Cooper – Norcross Inventory of Preferences (C-NIP)

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…'

1. Focus on specific goals
   - No or equal preference
   - Not focus on specific goals
   - 3
   - 2
   - 1
   - 0
   - -1
   - -2
   - -3

2. Give structure to the therapy
   - No or equal preference
   - Allow the therapy to be unstructured
   - 3
   - 2
   - 1
   - 0
   - -1
   - -2
   - -3

3. Teach me skills to deal with my problems
   - No or equal preference
   - Not teach me skills to deal with my problems
   - 3
   - 2
   - 1
   - 0
   - -1
   - -2
   - -3

4. Give me ‘homework’ to do
   - No or equal preference
   - Not give me ‘homework’ to do
   - 3
   - 2
   - 1
   - 0
   - -1
   - -2
   - -3

5. Allow me to take a lead in therapy
   - No or equal preference
   - Take a lead in therapy
   - -3
   - -2
   - -1
   - 0
   - 1
   - 2
   - 3

**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.

6. Encourage me to go into difficult emotions
   - No or equal preference
   - Not encourage me to go into difficult emotions
   - 3
   - 2
   - 1
   - 0
   - -1
   - -2
   - -3

7. Talk with me about the therapy relationship
   - No or equal preference
   - Not talk with me about the therapy relationship
   - 3
   - 2
   - 1
   - 0
   - -1
   - -2
   - -3

8. Focus on the relationship between us
   - No or equal preference
   - Not focus on the relationship between us
   - 3
   - 2
   - 1
   - 0
   - -1
   - -2
   - -3

9. Encourage me to express strong feelings
   - No or equal preference
   - Not encourage me to express strong feelings
   - 3
   - 2
   - 1
   - 0
   - -1
   - -2
   - -3

10. Focus mainly on my thoughts
    - No or equal preference
    - Focus mainly on my feelings
    - -3
    - -2
    - -1
    - 0
    - 1
    - 2
    - 3

**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

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

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

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

**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 challenging  No or equal preference  Be gentle
-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. 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
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?