

Therapist Proficiency Index (TPI)					
Instruction. This questionnaire evaluates your overall experience in counseling or therapy with clients or patients. Please read each question carefully and select the response that best represents your experience.	Your response: Unsatisfactory (1), Needs Improvement (2), Acceptable (3), Better Than Average (4), Good (5)				
1. How well do you ensure your verbal communication is clear and understandable to clients?	1	2	3	4	5
2. How well do you adjust your tone and body language to match the emotional state of your client?	1	2	3	4	5
3. How well do you demonstrate warmth and acceptance when a client shares something deeply personal?	1	2	3	4	5
4. How well do you show empathy when a client expresses intense emotions like anger or sadness?	1	2	3	4	5
5. How well do you ensure the client feels like the focus of the session?	1	2	3	4	5
6. How well do you build trust with a client who hesitates to open up?	1	2	3	4	5
7. How well do you adapt your approach when working with clients from diverse backgrounds?	1	2	3	4	5
8. How well do you explain the cause of a client's distress in a way that is both clear and validating?	1	2	3	4	5
9. How well do you ensure your treatment plan aligns with the explanation you provided to the client?	1	2	3	4	5
10. How well do you persuade clients to engage in a treatment they initially resist?	1	2	3	4	5
11. How well do you track and measure a client's progress over time?	1	2	3	4	5
12. How well do you adjust your approach when a client shows resistance to treatment?	1	2	3	4	5
13. How well do you handle difficult or emotionally charged topics in therapy?	1	2	3	4	5
14. How well do you maintain hope and optimism when a client feels stuck or hopeless?	1	2	3	4	5
15. How well do you tailor your approach based on a client's unique characteristics and context?	1	2	3	4	5
16. How well do you manage your own emotions and reactions during a session?	1	2	3	4	5
17. How well do you incorporate research evidence into your treatment approach?	1	2	3	4	5
18. How well do you seek feedback from clients to improve your therapeutic effectiveness?	1	2	3	4	5
19. How well do you handle a situation where a client disagrees with your interpretation or approach?	1	2	3	4	5
20. How well do you ensure your personal biases do not interfere with the therapeutic process?	1	2	3	4	5