

Therapeutic Presence Inventory – Therapist ©

Take a moment to reflect on your internal experience of today's session to answer the following questions. Please rate your **PREDOMINANT** experience during **THIS** session: (circle one)

1. I was aware of my own internal flow of experiencing:

1	2	3	4	5	6	7
Not at all	Very Little	A Little	Moderately	A Lot	Quite A Lot	Completely

2. I felt tired or bored:

1	2	3	4	5	6	7
Not at all	Very Little	A Little	Moderately	A Lot	Quite A Lot	Completely

3. I found it difficult to listen to my client:

1	2	3	4	5	6	7
Not at all	Very Little	A Little	Moderately	A Lot	Quite A Lot	Completely

4. The interaction between my client and I felt flowing and rhythmic:

1	2	3	4	5	6	7
Not at all	Very Little	A Little	Moderately	A Lot	Quite A Lot	Completely

5. Time seemed to really drag:

1	2	3	4	5	6	7
Not at all	Very Little	A Little	Moderately	A Lot	Quite A Lot	Completely

6. I found it difficult to concentrate:

1	2	3	4	5	6	7
Not at all	Very Little	A Little	Moderately	A Lot	Quite A Lot	Completely

7. There were moments when I was so immersed with my client's experience that I lost a sense of time and space:

1	2	3	4	5	6	7
Not at all	Very Little	A Little	Moderately	A Lot	Quite A Lot	Completely

8. I was able to put aside my own demands and worries to be with my client:

1	2	3	4	5	6	7
Not at all	Very Little	A Little	Moderately	A Lot	Quite A Lot	Completely

9. I felt distant or disconnected from my client:

1	2	3	4	5	6	7
Not at all	Very Little	A Little	Moderately	A Lot	Quite A Lot	Completely

10. I felt a sense of deep appreciation and respect for my client as a person:

1	2	3	4	5	6	7
Not at all	Very Little	A Little	Moderately	A Lot	Quite A Lot	Completely

11. I felt alert and attuned to the nuances and subtleties of my client's experience:

1	2	3	4	5	6	7
Not at all	Very Little	A Little	Moderately	A Lot	Quite A Lot	Completely

12. I was fully in the moment in this session:

1	2	3	4	5	6	7
Not at all	Very Little	A Little	Moderately	A Lot	Quite A Lot	Completely

13. I felt impatient or critical:

1	2	3	4	5	6	7
Not at all	Very Little	A Little	Moderately	A Lot	Quite A Lot	Completely

14. My responses were guided by the feelings, words, images, or intuitions that emerged in me from my experience of being with my client:

1	2	3	4	5	6	7
Not at all	Very Little	A Little	Moderately	A Lot	Quite A Lot	Completely

15. I couldn't wait for the session to be over:

1	2	3	4	5	6	7
Not at all	Very Little	A Little	Moderately	A Lot	Quite A Lot	Completely

16. There were moments when my outward response to my client was different from the way I felt inside:

1	2	3	4	5	6	7
Not at all	Very Little	A Little	Moderately	A Lot	Quite A Lot	Completely

17. I felt fully immersed with my client's experience and yet still centered within myself:

1	2	3	4	5	6	7
Not at all	Very Little	A Little	Moderately	A Lot	Quite A Lot	Completely

18. My thoughts sometimes drifted away from what was happening in the moment:

1	2	3	4	5	6	7
Not at all	Very Little	A Little	Moderately	A Lot	Quite A Lot	Completely

19. I felt in synchronicity with my client in such a way that allowed me to sense what he/she was experiencing:

1	2	3	4	5	6	7
Not at all	Very Little	A Little	Moderately	A Lot	Quite A Lot	Completely

20. I felt genuinely interested in my client's experience:

1	2	3	4	5	6	7
Not at all	Very Little	A Little	Moderately	A Lot	Quite A Lot	Completely

21. I felt a distance or emotional barrier between my client and myself:

1	2	3	4	5	6	7
Not at all	Very Little	A Little	Moderately	A Lot	Quite A Lot	Completely