U-PIC

Understanding Preferences In Counselling

Please let us know what you might want in your therapy by marking one box ☐ on each row. It's fine if you don't know, don't mind, or want both options the same: just mark the middle box. There are two sides to each set of options, so take a little time to consider both before you decide.

We want therapy to be the best fit for you.

/ /

In therapy I would like...

To express myself in creative ways (like drawing)		or		To express myself through talking
☐ a lot	☐ a little	don't mind ☐ want both	a little ☐	a lot ☐
To use art to help me talk things through		or		To not use art activities in therapy
☐ a lot	☐ a little	don't mind ☐ want both	a little ☐	a lot ☐
To have art materials available for use		or		To not use art materials
☐ a lot	☐ a little	don't mind ☐ want both	a little ☐	a lot ☐
Prefer creative activities				Prefer mainly talking

The therapist to decide what we do		or		To decide what we do myself
☐ a lot	☐ a little	don't mind ☐ want both	a little ☐	a lot ☐
The therapist to set goals		or		To set goals for therapy myself
☐ a lot	☐ a little	don't mind ☐ want both	a little ☐	a lot ☐
The therapist to keep me focused		or		To explore things in my own way
☐ a lot	☐ a little	don't mind ☐ want both	a little ☐	a lot ☐
The therapist to take a lead in therapy		or		To lead therapy myself
☐ a lot	☐ a little	don't mind ☐ want both	a little ☐	a lot ☐
Prefer therapist to lead				Prefer therapist not to lead

To talk about emotions		or		To not talk about emotions
☐ a lot	☐ a little	don't mind ☐ want both	a little ☐	a lot ☐
The therapist to help me share my emotions in session		or		The therapist to not focus on helping me share my emotions in sessions
☐ a lot	☐ a little	don't mind ☐ want both	a little ☐	a lot ☐
To speak about strong emotions		or		Not to speak about strong emotions
☐ a lot	☐ a little	don't mind ☐ want both	a little ☐	a lot ☐
Prefer emotional intensity				Prefer emotional reserve

The therapist to question how I think about things		or		The therapist to accept how I think about things
☐ a lot	☐ a little	don't mind ☐ want both	a little ☐	a lot ☐
The therapist to help me explore and change		or		The therapist to help me accept my thoughts and behaviour
☐ a lot	☐ a little	don't mind ☐ want both	a little ☐	a lot ☐
To get support in changing unhelpful behaviour or thoughts		or		To focus on understanding myself
☐ a lot	☐ a little	don't mind ☐ want both	a little ☐	a lot ☐
The therapist to help me challenge my thoughts and behaviour		or		The therapist to help me accept my thoughts and behaviour
☐ a lot	☐ a little	don't mind ☐ want both	a little ☐	a lot ☐
Prefer therapist to challenge				Prefer therapist not to challenge

Is there anything else you really want or don't want in therapy?

U-PIC © is still under development. This version is subject to change following evaluation. We would welcome any feedback you have about this form.