

## CHECK LIST OF PSYCHOTHERAPY TRANSACTIONS

(Therapist Rating Form: R)

**DIRECTIONS.** The following pages contain lists of actions that can occur in psychotherapy sessions. Your task is to check each item which accurately describes an action exhibited by the therapist whom you have just observed.

Make your judgments about occurrence of therapist actions solely on the basis of the sample of psychotherapy you just observed. Check only those items which describe therapist actions that occurred "live" in the session.

In order to receive a check, the action described by a particular item must have occurred at least once during the sample you observed, but it need not occur more than once. If an item describes an action that did not occur in the sample you observed, leave that item blank.

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## WHEN WITH THE CLIENT, THE THERAPIST. . .

- \_\_\_\_\_ 1. is quick to take charge of the conversation or discussion, or to offer suggestions about what needs to be done
- \_\_\_\_\_ 2. is hesitant to express approval or acceptance of the client
- \_\_\_\_\_ 3. is careful not to let his or her feelings show clearly; or speaks undemonstratively, with little variation in tone or manner
- \_\_\_\_\_ 4. finds it difficult to take the initiative; or looks to the client for direction or focus; or shows a desire to do "whatever you want"
- \_\_\_\_\_ 5. is receptive and cooperative to the client's requests, directions, appeals, or wishes; or is quick to assist or work together with the client
- \_\_\_\_\_ 6. expresses pleasure in self; or comments on own accomplishments, awards, or successes
- \_\_\_\_\_ 7. scans carefully to detect any of the client's reactions, evaluations, or motives that might have a harmful intent
- \_\_\_\_\_ 8. shows little attention, interest, curiosity, or inquisitiveness about the client's personal life, affairs, feelings, or opinions
- \_\_\_\_\_ 9. waits for or follows the client's lead regarding topics or issues to discuss, directions or actions to pursue
- \_\_\_\_\_ 10. is quick to express approval or acceptance of the client
- \_\_\_\_\_ 11. speaks or acts emotionally or melodramatically, or with much variation in tone or manner
- \_\_\_\_\_ 12. shows an intense task focus or desire to "get down to business"; or suggests directions or objectives
- \_\_\_\_\_ 13. is quick to resist, not cooperate, or refuse to comply with the client's requests, directions, appeals, or wishes
- \_\_\_\_\_ 14. makes self-critical statements; or expresses low self-worth; or apologizes frequently
- \_\_\_\_\_ 15. gazes at the client in an open, receptive, trusting, or non-searching manner
- \_\_\_\_\_ 16. inquires into or expresses attention, interest, or curiosity about the client's personal life, affairs, feelings, or opinions

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- \_\_\_\_\_ 17. dominates the flow of conversation, or changes the topic, or interrupts and "talks down"
- \_\_\_\_\_ 18. avoids at any cost showing affection, warmth, or approval
- \_\_\_\_\_ 19. endlessly prefaces or qualifies statements to the place where points being made get lost, or views or positions are unclear or ambiguous
- \_\_\_\_\_ 20. goes out of way to give the client credit for contributions, or to admire or praise the client for good ideas or suggestions
- \_\_\_\_\_ 21. inconveniences self or sacrifices to contribute, help, assist, or work cooperatively with the client
- \_\_\_\_\_ 22. is cocky about own positions or decisions; or makes it abundantly clear s/he can do things by self; or avoids any hint that the client can help
- \_\_\_\_\_ 23. expresses doubt, mistrust, or disbelief regarding the client's intentions or motives
- \_\_\_\_\_ 24. refrains at all costs from close visual or physical contact or direct body orientation with the client
- \_\_\_\_\_ 25. finds it almost impossible to take the lead, or to initiate or change the topic of discussion
- \_\_\_\_\_ 26. constantly expresses approval, affection, or effusive warmth to the client
- \_\_\_\_\_ 27. makes startling or "loaded" comments; or takes liberties with facts to embellish stories
- \_\_\_\_\_ 28. works hard to avoid giving the client credit for any contribution; or implies or claims that good ideas or suggestions were his/her own
- \_\_\_\_\_ 29. is openly antagonistic, oppositional, or obstructive to the client's statements, suggestions, or purposes
- \_\_\_\_\_ 30. is hesitant or embarrassed to express his or her opinions; or conducts self in an unsure, unconfident, or uneasy manner
- \_\_\_\_\_ 31. responds openly, candidly, or revealingly to the point of "telling all"
- \_\_\_\_\_ 32. continually stands, sits, moves or leans toward the client to be physically close

WHEN WITH THE CLIENT, THE THERAPIST. . .

