

# PSYCHO- THERAPEUTIC IDENTITY (ThId)

A questionnaire about training, experience, style, and values

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Translation into English by Rolf Sandell (2001)

## A. Personal and professional background

A1. Age: ..... yrs      A2. Gender:      ☐ 1. Male    ☐ 2. Female

A3. What is your basic academic training?

- ☐ 1. Medicine, specializing in: .....
- ☐ 2. Psychology
- ☐ 3. Social work
- ☐ 4. Other: .....

A4. What is your basic training as a psychotherapist? (State type of psychotherapy and institute.)

.....  
.....

A5. Do you have any auxiliary post-graduate training in psychotherapy?

- ☐ 1. No
- ☐ 2. Yes:

.....  
.....

A6. Do you have formal training as a psychotherapy supervisor?

- ☐ 1. No
- ☐ 2. Yes:

.....  
.....

A7. Do you have any academic training outside the field of psychotherapy?

- ☐ 1. No
- ☐ 2. Yes:

.....  
.....

A8. When were you licensed or chartered as a psychotherapist (or psychoanalyst)?

Year: .....

## B. Professional experience

This section is about the amount and content of your professional experience.

B1. How long have you been conducting psychotherapy?

a. .... years before being licensed (or finishing formal training)

b. .... years after being licensed (or finishing formal training)

B2. How are these years distributed across the following settings?

a. .... years with inpatients in public psychiatric health care

b. .... years with outpatients in public psychiatric health care

c. .... years in private practice

d. .... years in other settings:

.....  
.....

B3. Please indicate by tick marks how many patients you have treated in each of the following forms of psychotherapy.

	0	1-9	10-24	25-49	50-
Psychoanalysis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Individual psychotherapy, 1-2 sessions per week	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Individual psychotherapy, 3 sessions per week	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Focused brief or time-limited psychotherapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Crisis therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Group therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Family therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other forms:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
.....					
.....					

B4. Do you regularly use any other technique than conversation in your psychotherapy work (e.g., art, dance, hypnosis)?

- ☐ 1. No  
☐ 2. Yes:

.....  
 .....

B5. Do you regularly work with patients with any special problem (e.g., psychotic patients, eating disorders, psychosomatic disorders)?

- ☐ 1. No  
☐ 2. Yes:

.....  
 .....

B6. During the past year, have you had any supervision?

- ☐ 1. Yes, regularly                      ☐ 2. Yes, occasionally                      ☐ 3. Not at all

B7. During the past year, have you supervised other psychotherapists or colleagues?

- ☐ 1. Yes, regularly                      ☐ 2. Yes, occasionally                      ☐ 3. Not at all

B8. Do you have any professional experience in other fields than psychotherapy, psychology, health care and the like?

- ☐ 1. No  
☐ 2. Yes:

.....  
 .....

### C. Personal therapy

C1. Please describe the kinds and durations of personal therapy (or analysis) you have had yourself:

Type of therapy	Frequency (sessions per week)	Started, year	Terminated, year
.....	.....	.....	.....
.....	.....	.....	.....
.....	.....	.....	.....

C2. ☐ I have not been in personal therapy or analysis.

#### D. Theoretical orientation

D1. At present, how much is your work based in the following theoretical orientations?

	Not at all	Little	Moderately	Rather much	Much
Classical psychoanalysis (Freudian)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Object relational psychoanalysis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lacanian psychoanalysis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cognitive psychotherapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Behaviour therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Existential psychotherapy (Da-sein, Mayian etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Experiential psychotherapy (Gestalt, psychodrama etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Client-centered (Rogerian)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Analytical psychology (Jungian)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Adlerian psychotherapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Systemic therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other orientations:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

.....

.....

## E. Therapeutic style

The purpose of this section is to get a picture of how you usually work therapeutically with your patients. We realize it will vary with different patients, but are interested in what you yourself consider as basic, typical, and consistent in your way of conducting psychotherapy.

E1. To what extent do you think the following techniques or “ingredients” contribute to long-term and stable therapeutic change?

