

## *System for Observing Family Therapy Alliances*

### SOFTA-s (client)

Evaluate the following phrases and indicate your level of agreement by circling the appropriate number:

	<b>Not at all</b>	<b>A little</b>	<b>Moderately</b>	<b>A lot</b>	<b>Very Much</b>
1. What happens in therapy can solve our problems.	1	2	3	4	5
2. The therapist understands me.	1	2	3	4	5
3. The therapy sessions help me open up (share my feelings, try new things...).	1	2	3	4	5
4. All my family members who come for therapy want the best for our family and to resolve our problems.	1	2	3	4	5
5. It is hard for me to discuss with the therapist what we should work on in therapy.	1	2	3	4	5
6. The therapist is doing everything possible to help me.	1	2	3	4	5
7. I feel comfortable and relaxed in the therapy sessions.	1	2	3	4	5
8. All of us who come for therapy sessions value the time and effort we all put in.	1	2	3	4	5
9. The therapist and I work together as a team.	1	2	3	4	5
10. The therapist has become an important person in my life.	1	2	3	4	5
11. There are some topics I am afraid to discuss in therapy.	1	2	3	4	5
12. Some members of the family don't agree with others about the goals of the therapy.	1	2	3	4	5
13. I understand what is being done in therapy.	1	2	3	4	5
14. The therapist lacks the knowledge and skills to help me.	1	2	3	4	5
15. At times I feel on the defensive in therapy.	1	2	3	4	5
16. Each of us in the family helps the others get what they want out of therapy.	1	2	3	4	5

**SCORING GUIDE (SOFTA-s and SOATIF-s, client and therapist versions)**

<b>ENGAGEMENT IN THE PROCESS</b>	
<b>ITEM #</b>	<b>SCORE</b>
<b>1</b>	
<b>*5</b>	
<b>9</b>	
<b>13</b>	
<b>TOTAL</b>	
<b>EMOTIONAL CONNECTION</b>	
<b>2</b>	
<b>6</b>	
<b>10</b>	
<b>*14</b>	
<b>TOTAL</b>	
<b>SAFETY</b>	
<b>3</b>	
<b>7</b>	
<b>*11</b>	
<b>*15</b>	
<b>TOTAL</b>	
<b>SHARED SENSE OF PURPOSE</b>	
<b>4</b>	
<b>8</b>	
<b>*12</b>	
<b>16</b>	
<b>TOTAL</b>	
<b>TOTAL SCORE</b>	

**\* Items with asterisks ( 5, 11, 12, 14 and 15) must be inversely scored, so that:**

If the client marks 5 ⇒ the score should be 1.

4 ⇒ the score should be 2.

3 ⇒ the score should be 3.

2 ⇒ the score should be 4.

1 ⇒ the score should be 5.