- \_\_\_\_\_ 33. expresses firm, strong personal preferences; or stands up for own opinions or positions
- \_\_\_\_\_ 34. acts in a stiff, formal, unfeeling, or evaluative manner
- \_\_\_\_\_ 35. finds it difficult to express his or her thoughts simply or without qualifications; or works hard to find precise words to express his or her thoughts
- \_\_\_\_\_ 36. is content, unquestioning, or approving about the focus or direction of a given topic of discussion or course of action; or is quick to follow the client's lead
- \_\_\_\_\_ 37. expresses appreciation, delight, or satisfaction about the client, their situation, or their task
- \_\_\_\_\_ 38. prefers to rely on own resources to make decisions or solve problems
- \_\_\_\_\_ 39. claims that the client misunderstands, misinterprets, or misjudges his/her intents or actions
- \_\_\_\_\_ 40. remains aloof, distant, remote, or stand-offish from the client
- \_\_\_\_\_ 41. claims s/he doesn't have an opinion, preference, or position, or that "it doesn't matter," "whatever you want," "I don't know," etc.
- \_\_\_\_\_ 42. acts in a relaxed, informal, warm, or nonjudgmental manner
- \_\_\_\_\_ 43. makes comments or replies that "pop out" quickly and energetically
- \_\_\_\_\_ 44. questions or expresses reservation or disagreement about the focus or direction of the conversation or course of action
- \_\_\_\_\_ 45. grumbles, gripes, nags, or complains about the client, the situation, or their task
- \_\_\_\_\_ 46. readily asks the client for advice, help, or counsel
- \_\_\_\_\_ 47. communicates that the client is sympathetic or fair in interpreting or judging his/her intents or actions
- \_\_\_\_\_ 48. is absorbed in, attentive to, or concentrates intensely on what the client says or does

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- \_\_\_\_\_ 49. states preferences, opinions, or positions in a dogmatic or unyielding manner
- \_\_\_\_\_ 50. has absolutely no room for sympathy, compromise, or mercy regarding the client's mistakes, weaknesses, or misconduct
- \_\_\_\_\_ 51. "talks around" or hedges on evaluations of the client, events, or objects; or constantly minimizes expressions of his or her feelings
- \_\_\_\_\_ 52. makes statements that are deferentially, softly, or carefully presented as if s/he desperately wants to avoid any implication of disapproval, criticism, or disagreement
- \_\_\_\_\_ 53. seems always to agree with or accommodate the client; or seems impossible to rile
- \_\_\_\_\_ 54. brags about achievements, successes, or good-fortune; or "puts on airs" as if in complete control of his/her life
- \_\_\_\_\_ 55. expresses harsh judgment, "never forgetting," or no forgiveness for the client's mistakes, weaknesses, or injurious actions
- \_\_\_\_\_ 56. seems constantly uncomfortable with the client, as if s/he wants to leave or be by self
- \_\_\_\_\_ 57. expresses own preferences hesitantly or weakly; or yields easily to the client's viewpoints; or backs down quickly when the client questions or disagrees
- \_\_\_\_\_ 58. goes out of way to understand or be sympathetic towards the client, or to find something about the client to approve of, endorse, or support
- \_\_\_\_\_ 59. constantly overstates evaluations of the client, events, or objects; or exaggerates expression of his/her feelings
- \_\_\_\_\_ 60. makes comments that avoid sharing credit with the client for good happenings or joint accomplishments; or "plays up" own contributions
- \_\_\_\_\_ 61. argumentatively challenges or refutes the client's statements or suggestions; or "tells the client off," "lets the client have it" when disagrees
- \_\_\_\_\_ 62. claims s/he is a constant failure, or is helpless, witless, or at the mercy of events and circumstances
- \_\_\_\_\_ 63. expresses unbending sympathy, understanding, or forgiveness for the client's hurtful or injurious actions
- \_\_\_\_\_ 64. finds it difficult to leave the client; or goes out of way to secure more and more of the client's company