	Not at all	A little	Moderately	Rather much	Much
1. Stimulating the patient to think about his problems in more positive ways	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Helping the patient control his/her emotions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Consideration and good care-taking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Working with the patient's childhood memories	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Helping the patient forget painful experiences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Giving the patient concrete advice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Letting the patient herself/himself take the initiative in the therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Educating the patient about his/her symptoms and psychic problems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Helping the patient to avoid repeating old mistakes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Giving the patient concrete goals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Letting the therapist take the initiative and lead the sessions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Working for the patient's adjustment to prevailing social circumstances	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Helping the patient avoid anxiety-provoking situations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

14. Helping the patient clarify his/her feelings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Questioning the patient's attitudes and behaviour	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. Helping the patient understand that old behaviour and relations are being repeated	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Helping the patient understand that old reactions and relations are being repeated with the therapist	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. Supporting the patient in the therapy to reflect on early painful experiences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. Giving the patient the opportunity to work with his/her dreams	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. Letting the patient get things off his/her chest	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. Being a warm and kind therapist	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. Helping the patient see the connections between his/her problems and childhood	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. Supporting and encouraging the patient	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24. Making the patient feel well liked by the therapist	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25. Working with the patient's symptoms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26. Helping the patient to adapt/adjust to his/her symptoms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27. Accepting the patient as he/she is	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28. Working with the patient's defences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29. Helping the patient become reality-orientated	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

30. Interpreting the patient's body language	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31. Letting the patient act out his/her feelings (catharsis)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32. Bringing the patient's sexuality to the fore	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33. Helping the patient remember and confront possible sexual abuse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

E2. What are you like as a therapist? To what extent do you agree with the following statements?

	Not at all	A little	Moderately	Rather much	Mucho
1. I am active in sessions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I find it difficult to deal with the patient's aggression	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I do not express my own feelings in the sessions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I do not answer personal questions from the patient	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. My verbal interventions are brief and concise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. If a patient asks, I might agree to talk with one of his/hers relatives	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I do not allow long periods of silence during the therapy session	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I keep my personal opinions and circumstances completely outside the therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. My therapeutic technique varies from patient to patient	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I have a positive attitude towards extra sessions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



11. I am more neutral than personal in therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I do not want the patient to develop strong feelings towards me as a person	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I want the patient to develop strong feelings in the therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. My spontaneity is a valuable therapeutic instrument	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. It is important to show my empathy with the patient's problems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. It is important to order and structure the material	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. My countertransference is an important instrument in my work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. I easily frustrate the patient	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. I often put questions to the patient	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. I admit my own mistakes to the patient	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. It is important to convey hope to the patient	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. Keeping the therapeutic frame is fundamental in my work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. I prefer working in the here-and-now rather than the there-and-then	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24. I doubt my own ability to contain the patient's feelings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25. My involvement with the patient's life goals is an obstacle to therapeutic work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26. I always communicate the therapeutic goals to the patient in the beginning of a therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27. I always make the therapeutic goals explicit to myself during a therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

28. I work best with patients who resemble me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29. I avoid physical contact with the patient	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30. I like being confrontative	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31. I am anxious for the patient to achieve his/her life goals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## F. Assumptions about psychotherapy and personality

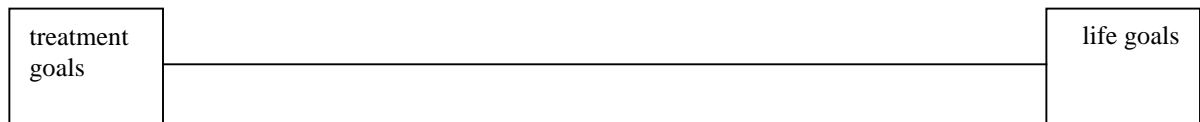
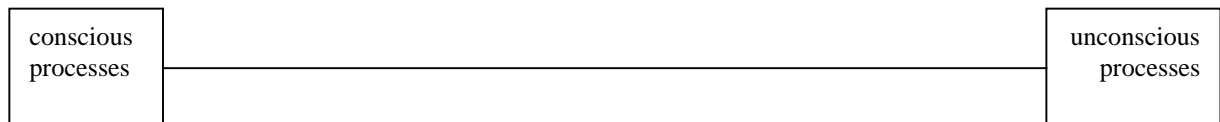
This section is about your notions about the nature of psychotherapy and the nature of man. Put a tick mark on each scale where it best fits your position between the two poles.

F1. Psychotherapy may be described as a ...

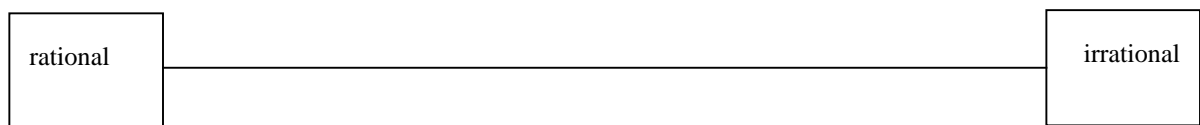
form of art		science
craft		free creative work

F2. Psychotherapeutic work is governed by ...

