

Adaptation of Counseling Self-Estimate Inventory (COSE)

1. When using responses like reflection of feeling, active listening, clarification, or probing, I am concise and to the point.
2. When I initiate the end of a session, it is not abrupt or brusque and I end sessions on time.
3. I respond appropriately to the client in view of what the client will express (e.g., my questions will be meaningful and not concerned with trivia and minutia).
4. I am certain that my interpretation and confrontation responses will be concise and to the point.
5. The wording of my response's reflection of feeling, clarification, and probing are easy to understand.
6. I respond to the client in a non-judgmental way with respect to the client's values, beliefs, etc.
7. I respond to the client in an appropriate length of time (neither interrupting the client nor waiting too long to respond).
8. The type of response I use at a particular time, reflection of feeling, interpretation, etc., is the appropriate response.
9. The content of my responses, i.e., reflection of feeling, clarification, and probing, are consistent with what the client is saying.
10. I appear competent and earn the respect of my clients.
11. I have resolved conflicts in my personal life so that they will not interfere with my counseling abilities.
12. The content of my interpretation and confrontation responses will be consistent with what the client is saying.
13. I have enough fundamental knowledge to do effective counseling.
14. I maintain the intensity and energy level needed to produce client confidence and active participation.
15. The wording of my interpretation and confrontation responses will be clear and easy to understand.

16. I express myself in a way that is natural, without deliberating over every response or action.
17. I understand and properly determine probable meanings of the client's nonverbal behaviors.
18. I know when to use open or closed-ended probes and that these probes will reflect the concerns of the client and not be trivial.
19. My assessments of client problems are as accurate as I would like them to be.
20. I am able to appropriately confront and challenge my client in counseling.
21. I possess a large enough repertoire of techniques to deal with the different problems my clients may present.
22. I feel competent regarding my abilities to deal with crisis situations that may arise during counseling sessions (e.g., suicide, alcoholism, abuse).
23. I am comfortable dealing with clients who appear unmotivated to work towards mutually determined goals.
24. I am sure how to work with clients who do not verbalize their thoughts during the counseling session.
25. I am sure how to work with clients who appear noncommittal and indecisive.
26. When working with ethnic minority clients, I am confident that I will be able to bridge cultural differences in the counseling process.
27. I will be an effective counselor with clients of a different social class.
28. I am confident that I will be able to conceptualize my client's problems.
29. I am sure about how to lead my client towards the development and selection of concrete goals to work towards.
30. I can assess my client's readiness and commitment to change.
31. I do not give advice to clients.
32. In working with culturally different clients, I can view situations from their perspectives.

Larson et. al, 1992.