

Working Alliance Inventory

Form O

Instructions

On the following pages there are sentences that describe some of the different ways a therapist/client dyad may interact in therapy. If a statement describes the way you always (consistently) perceive the dyad, circle the number 7; if it never applies to the dyad, circle the number 1. Use the numbers in between to describe the variations between these extremes.

This questionnaire is CONFIDENTIAL; neither the therapist, client, nor the agency will see your answers.

Work fast, your first impressions are the ones we would like to see. (PLEASE DON'T FORGET TO RESPOND TO EVERY ITEM.)

Thank you for your cooperation.

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|---|-------|--------|--------------|-----------|-------|------------|--------|
| 1. There is a sense of discomfort in the relationship. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | Never | Rarely | Occasionally | Sometimes | Often | Very Often | Always |
| 2. There is agreement about the steps taken to help improve the client's situation. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | Never | Rarely | Occasionally | Sometimes | Often | Very Often | Always |
| 3. There is concern about the outcome of the sessions. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | Never | Rarely | Occasionally | Sometimes | Often | Very Often | Always |
| 4. There is agreement about the usefulness of the current activity in therapy (i.e., the client is seeing new ways to look at his/her problem). | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | Never | Rarely | Occasionally | Sometimes | Often | Very Often | Always |
| 5. There is good understanding between the client and therapist. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | Never | Rarely | Occasionally | Sometimes | Often | Very Often | Always |
| 6. There is a shared perception of the client's goals in therapy. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | Never | Rarely | Occasionally | Sometimes | Often | Very Often | Always |
| 7. There is a sense of confusion between the client and therapist about what they are doing in therapy. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | Never | Rarely | Occasionally | Sometimes | Often | Very Often | Always |
| 8. There is a mutual liking between the client and therapist. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | Never | Rarely | Occasionally | Sometimes | Often | Very Often | Always |
| 9. There is a need to clarify the purpose of the sessions. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | Never | Rarely | Occasionally | Sometimes | Often | Very Often | Always |
| 10. There is disagreement about the goals of the session. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | Never | Rarely | Occasionally | Sometimes | Often | Very Often | Always |

11. There is a perception that the time spent in therapy is not spent efficiently.
- | | | | | | | |
|-------|--------|--------------|-----------|-------|------------|--------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Never | Rarely | Occasionally | Sometimes | Often | Very Often | Always |
12. There are doubts or a lack of understanding about what participants are trying to accomplish in therapy.
- | | | | | | | |
|-------|--------|--------------|-----------|-------|------------|--------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Never | Rarely | Occasionally | Sometimes | Often | Very Often | Always |
13. There is agreement about what client's responsibilities are in therapy.
- | | | | | | | |
|-------|--------|--------------|-----------|-------|------------|--------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Never | Rarely | Occasionally | Sometimes | Often | Very Often | Always |
14. There is a mutual perception that the goals of the sessions are important for the client.
- | | | | | | | |
|-------|--------|--------------|-----------|-------|------------|--------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Never | Rarely | Occasionally | Sometimes | Often | Very Often | Always |
15. There is the perception that what the therapist and client are doing in therapy is unrelated to the client's current concerns.
- | | | | | | | |
|-------|--------|--------------|-----------|-------|------------|--------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Never | Rarely | Occasionally | Sometimes | Often | Very Often | Always |
16. There is agreement that what the client and therapist are doing in therapy will help the client to accomplish the changes he/she wants.
- | | | | | | | |
|-------|--------|--------------|-----------|-------|------------|--------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Never | Rarely | Occasionally | Sometimes | Often | Very Often | Always |
17. The client is aware that the therapist is genuinely concerned for his/her welfare.
- | | | | | | | |
|-------|--------|--------------|-----------|-------|------------|--------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Never | Rarely | Occasionally | Sometimes | Often | Very Often | Always |
18. There is clarity about what the therapist wants the client to do.
- | | | | | | | |
|-------|--------|--------------|-----------|-------|------------|--------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Never | Rarely | Occasionally | Sometimes | Often | Very Often | Always |
19. The client and the therapist respect each other.
- | | | | | | | |
|-------|--------|--------------|-----------|-------|------------|--------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Never | Rarely | Occasionally | Sometimes | Often | Very Often | Always |
20. The client feels that the therapist is not totally honest about his/her feelings toward her/him.
- | | | | | | | |
|-------|--------|--------------|-----------|-------|------------|--------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Never | Rarely | Occasionally | Sometimes | Often | Very Often | Always |