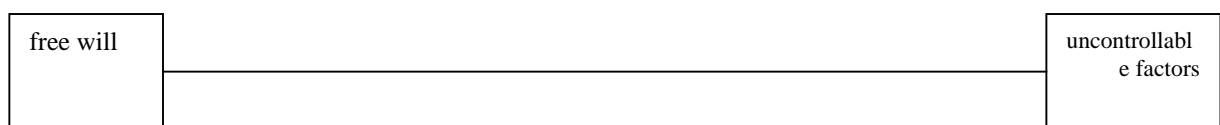
training		personality
intuition		systematic thinking
relativistic views		absolutistic conviction
that everything may be		that not everything may be understood
emotional experiences		intellectual grasp



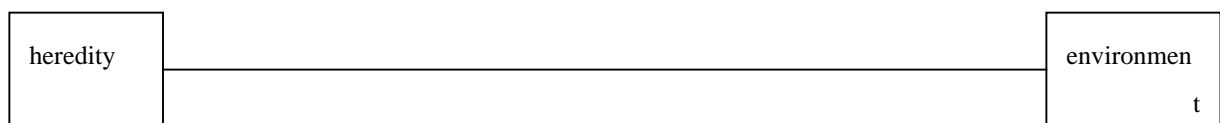
F3. By nature, humans are ...



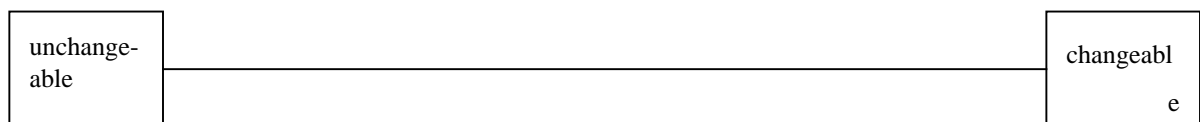
F4. Human behaviour is governed by ...



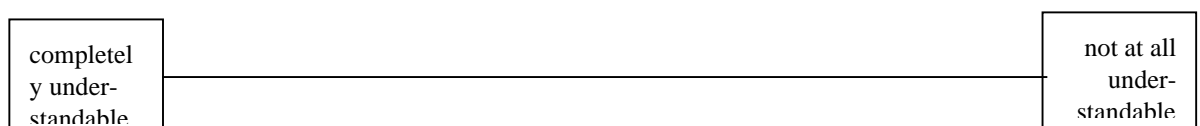
F5. Personality is formed by ...



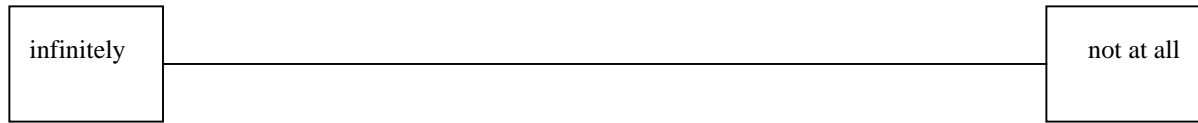
F6. Personality is fundamentally ...



F7. The underlying principles of human behaviour are ...



F8. Humans may develop ...



## **G. Free associations**

G1. What do you consider to be your strongest asset as a psychotherapist?

G2. What do you consider to be your greatest limitation as a psychotherapist?

G3. What do you consider to be the primary aim of a psychotherapeutic treatment?

G4. In your opinion, what exerts the most negative influence on a psychotherapeutic treatment?

## Thank you for your cooperation!

We wish to thank you for taking your time to answer our questions. Finally, we should like you to answer some questions concerning your feelings about our questionnaire.

H1. Would you be willing to participate in a personal interview at some later date for us to follow up and deepen the results of our questionnaire study?

☐ 1. Yes, I would

☐ 2. No

☐ 3. Don't know

H2. How stimulating do you feel it was for you to fill out the questionnaire?

very stimulating		not at all stimulating
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H3. How fatiguing do you feel it was for you to fill out the questionnaire?

very fatiguing		not at all fatiguing
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H3. How easy or difficult do you feel it was for you to fill out the questionnaire?

very easy		very difficult
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We appreciate other comments or thoughts that you may have about the questionnaire:

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