

## SOFTA-S

## SOFTA-S (counselor version)

Code:

Date:

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

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

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

\* Items with asterisk ( 5, 11, 12, 14 and 15) must be inversely scored. So that:

- If the therapist 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.