Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please rate your perspective on your skills in performing the following ISTDP related techniques. DURING THE PAST 3 MONTHS HOW OFTEN DO YOU ADEQUATELY APPLY THE FOLLOWING TECHNIQUES?

Nearly none of the time Some of the time Most of the time Nearly all the time

(25% of less of time) (26-50% of time) (51-75% of time) (76-100% of time)

1 2 3 4

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |
| **1** | Detect Barriers to Engagement (6) | 1 | 2 | 3 | 4 |
| **2** | Handle Barriers to Engagement when present (6) | 1 | 2 | 3 | 4 |
| **3** | Find the Front of the System (6) | 1 | 2 | 3 | 4 |
| **4** | Complete a Psychodiagnostic Assessment (6) | 1 | 2 | 3 | 4 |
| **5** | Determine place on the 2 Patient Spectra (6) | 1 | 2 | 3 | 4 |
| **6** | Detect Syntonic Defenses (6, 14) | 1 | 2 | 3 | 4 |
| **7** | Turn client against Syntonic Defenses making them Dystonic (6, 14) | 1 | 2 | 3 | 4 |
| **8** | Detect when there are “No Signals” (7) | 1 | 2 | 3 | 4 |
| **9** | Detect Type of Major Resistances (2) | 1 | 2 | 3 | 4 |
| **10** | Detect Tactical Defenses (2) | 1 | 2 | 3 | 4 |
| **11** | Handle Tactical Defenses (6+) | 1 | 2 | 3 | 4 |
| **12** | Determine the Degree of Rise Low, versus Mid versus High rise(8) | 1 | 2 | 3 | 4 |
| **13** | Provide Pressure at Low Rise (8, 9) | 1 | 2 | 3 | 4 |
| **14** | Clarify Resistance at Mid Rise (8, 10) | 1 | 2 | 3 | 4 |
| **15** | Head on Collide with Resistance (8, 11) | 1 | 2 | 3 | 4 |
| **16** | Detect the presence of Positive Feelings (5) | 1 | 2 | 3 | 4 |
| **17** | Facilitate the experience of Positive Feelings (5+) | 1 | 2 | 3 | 4 |
| **18** | Detect the presence of Grief (5) | 1 | 2 | 3 | 4 |
| **19** | Facilitate the experience of Grief (5+) | 1 | 2 | 3 | 4 |
| **20** | Detect the presence of Rage (5) | 1 | 2 | 3 | 4 |
| **21** | Facilitate the somatic experience of Rage (5+) | 1 | 2 | 3 | 4 |
| **22** | Detect the presence of Guilt about rage (5) | 1 | 2 | 3 | 4 |
| **21** | Facilitate the experience of Guilt about rage (5+) | 1 | 2 | 3 | 4 |
| **22** | Detect Whispers from the Unconscious Therapeutic Alliance (4) | 1 | 2 | 3 | 4 |
| **23** | Detect Negation as part of Unconscious Therapeutic Alliance (4) | 1 | 2 | 3 | 4 |
| **24** | Detect Linkages as part of Unconscious Therapeutic Alliance (4) | 1 | 2 | 3 | 4 |
| **25** | Detect Image Transfer as part of Unconscious Therapeutic Alliance (4) | 1 | 2 | 3 | 4 |
| **26** | Unlock the Unconscious in client ready and able to do so (13-16) | 1 | 2 | 3 | 4 |
| **27** | Do Dynamic Exploration of the Unconscious after Unlocking (13-16) | 1 | 2 | 3 | 4 |
| **28** | Recap and Consolidate after Unlocking the Unconscious (13-16) | 1 | 2 | 3 | 4 |
| **29** | Detect Thresholds in patients with Repression or Fragility (15-17) |  |  |  |  |
| **30** | Reduce anxiety in patients with Repression or Fragility (15-17) | 1 | 2 | 3 | 4 |
| **31** | Monitor anxiety discharge pathways in clients with Repression or Fragility (15-17) | 1 | 2 | 3 | 4 |
| **32** | Detect splitting, projection and projective identification (16, 17) | 1 | 2 | 3 | 4 |
| **33** | Handle splitting, projection and projective identification (16, 17) | 1 | 2 | 3 | 4 |
| **34** | Recognize first breakthroughs in patients with Repression or Fragility | 1 | 2 | 3 | 4 |
| **35** | Detect Regressive Defenses (14) | 1 | 2 | 3 | 4 |
| **36** | Handle Regressive Defenses (14) | 1 | 2 | 3 | 4 |
| **35** | Detect Misalliance | 1 | 2 | 3 | 4 |
| **36** | Handle Misalliance | 1 | 2 | 3 | 4 |

\*Numbers in brackets refer to chapters in Reaching through Resistance