

Questionnaire-Interview on Experiencing Psychotherapy

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Initial of your first name:
age..... gender..... highest qualification..... employment.....
marital status dependents: number, gender and age.....

Legend for entries where numerical responses are requested:

- 1 Not at all / none at all
- 2 To a small extent / hardly any
- 3 To a moderate extent / some
- 4 To a large extent / quite a lot
- 5 Very much so / a great deal

1. What age were you when you began psychotherapy
2. How long did the psychotherapy last: years months
3. With what frequency did you attend sessions:
 - a weekly (for years, months)
 - b every two weeks (for years, months)
 - c monthly (for years, months)
 - d other (specify)
4. What was the unease/difficulty that led you to ask for help
.....
5. Freely express your thoughts and feelings in relation to the therapy and the therapist
.....
6. To what extent would you define the human relationship in therapy as good:
1 2 3 4 5
7. To what extent did you feel that you were listened to: 1 2 3 4 5
8. To what extent did you feel that you were understood: 1 2 3 4 5
9. To what extent did you feel that the therapist was real, genuine, congruent: 1 2 3 4 5
10. To what extent did you feel accepted unconditionally and without judgement:
1 2 3 4 5
11. To what extent did you feel respected: 1 2 3 4 5
12. Overall, how useful were points 6., 7., 8., 9., 10., 11.: 1 2 3 4 5
13. How much trust did you feel that the therapist placed in you: 1 2 3 4 5
14. To what extent did you have the impression that the therapist felt that you, even unconsciously, knew more about yourself than he/she did: 1 2 3 4 5
15. To what extent did you view the therapist as a facilitator of your process: 1 2 3 4 5

16. When, following your flagging up of a problem, you were offered advice, to what extent did you feel free to accept or reject that advice: 1 2 3 4 5

17. Over and above the requirements of the therapist for greater clarification, when you were asked questions, were those questions open (A), with an infinite number of possible responses, or closed (B), with the only possible response being yes or no:

A: 1 2 3 4 5

B: 1 2 3 4 5

18. Overall, how useful were points 13., 14., 15., 16., 17.: 1 2 3 4 5

19. To what extent did you consider the hypotheses about your personality or your history to be proposed hypotheses (A) or to be rigid – more or less indirectly imposed – descriptions (B) (for example, if you refused a “hypothesis” by the therapist, did you sense, even from the non-verbal aspects of communication, a negative judgement of your resistance towards accepting it):

A: 1 2 3 4 5

B: 1 2 3 4 5

20. To what extent did you feel that the therapist was prepared to follow you again after you refused his or her hypothesis: 1 2 3 4 5

21. To what extent did you feel that the therapist abandoned his or her hypothesis:

1 2 3 4 5

22. Overall, how useful were points 19., 20., 21.: 1 2 3 4 5

23. With respect to the duration of the therapy, how much time was given over to the use of tools such as tasks, role-playing, genograms, work on metaphors, etc.: 1 2 3 4 5

24. To what extent were they proposed (A) or prescribed (B) to you:

A: 1 2 3 4 5

B: 1 2 3 4 5

25. How much did they help you: 1 2 3 4 5

26. To what extent was universal theoretical impetus or universal human impetus used:

1 2 3 4 5

27. To what extent were these forms of impetus proposed to you as stimuli for reflection (A) or as absolutes (B):

A: 1 2 3 4 5

B: 1 2 3 4 5

28. How much did they help you: 1 2 3 4 5

29. To what extent was pharmacological support suggested to you alongside psychotherapy: 1 2 3 4 5

30. If yes, and if you agreed with the suggestion, how much did it help you: 1 2 3 4 5

31. To what extent was a self-help group suggested to you alongside psychotherapy:
1 2 3 4 5

32. If yes, and if you agreed with the suggestion, how much did it help you: 1 2 3 4 5

33. To what extent do you feel that your unease/difficulty, together with your ability to take control of it, was resolved: 1 2 3 4 5

34. To what extent was therapy useful for you in your relationship with yourself and in your relationships with others: 1 2 3 4 5

35. Please state freely what you consider to have been the limitations of your therapist

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Thank you.

Date.....