

HEALING FACTORS THAT YOU MOST RELY ON

Below are healing factors, which have figured prominently in recent psychotherapy literature. Your task is to list them in order from most to least important, from 1 - 15. This is a forced choice task and there are no wrong answers. The intention is to clarify how your theoretical thoughts inform your treatment expectations.

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| 1. Belonging | 1. _____ |
| 2. Catharsis | 2. _____ |
| 3. Correcting faulty cognitions | 3. _____ |
| 4. Corrective emotional experience | 4. _____ |
| 5. Developing new interpersonal skills | 5. _____ |
| 6. Developing new behavioral skills | 6. _____ |
| 7. Looking at the influence of the past | 7. _____ |
| 8. Empathy | 8. _____ |
| 9. Hope | 9. _____ |
| 10. Insight | 10. _____ |
| 11. Interpretation | 11. _____ |
| 12. Making the unconscious conscious | 12. _____ |
| 13. Acceptance | 13. _____ |
| 14. Focusing on the therapeutic alliance | 14. _____ |
| 15. Meaning | 15. _____ |