

Cooper – Norcross Inventory of Preferences (C-NIP-T) v1.1.1

Psychotherapist/counsellor version

There are diverse styles of providing psychotherapy and counselling. Please tell us about your preferred style. We appreciate that it is sometimes difficult to pick a single answer, and your style may vary with different clients. We are asking you to indicate the style you feel most comfortable with as a therapist/counsellor. On each of the items below, please indicate how you prefer to work with your clients 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.

‘When working with clients, I prefer to...’

1.	Focus on specific goals	3	2	1	0	-1	-2	-3
	No or equal preference							Not focus on specific goals
2.	Give structure to the therapy	3	2	1	0	-1	-2	-3
	No or equal preference							Allow the therapy to be unstructured
3.	Teach clients skills to deal with their problems	3	2	1	0	-1	-2	-3
	No or equal preference							Not teach clients skills to deal with their problems
4.	Give clients ‘homework’ to do	3	2	1	0	-1	-2	-3
	No or equal preference							Not give clients ‘homework’ to do
5.	Take the lead in therapy	3	2	1	0	-1	-2	-3
	No or equal preference							Allow clients to take the lead in therapy

Scale 1. Positive scores represent preference for therapist directiveness. Negative scores represent preference for client directiveness.

6.	Encourage clients to go into difficult emotions	3	2	1	0	-1	-2	-3
	No or equal preference							Not encourage clients to go into difficult emotions
7.	Talk with clients about the therapy relationship	3	2	1	0	-1	-2	-3
	No or equal preference							Not talk with clients about the therapy relationship
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
9.	Encourage clients to express strong feelings	3	2	1	0	-1	-2	-3
	No or equal preference							Not encourage clients to express strong feelings
10.	Focus mainly on clients’ feelings	3	2	1	0	-1	-2	-3
	No or equal preference							Focus mainly on clients’ thoughts

Scale 2. Positive scores represent preference for emotional intensity. Negative scores represent preference for emotional reserve.

11.	Focus on clients’ life in the past	3	2	1	0	-1	-2	-3
	No or equal preference							Focus on clients’ life in the present

12. Help clients reflect on their childhood	No or equal preference					Help clients reflect on their adulthood	
3	2	1	0	-1	-2	-3	

13. Focus on clients' past	No or equal preference					Focus on clients' future	
3	2	1	0	-1	-2	-3	

Scale 3. Positive scores represent preference for past orientation. Negative scores represent 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 clients	No or equal preference					Interrupt clients and keep them focused	
3	2	1	0	-1	-2	-3	

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

18. Support clients' behaviour unconditionally	No or equal preference					Challenge clients' behaviour if I think it's wrong	
3	2	1	0	-1	-2	-3	

Scale 4. Positive scores represent preference for warm support. Negative scores represent preference for focused challenge.