

Therapy Pluralism Inventory

For each of the statements below, please tick a response that matches how strongly you agree or disagree with them. The word 'approach' has been used throughout this scale to refer to a specific therapeutic orientation, such as CBT, person-centred, or psychodynamic.

SD = Strongly Disagree D = Disagree N = Neither agree nor disagree A = Agree SA = Strongly agree

1. I would be open to training in a wide variety of approaches

SD	D	N	A	SA
----	---	---	---	----

2. I talk to my clients about whether or not we are progressing towards their therapeutic goals

SD	D	N	A	SA
----	---	---	---	----

3. I do not believe that there is any one, 'best' therapeutic approach

SD	D	N	A	SA
----	---	---	---	----

4. I work collaboratively with my clients to agree the direction for therapy

SD	D	N	A	SA
----	---	---	---	----

5. I think that different clients benefit from different therapeutic approaches at different times

SD	D	N	A	SA
----	---	---	---	----

6. I talk to my clients about what I feel I can offer them

SD	D	N	A	SA
----	---	---	---	----

7. I tailor the way that I work to each individual client

SD	D	N	A	SA
----	---	---	---	----

8. I believe that lots of different therapeutic approaches have much to offer

SD	D	N	A	SA
----	---	---	---	----

9. I explore with my clients the various ways we could work toward their goals

SD	D	N	A	SA
----	---	---	---	----

10. I think that there is one approach that suits most clients

SD	D	N	A	SA
----	---	---	---	----

11. I talk to my clients about the process of therapy and how it might be improved for them

SD	D	N	A	SA
----	---	---	---	----

12. I ask clients for feedback about the therapeutic process throughout our work together

SD	D	N	A	SA
----	---	---	---	----

Scoring

ALL ITEMS (EXCEPT ITEM 10)

Strongly Agree = 4

Agree = 3

Neither agree nor disagree = 2

Disagree = 1

Strongly disagree = 0

ITEM 10

Strongly Agree = 0

Agree = 1

Neither agree nor disagree = 2

Disagree = 3

Strongly disagree = 4

Pluralistic practice

Add items 2, 4, 6, 7, 9, 11, 12

Pluralistic philosophy

Add items 1, 3, 5, 8, 10