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Self - Inventory - Chapter 2

Directions: For each statement, indicate the response that most closely identifies your beliefs and attitudes. Use the following code: 5 = I strongly agree with this statement. 4 = I agree with this statement. 3 = I am undecided about this statement. 2 = I disagree with this statement. 1 = I strongly disagree with this statement.

3___1. Unless therapists have a high degree of self-awareness, there is a real possibility that they will use their clients to satisfy their own needs.

1___2. Before therapists begin to practice, they should be free of personal problems and conflicts.

1___3. Therapists should be required to undergo their own therapy before they are licensed to practice.

4___4. Mental health practitioners who satisfy personal needs through their work are behaving unethically.

5___5. Many in the helping professions face a high risk of burnout because of the demands of their job.

4___6. Clinicians who are self-aware are more likely to avoid experiencing overidentification with their clients.

5___7. If I have strong feelings about a client, I could profit from personal therapy.

1___8. Feelings of anxiety in a beginning counselor indicate unsuitability for the counseling profession.

2___9. A competent professional can work with any client.

3____10. I fear that I will have difficulty challenging my clients.

1____11. Ethics codes apply to the professional role behaviors of members, but it is difficult to distinguish between the personal and the professional.

1____12. The person and the professional are often inseparable.

1____13. Real therapy does not occur unless a transference relationship is developed.

5____14. When therapists are not aware of their own needs, they may misuse their power in the therapeutic situation.

2____15. An experienced and competent clinician has little need for either periodic or ongoing psychotherapy