C-NIP

# Cooper-Norcross Inventory of Preferences (C-NIP)

The Cooper-Norcross Inventory of Preferences is a brief self-report questionnaire designed to identify the patient's preferences regarding how psychotherapy or counseling should be conducted. It helps clarify the working style expected of the therapist on four clinically useful dimensions: therapist directiveness versus client directiveness, emotional intensity versus emotional reserve, past orientation versus present orientation, and warm support versus focused challenge. Its main value is to structure an early conversation about what suits the patient best, in order to tailor care, support the therapeutic alliance, and foster a truly person-centered approach.

| | |
|---|---|
| Number of questions | 18 questions |
| Estimated duration | 5 minutes |
| Language | English |
| Original name | Cooper-Norcross Inventory of Preferences |
| Target audience | Adults |
| Authors | Mick Cooper, John C. Norcross (2015) |
| Category | General |

## Preview of the 18 questions

I would like the therapist to...

**Focus on specific goals / Not focus on specific goals**

- 3 - Focus on specific goals (strong preference)
- 2 - Focus on specific goals (moderate preference)
- 1 - Focus on specific goals (slight preference)
- 0 - No or equal preference
- -1 - Not focus on specific goals (slight preference)
- -2 - Not focus on specific goals (moderate preference)
- -3 - Not focus on specific goals (strong preference)

I would like the therapist to...

### Give structure to the therapy / Allow the therapy to be unstructured

- 3 - Give structure to the therapy (strong preference)
- 2 - Give structure to the therapy (moderate preference)
- 1 - Give structure to the therapy (slight preference)
- 0 - No or equal preference
- -1 - Allow the therapy to be unstructured (slight preference)
- -2 - Allow the therapy to be unstructured (moderate preference)
- -3 - Allow the therapy to be unstructured (strong preference)

I would like the therapist to...

### Teach me skills to deal with my problems / Not teach me skills to deal with my problems

- 3 - Teach me skills to deal with my problems (strong preference)
- 2 - Teach me skills to deal with my problems (moderate preference)
- 1 - Teach me skills to deal with my problems (slight preference)
- 0 - No or equal preference
- -1 - Not teach me skills to deal with my problems (slight preference)
- -2 - Not teach me skills to deal with my problems (moderate preference)
- -3 - Not teach me skills to deal with my problems (strong preference)

I would like the therapist to...

### Give me 'homework' to do / Not give me 'homework' to do

- 3 - Give me 'homework' to do (strong preference)
- 2 - Give me 'homework' to do (moderate preference)
- 1 - Give me 'homework' to do (slight preference)
- 0 - No or equal preference
- -1 - Not give me 'homework' to do (slight preference)
- -2 - Not give me 'homework' to do (moderate preference)
- -3 - Not give me 'homework' to do (strong preference)

I would like the therapist to...

### Take a lead in therapy / Allow me to take a lead in therapy

- 3 - Take a lead in therapy (strong preference)
- 2 - Take a lead in therapy (moderate preference)
- 1 - Take a lead in therapy (slight preference)
- 0 - No or equal preference
- -1 - Allow me to take a lead in therapy (slight preference)
- -2 - Allow me to take a lead in therapy (moderate preference)
- -3 - Allow me to take a lead in therapy (strong preference)


### Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

## Scoring & interpretation

Each item contrasts two preferences and is rated on a scale from 3 to 0 and then down to minus 3. A positive score indicates a preference for the first pole of the item, a negative score for the second, and 0 no clear preference. The 5 items of scales 1, 2, and 4 are summed, as are the 3 items of scale 3. Interpretation of cutoffs: scale 1, 8 to 15 indicates a strong preference for therapist directiveness, minus 3 to minus 15 for client directiveness, and minus 2 to 7 no strong preference; scale 2, 7 to 15 indicates a strong preference for emotional intensity, minus 15 to minus 1 for emotional reserve, and 0 to 6 no strong preference; scale 3, 3 to 9 indicates a strong preference for past orientation, minus 3 to minus 9 for present orientation, and minus 2 to 2 no strong preference; scale 4, 4 to 15 indicates a strong preference for warm support, minus 4 to minus 15 for focused challenge, and minus 3 to 3 no strong preference. The additional open-ended questions serve to enrich the clinical discussion and are not part of an overall total score.


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Samia T. - Online Psychologist