

WORKSHEET – Choosing a Model: Questions for Self-Reflection

Question or Comment	My Thoughts: use additional paper to make notes
What theory or theories did I focus on in graduate school?	
What models did each of my supervisors teach?	
What model am I most attracted to right now and why?	
How much do gender roles and societal conditioning affect relationships?	
A focus on social justice is important to me.	
I like to create interventions on the spot and not be tied to any one model.	
I like to follow a clear map of treatment tailored to the couple.	
I use the concepts of transference and countertransference in my work.	
I feel it is important to create emotional experiences for my clients in session.	
I like to tie current behavior to childhood memories and create insight for the couple.	
I believe in focusing on a person's strengths rather than their weaknesses.	
We construct stories or narratives about our lives that can be rewritten.	
Unconditional positive regard for each partner and the coupleship is important.	
The clients are the experts.	
Ancestral work can lead to repair and healing.	
How can therapists create individual, societal and global change?	