21. The client feels confident in the therapist's ability to help the client.
- | | | | | | | |
|-------|--------|--------------|-----------|-------|------------|--------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Never | Rarely | Occasionally | Sometimes | Often | Very Often | Always |
22. The client and therapist are working on mutually agreed upon goals.
- | | | | | | | |
|-------|--------|--------------|-----------|-------|------------|--------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Never | Rarely | Occasionally | Sometimes | Often | Very Often | Always |
23. The client feels that the therapist appreciates him/her as a person.
- | | | | | | | |
|-------|--------|--------------|-----------|-------|------------|--------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Never | Rarely | Occasionally | Sometimes | Often | Very Often | Always |
24. There is agreement on what is important for the client to work on.
- | | | | | | | |
|-------|--------|--------------|-----------|-------|------------|--------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Never | Rarely | Occasionally | Sometimes | Often | Very Often | Always |
25. As a result of these sessions there is clarity about how the client might be able to change.
- | | | | | | | |
|-------|--------|--------------|-----------|-------|------------|--------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Never | Rarely | Occasionally | Sometimes | Often | Very Often | Always |
26. There is mutual trust between the client and therapist.
- | | | | | | | |
|-------|--------|--------------|-----------|-------|------------|--------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Never | Rarely | Occasionally | Sometimes | Often | Very Often | Always |
27. The client and therapist have different ideas about what the client's real problems are.
- | | | | | | | |
|-------|--------|--------------|-----------|-------|------------|--------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Never | Rarely | Occasionally | Sometimes | Often | Very Often | Always |
28. Both the client and therapist see their relationship as important to the client.
- | | | | | | | |
|-------|--------|--------------|-----------|-------|------------|--------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Never | Rarely | Occasionally | Sometimes | Often | Very Often | Always |
29. The client fears that if he/she says or does the wrong things, the therapist will stop working with him/her.
- | | | | | | | |
|-------|--------|--------------|-----------|-------|------------|--------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Never | Rarely | Occasionally | Sometimes | Often | Very Often | Always |
30. The client and therapist collaborated on setting the goals for the session.
- | | | | | | | |
|-------|--------|--------------|-----------|-------|------------|--------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Never | Rarely | Occasionally | Sometimes | Often | Very Often | Always |

31. The client is frustrated with what he/she is being asked to do in the therapy.
- | | | | | | | |
|-------|--------|--------------|-----------|-------|------------|--------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Never | Rarely | Occasionally | Sometimes | Often | Very Often | Always |
32. The client and therapist have established a good understanding of the changes that would be good for the client.
- | | | | | | | |
|-------|--------|--------------|-----------|-------|------------|--------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Never | Rarely | Occasionally | Sometimes | Often | Very Often | Always |
33. The therapy process does not make sense to the client.
- | | | | | | | |
|-------|--------|--------------|-----------|-------|------------|--------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Never | Rarely | Occasionally | Sometimes | Often | Very Often | Always |
34. The client doesn't know what to expect as the result of therapy.
- | | | | | | | |
|-------|--------|--------------|-----------|-------|------------|--------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Never | Rarely | Occasionally | Sometimes | Often | Very Often | Always |
35. The client believes that the way they are working with his/her problem is correct.
- | | | | | | | |
|-------|--------|--------------|-----------|-------|------------|--------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Never | Rarely | Occasionally | Sometimes | Often | Very Often | Always |
36. The client feels that the therapist respects and cares about the client, even when the client does things the therapist does not approve of.
- | | | | | | | |
|-------|--------|--------------|-----------|-------|------------|--------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Never | Rarely | Occasionally | Sometimes | Often | Very Often | Always |