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…’

<table>
<thead>
<tr>
<th>Item</th>
<th>Preference Options</th>
<th>Scale 1</th>
<th>Scale 2</th>
<th>Scale 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Focus on specific goals</td>
<td>No or equal preference</td>
<td>-1</td>
<td>-1</td>
<td>-1</td>
</tr>
<tr>
<td>2. Give structure to the therapy</td>
<td>Allow the therapy to be unstructured</td>
<td>-2</td>
<td>-2</td>
<td>-2</td>
</tr>
<tr>
<td>3. Teach me skills to deal with my problems</td>
<td>Not teach me skills to deal with my problems</td>
<td>-3</td>
<td>-3</td>
<td>-3</td>
</tr>
<tr>
<td>4. Give me ‘homework’ to do</td>
<td>Not give me ‘homework’ to do</td>
<td>-3</td>
<td>-3</td>
<td>-3</td>
</tr>
<tr>
<td>5. Take a lead in therapy</td>
<td>Allow me to take a lead in therapy</td>
<td>-3</td>
<td>-3</td>
<td>-3</td>
</tr>
<tr>
<td>6. Encourage me to go into difficult emotions</td>
<td>Not encourage me to go into difficult emotions</td>
<td>-3</td>
<td>-3</td>
<td>-3</td>
</tr>
<tr>
<td>7. Talk with me about the therapy relationship</td>
<td>Not talk with me about the therapy relationship</td>
<td>-3</td>
<td>-3</td>
<td>-3</td>
</tr>
<tr>
<td>8. Focus on the relationship between us</td>
<td>Not focus on the relationship between us</td>
<td>-3</td>
<td>-3</td>
<td>-3</td>
</tr>
<tr>
<td>9. Encourage me to express strong feelings</td>
<td>Not encourage me to express strong feelings</td>
<td>-3</td>
<td>-3</td>
<td>-3</td>
</tr>
<tr>
<td>10. Focus mainly on my feelings</td>
<td>Focus mainly on my thoughts</td>
<td>-3</td>
<td>-3</td>
<td>-3</td>
</tr>
<tr>
<td>11. Focus on my life in the past</td>
<td>Focus on my life in the present</td>
<td>-3</td>
<td>-3</td>
<td>-3</td>
</tr>
<tr>
<td>12. Help me reflect on my childhood</td>
<td>Help me reflect on my adulthood</td>
<td>-3</td>
<td>-3</td>
<td>-3</td>
</tr>
<tr>
<td>13. Focus on my past</td>
<td>Focus on my future</td>
<td>-3</td>
<td>-3</td>
<td>-3</td>
</tr>
</tbody>
</table>

**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.

**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.

**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
   No or equal preference
   Be challenging
   3  2  1  0  -1  -2  -3

15. Be supportive
   No or equal preference
   Be confrontational
   3  2  1  0  -1  -2  -3

16. Not interrupt me
   No or equal preference
   Interrupt me and keep me focused
   3  2  1  0  -1  -2  -3

17. Not be challenging of my own beliefs and views
   No or equal preference
   Be challenging of my own beliefs and views
   3  2  1  0  -1  -2  -3

18. Support my behaviour unconditionally
   No or equal preference
   Challenge my behaviour if they think it’s wrong
   3  2  1  0  -1  -2  -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.

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**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?