

THE THERAPEUTIC OPPORTUNITY SCALE: Promoting sensitivity to CRB¹

Therapeutic opportunities may be pure or contextual:

- Pure: Client spontaneously makes a statement or expresses affect related to the therapist, therapeutic relationship, therapy, or the immediate relational experience.
- Contextual: Events in the context of therapy may evoke CRB. These require therapist probing.

Contextual opportunities:

1. Time structure
2. Therapist vacation
3. Termination
4. Fees
5. Therapist mistakes
6. Silences
7. Client affect
8. Doing well
9. Positive feedback
10. Therapist qualities
11. Context shifts
12. Therapist feelings
13. Direct requests
14. Generalizations

¹ Conceived by Madelon Bolling, Ph.D.