

Therapeutic Alliance Measure – Therapists (TAM-T)

Please rank each of the following statements on a 7 point scale using the following descriptors below.

1	2	3	4	5	6	7	
Never	Rarely	Occasionally	Sometimes	Often	Very Often	Always	Prefer not to answer

If the statement describes the way you *always feel or think* then endorse the number 7 and if it never applies to you, endorse the number 1. Use the numbers in between to describe variations of those two extremes.

Please endorse your first impression about **every** item without thinking about each item too long – we want your first thought/feeling/impression of each.

1. My client and I agree about the things they need to do in therapy so they can reach their goals and improve their current situation.
2. Therapy is providing my client with new ways of looking at and addressing their problems.
3. I feel that my client genuinely likes me.
4. I do not think that my client believes I understand what matters to them, their goals, and what they want to get out of therapy.
5. I am confident that my client believes in my ability to help them improve their situation and reach their therapy goals.
6. My client and I are working collaboratively on their therapy goals.
7. I feel like my client understands, values, and appreciates me.
8. My client and I are in agreement about what is most important for them to work on in therapy to achieve their goals.
9. I trust my client and I feel confident that my client also trusts me.
10. My client and I disagree about what their problems actually are.

Researchers' Note: Based on the WAI, the same scoring method used for WAI can be used for this measure.

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11. My client and I agree about the kinds of changes that would be helpful for them to improve their situation and reach their goals.
12. I have confidence that the path my client and I are on is the right one for them to improve their situation and achieve their therapy goals.