Cooper–Norcross Inventory of Preferences–2

UK

We want therapy to be the best fit for you.

Please indicate your preferences for how a therapist or counsellor should work with you by checking one box on each row. 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 or an equal preference in both directions. Each set of options has two sides, so take a moment to consider both before you decide.

I would like the therapist to...

Explore my past experiences			No or equal preference			Explore my current experiences
☐ 3	☐ 2	☐ 1	☐ 0	☐ –1	☐ –2	☐ –3
Concentrate on my early years			No or equal preference			Concentrate on my recent experiences
☐ 3	☐ 2	☐ 1	☐ 0	☐ –1	☐ –2	☐ –3
Help me reflect on events from the past			No or equal preference			Help me reflect on what I can do next
☐ 3	☐ 2	☐ 1	☐ 0	☐ –1	☐ –2	☐ –3

If score is 9 to 4 then strong preference for focusing on the past | If score is 3 to -3 then no strong preference | If score is -4 to -9 then strong preference for focusing on the present

Direct the process of therapy			No or equal preference			Allow the process of therapy to evolve naturally
☐ 3	☐ 2	☐ 1	☐ 0	☐ –1	☐ –2	☐ –3
Take a lead in therapy			No or equal preference			Create space for me to lead
☐ 3	☐ 2	☐ 1	☐ 0	☐ –1	☐ –2	☐ –3
Plan what we do in sessions			No or equal preference			Let session topics and activities emerge
☐ 3	☐ 2	☐ 1	☐ 0	☐ –1	☐ –2	☐ –3
Give structure to the therapy			No or equal preference			Allow the therapy to be unstructured
☐ 3	☐ 2	☐ 1	☐ 0	☐ –1	☐ –2	☐ –3
Keep me focused			No or equal preference			Give me space to explore things in my own way
☐ 3	☐ 2	☐ 1	☐ 0	☐ –1	☐ –2	☐ –3

If score is 15 to 10 then strong preference for therapist to lead | If score is 9 to 0 then no strong preference | If score is -1 to -15 then strong preference for therapist not to lead

Be personable with me			No or equal preference			Be somewhat formal with me
☐ 3	☐ 2	☐ 1	☐ 0	☐ –1	☐ –2	☐ –3
Be friendly			No or equal preference			Be reserved
☐ 3	☐ 2	☐ 1	☐ 0	☐ –1	☐ –2	☐ –3
Talk with me on a human level			No or equal preference			Keep some professional distance
☐ 3	☐ 2	☐ 1	☐ 0	☐ –1	☐ –2	☐ –3

If score is 9 to 8 then strong preference for warm support | If score is 7 to 3 then no strong preference | If score is 2 to -9 then strong preference for professional reserve

Give me tasks to complete between sessions			No or equal preference			Not give me tasks to complete between sessions
☐ 3	☐ 2	☐ 1	☐ 0	☐ –1	☐ –2	☐ –3
Give me ‘homework’ to do			No or equal preference			Not give me ‘homework’ to do
☐ 3	☐ 2	☐ 1	☐ 0	☐ –1	☐ –2	☐ –3
Provide worksheets or exercises to complete outside sessions			No or equal preference			Not provide any materials for outside work
☐ 3	☐ 2	☐ 1	☐ 0	☐ –1	☐ –2	☐ –3

If score is 9 to 6 then strong preference for between-session work | If score is 5 to -2 then no strong preference | If score is -3 to -9 then strong preference for no between-session work

Help me focus on self-awareness			No or equal preference			Help me focus on action
☐ 3	☐ 2	☐ 1	☐ 0	☐ −1	☐ −2	☐ −3
Help me understand myself			**No or equal preference**			**Help me change myself**
☐ 3	☐ 2	☐ 1	☐ 0	☐ −1	☐ −2	☐ −3
Help me identify patterns in my behaviour			**No or equal preference**			**Help me change patterns in my behaviour**
☐ 3	☐ 2	☐ 1	☐ 0	☐ −1	☐ −2	☐ −3
Help me deepen my understanding of myself			**No or equal preference**			**Help me find practical strategies for addressing my problems**
☐ 3	☐ 2	☐ 1	☐ 0	☐ −1	☐ −2	☐ −3

If score is 12 to 6 then strong preference for focusing on awareness	If score is 5 to -2 then		no strong preference	If score is -3 to -12 then strong preference for focusing on action	

Help me find ways to express emotions			No or equal preference			Not help me to express emotions
☐ 3	☐ 2	☐ 1	☐ 0	☐ −1	☐ −2	☐ −3
Encourage me to express strong feelings			**No or equal preference**			**Not encourage me to express strong feelings**
☐ 3	☐ 2	☐ 1	☐ 0	☐ −1	☐ −2	☐ −3
Go deeper in the exploration of emotions			**No or equal preference**			**Not go deeper in the exploration of emotions**
☐ 3	☐ 2	☐ 1	☐ 0	☐ −1	☐ −2	☐ −3
Uncover deeper layers of feelings			**No or equal preference**			**Stay with my current feelings**
☐ 3	☐ 2	☐ 1	☐ 0	☐ −1	☐ −2	☐ −3

If score is 12 to 10 then strong preference for emotional intensity	If score is 9 to 3 then		no strong preference	If score is 2 to -12 then strong preference for emotional reserve	

Be challenging of my own beliefs and views			No or equal preference			Not be challenging of my own beliefs and views
☐ 3	☐ 2	☐ 1	☐ 0	☐ −1	☐ −2	☐ −3
Question how I think about things			**No or equal preference**			**Accept how I think about things**
☐ 3	☐ 2	☐ 1	☐ 0	☐ −1	☐ −2	☐ −3
Challenge how I feel about things			**No or equal preference**			**Accept how I feel about things**
☐ 3	☐ 2	☐ 1	☐ 0	☐ −1	☐ −2	☐ −3

If score is 9 to 6 then strong preference for being challenged	If score is 5 to 1 then		no strong preference	If score is 0 to -9 then strong preference for not being challenged	

Additional preferences for consideration

Please check any of the following boxes if you would like to discuss further preferences regarding:

- ☐ 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 (e.g., individual, couple, family, or group therapy)?
- ☐ **Orientation** of therapy (e.g., psychodynamic, cognitive, person-centred, or another approach)?
- ☐ **Number** of therapy sessions (e.g., four, dependent on review, open-ended, or another arrangement)?
- ☐ **Length** of therapy sessions (e.g., 50 minutes, 60 minutes, 90 minutes, or another duration)?
- ☐ **Frequency** of therapy (e.g., twice weekly, weekly, monthly, ad hoc, or another schedule)?
- ☐ **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? (Please feel free to raise these at any point in therapy.)
- ☐ Anything that you would **dislike** or **despise** happening in your therapy or counselling?

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