**W**orking **A**lliance **I**nventory

Terápiás Kapcsolat Leltár

Therapeutic Relationship Inventory

**Form T**

**Terapeuta verzió**

**Instructions**

**Útmutató**

On the following pages there are sentences that describe some of the different ways a person might think or feel about his or her client

As you read the sentences mentally insert the name of your client in place of \_\_\_\_\_\_\_\_\_\_\_\_\_in the text.

A következő oldalakon olyan állításokat olvashat, amelyek leírják, hogy valaki milyen különböző módokon szokott gondolkodni vagy érezni a kliensével kapcsolatban.

A mondatok olvasása közben gondolatban illessze be a kliense nevét a \_\_\_\_ helyre.

On the following pages, you will find statements describing the different ways someone might think or feel about their client.

As you read the sentences, mentally insert your client's name in the blank space \_\_\_\_.

Below each statement inside there is a seven point scale:

Minden állítás alatt egy hét fokozatú skála található.

Each statement is followed by a seven-point scale.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

Soha Ritkán Esetenként Néha Gyakran Nagyon gyakran Mindig

If the statement describes the way you ***always*** feel (or think) circle the number 7; if it ***never*** applies to you circle the number 1.   
 Use the numbers in between to describe the variations between these extremes.

Ha az állítás azt írja le, ahogyan ***mindig*** érez (vagy gondol), karikázza be az 7-es számot; ha sohasem vonatkozik Önre, karikázza be az 1-es számot. Használja a köztes számokat a szélsőségek közötti állapot leíráshoz.

If the statement describes how you always feel (or think), circle the number 7; if it never applies to you, circle the number 1. Use the numbers in between to indicate states between these extremes.

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

A kérdőív BIZALMAS, sem a terapeutája, sem pedig az ellátóhely nem láthatja a válaszait.

The questionnaire is CONFIDENTIAL; neither your therapist nor the service provider will be able to see your responses.

Work fast, your first impressions are the ones we would like to see.

(PLEASE DON'T FORGET TO RESPOND TO ***EVERY*** *ITEM.*)

Dolgozzon gyorsan, az első benyomásai azok, amelyeket szeretnénk megismerni.

(KÉRJÜK, NE FELEDKEZZEN MEG MINDEN TÉTELRE VÁLASZOLNI.)

Work quickly, as we would like to know your first impressions.

(PLEASE DO NOT FORGET TO ANSWER EVERY ITEM.)

Thank you for your cooperation.

Köszönjük az együttműködését.

Thank you for your cooperation.

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1. I feel uncomfortable with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Kényelmetlenül érzem magamat \_\_\_\_-val/vel.

I feel uncomfortable with \_\_\_

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I agree about the steps to be taken to improve his/her situation.

\_\_\_ és én megegyeztünk a lépésekben, melyek hozzájárulnak a fejlődéséhez.

\_\_\_and I have agreed on the steps that contribute to his/her development.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

3. I have some concerns about the outcome of these sessions.

Kétségeim vannak az ülések kimenetelével kapcsolatban.

I have doubts about the outcome of the sessions.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

4. My client and I both feel confident about the usefullness of our current activity in therapy.

A kliensem és én is biztosak vagyunk a jelenlegi terápiás tevékenységünk hasznosságában.

Both my client and I are confident in the usefulness of our current therapeutic activities.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

5. I feel I really understand \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Úgy érzem, hogy igazán meg tudom érteni \_\_\_\_\_-t.

I feel that I can truly understand \_\_\_\_

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I have a common perception of her/his goals.

\_\_\_ és én közösen látjuk az ő céljait.

\_\_\_ and I share a common understanding of her/his goals.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ finds what we are doing in therapy confusing.

\_\_\_ zavarosnak találja, amit a terápiában csinálunk.

\_\_\_finds what we are doing in therapy confusing.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

8. I believe \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ likes me.

Úgy gondolom, hogy \_\_\_ kedvel engem.

I believe that **\_\_**likes me.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

9. I sense a need to clarify the purpose of our session(s) for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Szükségét érzem, hogy tisztázzuk az ülések célját \_\_\_ számára.

I feel the need to clarify the purpose of the sessions for \_\_\_\_

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

10. I have some disagreements with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ about the goals of these sessions.

Van némi nézeteltérésünk \_\_\_\_-val/vel az ülések célját illetően.

We have some disagreement with \_\_\_\_ regarding the goals of the sessions.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

11. I believe the time \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I are spending together is not spent efficiently.

Úgy vélem, hogy az idő, amit \_\_val/vel együtt töltünk nem hatékonyan telik.

I feel that the time we spend together with \_\_\_ is not used effectively.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

12. I have doubts about what we are trying to accomplish in therapy.

Kétségeim vannak azzal kapcsolatban, hogy mit próbálunk elérni a terápiában.

I have doubts about what we are trying to achieve in therapy.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

13. I am clear and explicit about what \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_'s responsibilities are in therapy.

