**We are in interested in how your therapist was in your sessions. It is important to know that there are no right or wrong answers here. Therapists are human and they have a range of emotions and reactions. We are trying to get a sense of how your therapist was with you in your sessions.**

**Part I. Overall, how did your therapist appear to you in your sessions?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Strongly Disagree****(1)** | **Mildly Disagree****(2)** | **Neutral****(3)** | **Mildly Agree****(4)** | **Strongly Agree****(5)** |
| 1. Comfortable | 1 | 2 | 3 | 4 | 5 |
| 2. Awkward | 1 | 2 | 3 | 4 | 5 |
| 3. Tense | 1 | 2 | 3 | 4 | 5 |
| 4. Nervous  | 1 | 2 | 3 | 4 | 5 |
| 5. Confident | 1 | 2 | 3 | 4 | 5 |
| 6. Uneasy | 1 | 2 | 3 | 4 | 5 |
| 7. Relaxed | 1 | 2 | 3 | 4 | 5 |
| 8. Calm | 1 | 2 | 3 | 4 | 5 |
| 9. Edgy | 1 | 2 | 3 | 4 | 5 |
| 10. Genuine | 1 | 2 | 3 | 4 | 5 |

**Part II.** There are several different aspects of one’s cultural background that may be important to a person, including (but not limited to) race, ethnicity, nationality, gender, age, sexual orientation, religion, disability, socioeconomic status, and size. Some things may be more central or important to one’s identity as a person, whereas other things may be less central or important.

Please identify the aspect of your cultural background that is most central or important to you:

How important is this aspect of your cultural background?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Not at all important |  | Somewhat important |  | Very important |
| 1 | 2 | 3 | 4 | 5 |

If there is a 2nd aspect of your cultural background that is important to you, please list:

How important is this aspect of your cultural background?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Not at all important |  | Somewhat important |  | Very important |
| 1 | 2 | 3 | 4 | 5 |

If there is a 3rd aspect of your cultural background that is important to you, please list:

How important is this aspect of your cultural background?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Not at all important |  | Somewhat important |  | Very important |
| 1 | 2 | 3 | 4 | 5 |

Please think about your counselor. Using the scale below, please indicate the extent to which you agree or disagree with the following statements about your counselor.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Regarding the core aspect(s) of my cultural background, my counselor…** | **Strongly Disagree****(1)** | **Mildly Disagree****(2)** | **Neutral****(3)** | **Mildly Agree****(4)** | **Strongly Agree****(5)** |
| 1. Is respectful. | 1 | 2 | 3 | 4 | 5 |
| 2. Is open to explore. | 1 | 2 | 3 | 4 | 5 |
| 3. Assumes he/she/they already knows a lot.  | 1 | 2 | 3 | 4 | 5 |
| 4. Is considerate. | 1 | 2 | 3 | 4 | 5 |
| 5. Is genuinely interested in learning more. | 1 | 2 | 3 | 4 | 5 |
| 6. Acts superior.  | 1 | 2 | 3 | 4 | 5 |
| 7. Is open to seeing things from my perspective. | 1 | 2 | 3 | 4 | 5 |
| 8. Makes assumptions about me.  | 1 | 2 | 3 | 4 | 5 |
| 9. Is open-minded. | 1 | 2 | 3 | 4 | 5 |
| 10. Is a know-it-all.  | 1 | 2 | 3 | 4 | 5 |
| 11. Thinks he/she/they understands more than he/she/they actually does.  | 1 | 2 | 3 | 4 | 5 |
| 12. Asks questions when he/she is uncertain. | 1 | 2 | 3 | 4 | 5 |

**Part III. Continuing to think about your cultural identity:**

There are times where clients wish their therapist would have discussed certain issues more in depth. These opportunities come and go. Sometimes they are important and other times, they are not. Please rate the following items regarding these opportunities.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Regarding the core aspect(s) of my cultural background, my counselor…** | **Strongly Disagree****(1)** | **Mildly Disagree****(2)** | **Neutral****(3)** | **Mildly Agree****(4)** | **Strongly Agree****(5)** |
| 1. I wish my therapist would have encouraged me to discuss my cultural background more. | 1 | 2 | 3 | 4 | 5 |
| 2. My therapist discussed my cultural background in a way that worked for me. | 1 | 2 | 3 | 4 | 5 |
| 3. My therapist avoided topics related to my cultural background. | 1 | 2 | 3 | 4 | 5 |
| 4. There were many chances to have deeper discussions about my cultural background that never happened. | 1 | 2 | 3 | 4 | 5 |
| 5. My therapist missed opportunities to discuss my cultural background. | 1 | 2 | 3 | 4 | 5 |

Now think about your contribution to discussions about your cultural identity.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Regarding the core aspect(s) of my cultural background,**  | **Strongly Disagree****(1)** | **Mildly Disagree****(2)** | **Neutral****(3)** | **Mildly Agree****(4)** | **Strongly Agree****(5)** |
| 1. I toned down the way I expressed my culture in front of my therapist | 1 | 2 | 3 | 4 | 5 |
| 2. I hid parts of my culture from my therapist | 1 | 2 | 3 | 4 | 5 |
| 3. I dodged questions my therapist asked about my culture | 1 | 2 | 3 | 4 | 5 |
| 4. I did not feel comfortable brining up topics related to my cultural background. | 1 | 2 | 3 | 4 | 5 |
| 5. I did not talk about parts of my cultural identity. | 1 | 2 | 3 | 4 | 5 |