Cooper – Norcross Inventory of Preferences (C-NIP) v1.1

On each of the items below, please indicate your preferences for how a psychotherapist or counsellor should work with you by circling a number. A 3 indicates a *strong* preference in that direction, 2 indicates a *moderate* preference in that direction, 1 indicates a *slight* preference in that direction, 0 indicates no preference in either direction/an equally strong preference in both directions.

'I would like the therapist to…'

1. Focus on specific goals — No or equal preference — Not focus on specific goals

3	2	1	0	-1	-2	-3

2. Give structure to the therapy — No or equal preference — Allow the therapy to be unstructured

3	2	1	0	-1	-2	-3

3. Teach me skills to deal with my problems — No or equal preference — Not teach me skills to deal with my problems

3	2	1	0	-1	-2	-3

4. Give me 'homework' to do — No or equal preference — Not give me 'homework' to do

3	2	1	0	-1	-2	-3

5. Take a lead in therapy — No or equal preference — Allow me to take a lead in therapy

3	2	1	0	-1	-2	-3

Scale 1. If score is 8 to 15 then strong preference for therapist directiveness. If score is -2 to 7 then no strong preference. If score is -3 to -15 then strong preference for client directiveness.

6. Encourage me to go into difficult emotions — No or equal preference — Not encourage me to go into difficult emotions

3	2	1	0	-1	-2	-3

7. Talk with me about the therapy relationship — No or equal preference — Not talk with me about the therapy relationship

3	2	1	0	-1	-2	-3

8. Focus on the relationship between us — No or equal preference — Not focus on the relationship between us

3	2	1	0	-1	-2	-3

9. Encourage me to express strong feelings — No or equal preference — Not encourage me to express strong feelings

3	2	1	0	-1	-2	-3

10. Focus mainly on my feelings — No or equal preference — Focus mainly on my thoughts

3	2	1	0	-1	-2	-3

Scale 2. If score is 7 to 15 then strong preference for emotional intensity. If score is 0 to 6 then no strong preference. If score is -15 to -1 then strong preference for emotional reserve

11. Focus on my life in the past — No or equal preference — Focus on my life in the present

3	2	1	0	-1	-2	-3

12. Help me reflect on my childhood — No or equal preference — Help me reflect on my adulthood

3	2	1	0	-1	-2	-3

13. Focus on my past — No or equal preference — Focus on my future

3	2	1	0	-1	-2	-3

Scale 3. If score is 3 to 9 then strong preference for past orientation. If score is -2 to 2 then no strong preference. If score is -3 to -9 then strong preference for present orientation.

14. Be gentle	3	2	1	No or equal preference 0	-1	-2	Be challenging -3
15. Be supportive	3	2	1	No or equal preference 0	-1	-2	Be confrontational -3
16. Not interrupt me	3	2	1	No or equal preference 0	-1	-2	Interrupt me and keep me focused -3
17. Not be challenging of my own beliefs and views	3	2	1	No or equal preference 0	-1	-2	Be challenging of my own beliefs and views -3
18. Support my behaviour unconditionally	3	2	1	No or equal preference 0	-1	-2	Challenge my behaviour if they think it's wrong -3

Scale 4. If score is 4 to 15 then strong preference for warm support, If score is -3 to 3 then no strong preference. If score is -4 to -15 then strong preference for focused challenge.

Additional client preferences for exploration and consideration (as appropriate to service provision)

Do you have a *strong* preference for:

- A therapist of a particular **gender**, **race/ethnicity**, **sexual orientation**, **religion**, or **other personal characteristic**?
- A therapist/counsellor who speaks a **specific language** that is most comfortable for you?
- **Modality** of therapy: such as individual, couple, family, or group therapy?
- **Orientation** of therapy: such as psychodynamic, cognitive, person-centred, or other?
- **Number** of therapy sessions: such as four, dependent on review, open-ended, or other?
- **Length** of therapy sessions: such as 50 mins, 60 mins, 90 mins or other?
- **Frequency** of therapy: such as twice weekly, weekly, monthly, ad hoc or other?
- **Medication**, psychotherapy, or both in combination?
- Use of **self-help** books, self-help groups, or computer programs in addition to therapy?
- **Any other** strong preferences that come to mind? (and do raise them at any point in therapy)
- What would you most **dislike** or **despise** happening in your therapy or counselling?

© licensed under the Creative Commons Attribution-NoDerivatives 4.0 International licence