

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...'

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|---|------------------------|---|---|--|----|----|----|
| 1. Focus on specific goals | 3 | 2 | 1 | 0 | -1 | -2 | -3 |
| | No or equal preference | | | Not focus on specific goals | | | |
| <hr/> | | | | | | | |
| 2. Give structure to the therapy | 3 | 2 | 1 | 0 | -1 | -2 | -3 |
| | No or equal preference | | | Allow the therapy to be unstructured | | | |
| <hr/> | | | | | | | |
| 3. Teach me skills to deal with my problems | 3 | 2 | 1 | 0 | -1 | -2 | -3 |
| | No or equal preference | | | Not teach me skills to deal with my problems | | | |
| <hr/> | | | | | | | |
| 4. Give me 'homework' to do | 3 | 2 | 1 | 0 | -1 | -2 | -3 |
| | No or equal preference | | | Not give me 'homework' to do | | | |
| <hr/> | | | | | | | |
| 5. Take a lead in therapy | 3 | 2 | 1 | 0 | -1 | -2 | -3 |
| | No or equal preference | | | Allow me to take a lead in therapy | | | |

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.

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|--|------------------------|---|---|---|----|----|----|
| 6. Encourage me to go into difficult emotions | 3 | 2 | 1 | 0 | -1 | -2 | -3 |
| | No or equal preference | | | Not encourage me to go into difficult emotions | | | |
| <hr/> | | | | | | | |
| 7. Talk with me about the therapy relationship | 3 | 2 | 1 | 0 | -1 | -2 | -3 |
| | No or equal preference | | | Not talk with me about the therapy relationship | | | |
| <hr/> | | | | | | | |
| 8. Focus on the relationship between us | 3 | 2 | 1 | 0 | -1 | -2 | -3 |
| | No or equal preference | | | Not focus on the relationship between us | | | |
| <hr/> | | | | | | | |
| 9. Encourage me to express strong feelings | 3 | 2 | 1 | 0 | -1 | -2 | -3 |
| | No or equal preference | | | Not encourage me to express strong feelings | | | |
| <hr/> | | | | | | | |
| 10. Focus mainly on my feelings | 3 | 2 | 1 | 0 | -1 | -2 | -3 |
| | No or equal preference | | | Focus mainly on my thoughts | | | |

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

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|-------------------------------------|------------------------|---|---|---------------------------------|----|----|----|
| 11. Focus on my life in the past | 3 | 2 | 1 | 0 | -1 | -2 | -3 |
| | No or equal preference | | | Focus on my life in the present | | | |
| <hr/> | | | | | | | |
| 12. Help me reflect on my childhood | 3 | 2 | 1 | 0 | -1 | -2 | -3 |
| | No or equal preference | | | Help me reflect on my adulthood | | | |
| <hr/> | | | | | | | |
| 13. Focus on my past | 3 | 2 | 1 | 0 | -1 | -2 | -3 |
| | No or equal preference | | | Focus on my future | | | |

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.

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?