments, patient has shifted from a 'devil may care' attitude to feeling hurt but working more seriously on his or her problems.

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Place toward uncharacteristic end if therapist tends not to comment on changes in patient's states of mind during the hour.

**80: Therapist presents a specific experience or event in a different perspective.**

Place toward characteristic end if therapist restates what the patient has described in such a way that the patient is likely to look at the situation differently ('reframing' or 'cognitive restructuring'). A new (and usually more positive) meaning is given to the same content. E.g. after patient berates him or herself for having started an ugly quarrel with a romantic partner, therapist says that perhaps this is your way of expressing what you need in that relationship. In rating this item, a particular event or experience that has been 'reframed' should be identified.

Place in uncharacteristic direction if this does not constitute an important aspect of the therapist's activity during the hour.

**81: Therapist emphasizes patient feelings in order to help him or her experience them more deeply.**

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Place toward characteristic end if therapist stresses the emotional content of what the patient has described in order to encourage the experience of affect. E.g. therapist suggests that the interaction the patient has just described in a story-telling manner probably made her or him feel quite angry.

Place toward uncharacteristic direction if therapist does not emphasize the experience or affect, or appears interested in patient's objectified descriptions.

**82: The patient's behavior during the hour is reformulated by the therapist in a way not explicitly recognized previously.**

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Place toward characteristic end if therapist makes frequent or a few salient comments about the patient's behavior during the hour in a way that appears to shed new light on it. E.g. therapist suggests that the patient's late arrival for the hour may have a meaning; or therapist notes that whenever patient begins to talk about emotional topics, s/he quickly shifts to another focus.

Place toward uncharacteristic end if therapist tends not to reformulate the patient's in-therapy behavior.

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**83: Patient is demanding.**

Place toward characteristic end if patient makes multiple demands/requests of the therapist or pressures therapist to

		meet a specific request. E.g. patient makes multiple demands such as evening appointments, medication, or requests more structure or more activity on therapist's part.
		Place toward <u>uncharacteristic</u> end if patient is reluctant or hesitant to make usual or appropriate requests of the therapist, e.g. fails to ask for another appointment despite a schedule conflict with another, highly important event.
84	4,5	<b>84: Patient expresses angry or aggressive feelings.</b>  Place toward <u>characteristic</u> end if patient expresses resentment, anger, bitterness, hatred or aggression verbally or non-verbally (N.B. excludes such feelings directed at therapist: see Item 1).  Place in <u>uncharacteristic</u> direction if the verbal or non-verbal expression of such feelings does not occur.
85	4,5	<b>85: Therapist encourages patient to try new ways of behaving with others.</b>  Place toward <u>characteristic</u> end if therapist suggests alternative ways of relating to people. E.g. therapist asks patient what he thinks might happen if he were to be more direct in telling his mother how it affects him when she nags. More extreme placement implies that the therapist actively coaches patient on how to interact with others, or rehearses new ways of behaving with others.  Place toward <u>uncharacteristic</u> end if therapist tends not to make suggests about how to relate to others.
86	6,5	<b>86: Therapist is confident or self-assured (vs. uncertain or defensive).</b>  Place toward <u>characteristic</u> end if therapist's manner indicates a feeling of confidence and competence.  Rate as <u>uncharacteristic</u> if therapist appears uncertain, embarrassed, or at a loss.
87	5	<b>87: Patient is controlling.</b>  Place in <u>characteristic</u> direction if patient exercises a restraining or directing influence in the hour, e.g. patient dominated the interaction with compulsive talking, or interrupted the therapist frequently.  Place in <u>uncharacteristic</u> direction if patient does not control the interaction, working with therapist in a more collaborative fashion.

88	7,5	<p><b>88: Patient brings up significant issues and material.</b></p> <p>Placement in <u>characteristic</u> direction indicates that rater judges that what the patient brings up and talks about during the hour is importantly related to patient's psychological conflicts, or are topics of real concern.</p> <p>Place toward <u>uncharacteristic</u> end if discussion seems unrelated to or somehow removed from issues of central concern.</p>
	1	<p><b>89: Therapist acts to strengthen defenses.</b></p> <p>Place toward <u>characteristic</u> end if therapist's stance is characterized by a calm, attentive compliance intended to avoid upsetting the patient's emotional balance or if he or she actively intervenes to help patient avoid or suppress disturbing ideas or feelings.</p> <p>Place in <u>uncharacteristic</u> direction if therapist does not act to shore up defenses or suppress troublesome thoughts or feelings.</p>
90	9	<p><b>90: Patient's dreams or fantasies are discussed.</b></p> <p>Place toward <u>characteristic</u> end if a topic of discussion is dream content or fantasy (day-dreams or night-dreams) material. E.g. patient and therapist explored the possible meanings of a dream the patient had the night before starting therapy.</p> <p>Place toward <u>uncharacteristic</u> end if there is little or no discussion of dreams or fantasy during the hour.</p>
	6,5	<p><b>91: Memories or reconstructions of infancy and childhood are topics of discussion.</b></p> <p>Place toward <u>characteristic</u> end if some part, or a significant part, of the hour is taken up by a discussion of childhood or memories of early years of life.</p> <p>Place in <u>uncharacteristic</u> direction if little or no time is devoted to a discussion of these topics.</p>
92	8	<p><b>92: Patient's feelings or perceptions are linked to situations or behavior of the past.</b></p> <p>Place toward <u>characteristic</u> end if several links or salient connections are made between the patient's current emotional experience or perception of events with those of childhood or early experience. E.g. therapist points out (or patient</p>