Világosan és egyértelműen kifejezem, hogy mi \_\_\_ felelősségei a terápiában.

I clearly and explicitly express what **\_\_**’s responsibilities are in therapy.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

14. The current goals of these sessions are important for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Az ülések jelenlegi céljai fontosak \_\_ számára.

The current goals of the sessions are important to \_\_\_.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

15. I find what \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I are doing in therapy is unrelated to her/his current concerns.

Úgy érzem, hogy amit csinálunk a terápiában nem kapcsolódik \_\_\_\_ jelenlegi problémáihoz.

I feel that what we are doing in therapy does not relate to **\_\_\_** current problems.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

16. I feel confident that the things we do in therapy will help \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to accomplish the changes that he/she desires.

Biztos vagyok abban, hogy amit a terápiában csinálunk, segíteni fog \_\_\_nak/nek elérni a kívánt változásokat.

I am confident that what we are doing in therapy will help \_\_\_ achieve the desired changes.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

17. I am genuinely concerned for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_'s welfare.

Őszintén törődöm \_\_\_ jólétével.

I sincerely care about **\_\_** well-being.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

18. I am clear as to what I expect \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to do in these sessions.

Világos elképzelésem van arról, hogy mit várok \_\_\_\_ tól/től az üléseken.

I have a clear idea of what I expect from\_\_\_ in the sessions.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

19. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I respect each other.

\_\_\_ és én tiszteljük egymást.

\_\_and I respect each other.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

20. I feel that I am not totally honest about my feelings toward \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Úgy érzem, hogy nem vagyok teljesen őszinte a(z) \_\_\_\_-hoz/höz fűződő érzéseimet illetően.

I feel that I am not completely honest about my feelings towards\_\_\_

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

21. I am confident in my ability to help \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Biztos vagyok a képességeimben, hogy segíteni tudok \_\_\_\_nak/nek.

I am confident in my abilities to help \_\_\_

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

22. We are working towards mutually agreed upon goals.

Kölcsönösen elfogadott célok elérésén dolgozunk.

We are working on achieving mutually agreed-upon goals.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

23. I appreciate \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as a person.

Értékelem \_\_\_-t mint embert.

I value **\_\_\_**  as a person.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

24. We agree on what is important for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to work on.

Egyetértünk abban, hogy mi a fontos \_\_ számára, amin dolgozni kell.

We agree on what is important for **\_\_\_\_** 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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is clearer as to how she/he might be able to change.

Az ülések eredményeként \_\_\_ számára világosabbá vált, hogyan tudna változni.

As a result of the sessions, it has become clearer to**\_\_\_** how she/he can change.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

26. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I have built a mutual trust.

\_\_\_ és én kölcsönös bizalmat építettünk ki.

\_\_and I built mutual trust.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

27. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I have different ideas on what his/her real problems are.

\_\_-nak/nek és nekem különböző elképzeléseink vannak arról, hogy mik a valódi problémái.

\_\_ and I have different ideas about what the real problems are. 1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

28. Our relationship is important to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

A kapcsolatunk fontos \_\_ számára.

The relationship is important to\_\_\_\_

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

29. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ has some fears that if she/he says or does the wrong things, I will stop working with him/her.

\_\_fél attól, hogy ha rosszat mond vagy tesz, akkor nem fogok tovább dolgozni vele.

\_\_\_is afraid that if they say or do something wrong, I won’t continue working with them.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

30. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I have collaborated in setting goals for these session(s).

\_\_ és én együtt dolgoztunk az üléseink céljainak meghatározásán.

\_\_and I worked together on defining the goals of our sessions.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

31. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is frustrated by what I am asking her/him to do in therapy.

\_\_\_ frusztrált amiatt, amit kérek tőle a terápiában.

\_\_\_\_ is frustrated with what I'm asking of them in therapy.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

32. We have established a good understanding between us of the kind of changes that would be good for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Jó egyetértésre jutottunk arról, hogy milyen változások lennének hasznosak \_\_ számára.

We have come to a good understanding of what changes would be beneficial for \_\_.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

33. The things that we are doing in therapy don't make much sense to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Az, amit a terápiában csinálunk, nem sok értelmet nyer\_\_\_ számára.

What we are doing in therapy doesn't make much sense to \_\_\_\_

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

34. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ doesn't know what to expect as the result of therapy.

\_\_\_ nem tudja, hogy mire számítson a terápia eredményeként.

\_\_\_\_doesn't know what to expect as a result of therapy.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

35. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ believes the way we are working with her/his problem is correct.

\_\_ úgy véli, hogy a problémájával kapcsolatos munkamódszerünk helyes.

\_\_believes that the approach we are using for their problem is correct.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

36. I respect \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ even when he/she does things that I do not approve of.

Tisztelem \_\_\_-t még akkor is, amikor olyat tesz, amit nem helyeslek.

I respect **\_\_\_** even when they do something I don't agree with.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always