## WHEN WITH THE CLIENT, THE THERAPIST. . .

- \_\_\_\_\_ 65. seizes opportunities to instruct or explain things, or to give advice
- \_\_\_\_\_ 66. expresses stringent, exacting, rigorous standards or expectations of the client
- \_\_\_\_\_ 67. delays giving clear answers or postpones decisions; or deliberates carefully before speaking or acting
- \_\_\_\_\_ 68. makes comments that give the client credit for any good happenings or joint accomplishments; or points out the client's contributions while "playing down" his or her own
- \_\_\_\_\_ 69. is attentive to, considerate or solicitous of the client's feelings, or sensitive to pressures or stresses in the client's life
- \_\_\_\_\_ 70. expresses his or her opinions with conviction and ease; or conducts self in a confident, assured, and unruffled manner
- \_\_\_\_\_ 71. in response to the client's inquiries or probings, acts evasively as if hiding important secrets
- \_\_\_\_\_ 72. is slow to respond or speak to the client; or seems distracted by own thoughts
- \_\_\_\_\_ 73. is quick to agree with the client's opinions or to comply with the client's directions or preferences
- \_\_\_\_\_ 74. expresses lenient, soft-hearted, or compassionate standards or expectations of the client
- \_\_\_\_\_ 75. makes hasty decisions; or jumps into new activities with little premeditation
- \_\_\_\_\_ 76. challenges or disputes the client's ideas or statements; or attempts to get the better of the client or put the client down
- \_\_\_\_\_ 77. ignores, overlooks, or is inconsiderate of the client's feelings; or disregards pressures or stresses in the client's life
- \_\_\_\_\_ 78. urgently solicits the client's advice, help, or counsel even for everyday troubles or difficulties
- \_\_\_\_\_ 79. shows trust in or reliance upon the client's good intentions or motives; or casts the client's behavior in the best possible "light"
- \_\_\_\_\_ 80. is careful to acknowledge and be responsive to the client's statements and actions

## WHEN WITH THE CLIENT, THE THERAPIST. . .

- \_\_\_\_\_ 81. overwhelms or "steamrolls" the client by his/her arguments, positions, preferences, or actions
- \_\_\_\_\_ 82. expresses severe, inflexible, or uncompromising expectations for the client's conduct
- \_\_\_\_\_ 83. endlessly avoids or delays clear answers, decisions, actions, or commitment to positions
- \_\_\_\_\_ 84. makes flattering or glowing comments about the client, their situation, or their joint task
- \_\_\_\_\_ 85. makes unconditionally supportive, encouraging, endorsing, comforting, or bolstering comments to the client
- \_\_\_\_\_ 86. acts as if excessively "full of self," or as feeling special or favored, or as cocksure of his/her future
- \_\_\_\_\_ 87. is bitterly accusatory, suspicious, or disbelieving of the client
- \_\_\_\_\_ 88. seems totally unmoved, unaffected, or untouched by the client's comments or actions
- \_\_\_\_\_ 89. seems unable to assert what s/he wants, or to stand up to the client, or to take any opposing position
- \_\_\_\_\_ 90. is unwaveringly tolerant, patient, or lenient in regard to his/her expectations for the client's conduct
- \_\_\_\_\_ 91. seems compelled to act out feelings with the client, or impulsively to jump into new actions or activities
- \_\_\_\_\_ 92. makes critical, demeaning, snide, or derisive statements about the client, their situation, or their joint task
- \_\_\_\_\_ 93. swears at the client; or makes abusing, disparaging, damaging, or crude comments to the client
- \_\_\_\_\_ 94. is constantly dissatisfied with self, guilty or depressed; or feels hopeless about the future
- \_\_\_\_\_ 95. shows blind faith or polyannish trust in the client; or believes almost anything the client says
- \_\_\_\_\_ 96. seems totally engrossed in the client; or is constantly moved, affected, or responsive to the client's comments or actions