

SELF ASSESSMENT AND CROSS-MODALITY DISCUSSION QUESTIONS

THERAPEUTIC ALLIANCE

1. How do you collaborate with clients to find their own goals?
2. How do you establish a strong working alliance?
3. How do you engage those that seem unmotivated?
4. In what ways do you use/follow the client's language, world view and culture rather than treatment approach.
5. In what ways do you identify clients that are not progressing and subsequently re-evaluate your work together?

MONITORING PROCESS AND OUTCOME

1. In what ways have you incorporated the following in your practice?
 - How are you? getting what you want
 - How is this? the approach
 - How are we? the relationship
2. How often and how do you check in with the your client?
3. Do you use a formal assessment – ORS/SRS or other?
4. How does client feedback inform your practice?

TASKS OF THERAPY

1. What strategies do you use to work collaboratively with your clients to develop their own strategies and tasks to reach their desired outcome?
2. What do you do that might encourage your client to make use of past experiences that help them change?
3. How do you help your client see themselves from multiple perspectives?
4. How do you help your client remove contingencies that interfere with their goals?