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realizes) that current fears of abandonment are derived from the loss of a parent during childhood.

Place toward uncharacteristic end if current and past experiences are discussed, but not linked.

Place toward neutral category if these subjects are discussed very little or not at all.

**93: Therapist is neutral. (Click this cell to view entire item above).**

Place toward characteristic end if therapist tends to refrain from stating opinions or views of topics patient discusses. Therapist assumes role of neutral commentator, and the patient's view of matters is made pre-eminent in the dialogue. E.g. therapist asks how it would be for the patient if she, as the therapist, approved of his expressing his anger, and subsequently inquires how it would be for him if she disapproved.

Place toward uncharacteristic direction if therapist expresses opinions, or takes positions either explicitly or by implication. E.g. therapist tells patient that it is very important that he learn how to express his anger; or comments that the relationship the patient is in right now is not a very good one, and that she should consider getting out of it.

N.B.: Neutrality is not synonymous with passivity. The therapist can be active and still maintain a neutral stance.

**94: Patient feels sad or depressed (vs. joyous or cheerful).**

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Place toward characteristic end if patient's mood seems melancholy, sad, or depressed.

Place toward uncharacteristic end if patient appears delighted or joyful or somehow conveys a mood of well-being or happiness.

**95: Patient feels helped.**

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Place toward characteristic end if patient somehow indicates a sense of feeling helped, relieved, or encouraged.

Placement uncharacteristic direction indicates that patient feel discouraged with the way therapy is progressing, or frustrated, or checked (N.B. Item does not refer to events outside of therapy.)

**96: There is discussion of scheduling of hours, or fees.**

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Place toward characteristic end if therapist and patient discuss the scheduling or re-scheduling (times, dates, etc.) of a



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therapy hour; or if there is discussion of the amount of fee, time of payment, and the like.

Place toward uncharacteristic direction if these topics are not taken up.

**97: Patient is introspective, readily explores inner thoughts and feelings.**

Place toward characteristic end if patient appears unguarded, and relatively unblocked. In this instance the patient pushes beyond ordinary constraints, cautions, hesitations or feelings of delicateness in exploring and examining thoughts and feelings.

Place in uncharacteristic direction if patient's discourse appears hesitant or inhibited, shows constraint, reserve or a stiffening of control, and does not appear loose, free, or unchecked.

**98: The therapy relationship is a focus of discussion.**

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Place toward characteristic end if therapy relationship is discussed. E.g. therapist calls attention to features of the interaction or interpersonal process between the patient and him or herself.

Place toward uncharacteristic end if therapist or patient does not comment on the nature of transactions between them, i.e. focuses on content.

**99: Therapist raises questions about the patient's view (vs. validates the patient's perceptions). (Click on this cell to view entire item above.)**

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Place in characteristic end if therapist somehow raises a question about the patient's view of an experience or an event. E.g. therapist might say "How is that so?" or "I wonder about that," or simply utter an "Oh?". This item does not refer to interpretations or reframing in the sense of providing a new or different meaning to the patient's discourse, but instead refers simply to somehow raising a question about the patient's viewpoint.


Place in uncharacteristic direction somehow conveys a sense of agreement, concurrence with, or substantiation of the patient's perspective. E.g. therapist may say, "I think you're quite right about that" or "You seem to have a good deal of insight into that."

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**100: Therapist draws connections between the therapeutic relationship and other relationships.**

Place toward characteristic end if therapist makes several or a few salient comments linking the patient's feelings about



the therapist and feelings toward other significant individuals in his or her life. Includes current relationships, and past or present relationships with parents (transference/parent link). E.g. therapist remarks that she thinks the patient is sometimes afraid she will criticize her just as her mother does.

Place toward uncharacteristic end if therapist's activity during the hour includes no or few attempts to link the interpersonal aspects of therapy with experiences in other relationships.