



### Client Information

<i>Client Name</i>	Generic Client
<i>Date of birth (age)</i>	1 January 1800 (221)

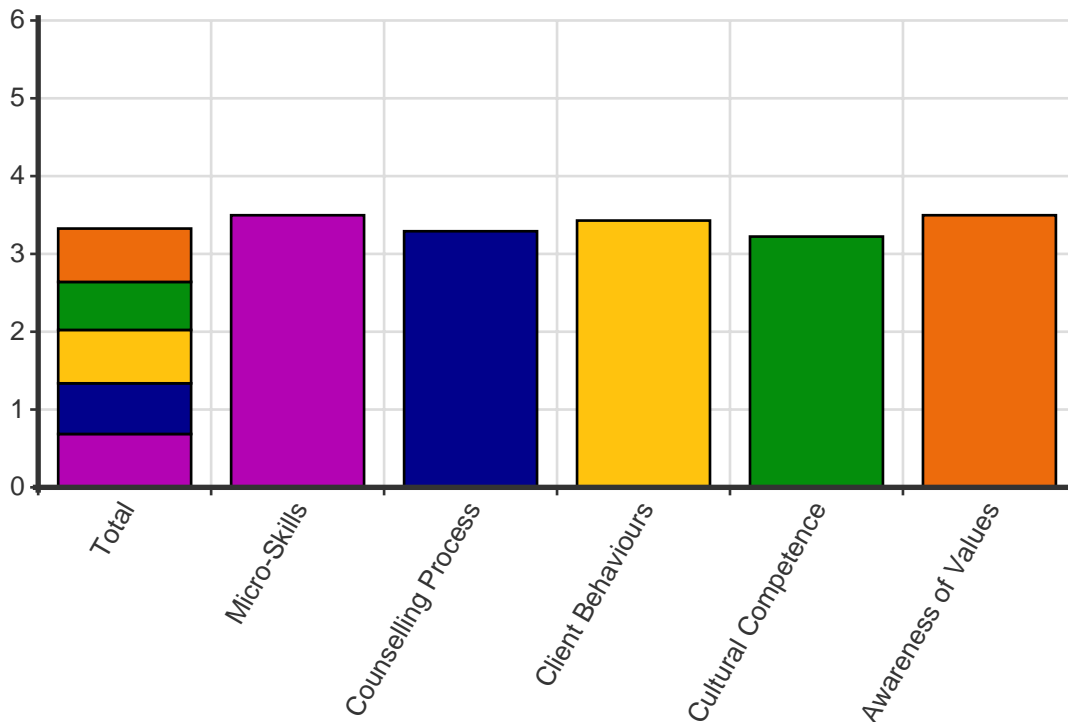
### Assessment Information

<i>Assessment</i>	Counselling Self Estimate Inventory (COSE)
<i>Date administered</i>	15 September 2021
<i>Assessor</i>	Dr Ben Buchanan'
<i>Time taken</i>	0 minutes 34 seconds

### Results

	Average Score	Percentile
Total Score	3.41	6.1
Micro-Skills	3.5	4.7
Counselling Process	3.3	11.7
Client Behaviours	3.43	22.2
Cultural Competence	3.25	3.4
Awareness of Values	3.5	10.7

Average Scores





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## Scoring and Interpretation Information

A total average score is calculated to reflect one's general counselling self-efficacy with a higher score representing a higher degree of confidence in one's counselling skills. Possible average scores range from 1 to 6 and are calculated by summing responses divided by the number of items in the scale.

Percentiles are also presented for the total score and each subscale, calculated in comparison to a sample of masters level counselling students (Li et al., 2018). Interpretation of scores using percentiles can be helpful to contextualise results in comparison to typical patterns of responding. A percentile of 50 represents an average response in comparison to counselling trainees. There is no normative data available for experienced professionals.

Subscale average scores are calculated to determine self-efficacy in the five counselling skills areas:

1. Micro-skills (Items 1, 3, 4, 5, 8, 10, 11, 12, 14, 17, 32, 34). The counsellor's confidence that they can effectively perform counselling skills such as active listening, conceptualising client problems, and appropriately ending sessions.
2. Counselling Process (Items 6, 9, 16, 18, 19, 21, 22, 23, 31, 33). The counsellor's confidence in their perception of therapeutic alliance, their own communication, their interpretation of client responses, and their assessment of important client issues.
3. Dealing With Difficult Client Behaviours (Items 15, 20, 24, 25, 26, 27, 28). The counsellor's confidence in dealing with clients who lack motivation, in dealing with crisis situations, or in dealing with noncommittal or indecisive clients.
4. Cultural Competence (Items 29, 30, 36, 37). The counsellor's confidence in their ability to help clients from various cultural backgrounds.
5. Awareness of Values (Items 2, 7, 13, 35). The counsellor's awareness of their own values and biases and their confidence that they won't let these interfere with the counselling process.

High total COSE scores have been shown to have a strong positive correlation with self-esteem, competence in problem solving effectiveness, more positive expectations of client outcome, and execution of counselling micro skills.

Particularly high scores (above 5) in the context of training or supervision may be indicative of overconfidence, defensiveness, nervousness about unfavourable supervisor evaluation or concern that the scale is being used as a measure of professional competence. It is therefore important to interpret results in light of



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### Scoring and Interpretation Information (cont.)

the trust established between assessor and respondent and the context in which it was administered.

Moderate scores (between 3 and 5) are associated with therapists who are likely to be open to critical feedback (from clients or supervisor). These scores are indicative of a clinician who has healthy confidence and is likely to persevere when challenged.

Low scores may be indicative of someone who has struggled with their skill development or who has pervasive difficulties with confidence. People who score very low (2 or less) many experience constructive feedback (from supervisor or client) as demoralising. The COSE negatively correlates with state and trait anxiety (Larson et al., 1992).

Easton et al. (2008) examined the relationship between counsellor self-efficacy, emotional intelligence and judgment. Results demonstrated that all five COSE subscales were related to awareness and identification of emotions, use of emotion in problem solving, and use of emotion in adaptation.

When interpreting COSE results it may be helpful to also administer the Professional Self Doubt Scale, which measures a related construct.

Nineteen of the items (2, 6, 7, 9, 16, 18, 19, 21, 22, 23, 24, 26, 27, 28, 31, 33, 35, 36, & 37) are reverse coded.

### Client Responses

		Strongly Disagree	Moderately Disagree	Slightly Disagree	Slightly Agree	Moderately Agree	Strongly Agree
1	When using responses like reflection of feeling, active listening, clarification and probing, I am confident I will be concise and to the point.	1	2	3	4	5	6
2	I am likely to impose my values on the client during the interview.	6	5	4	3	2	1
3	When I initiate the end of a session, I am positive it will be in a manner that is not abrupt or brusque and that I will end the session on time.	1	2	3	4	5	6
4	I am confident that I will 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).	1	2	3	4	5	6
5	I am certain that my interpretation and confrontation responses will be concise and to the point.	1	2	3	4	5	6
6	I am worried that the wording of my responses lack reflection of feeling, clarification, probing, and may be confusing and hard to understand.	6	5	4	3	2	1



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**Client Responses (cont.)**

		Strongly Disagree	Moderately Disagree	Slightly Disagree	Slightly Agree	Moderately Agree	Strongly Agree
7	I feel that I will not be able to respond to the client in a non-judgmental way with respect to the client's values, beliefs,	6	5	4	3	2	1
8	I feel I will respond to the client in an appropriate length of time (neither interrupting the client nor waiting too long to respond).	1	2	3	4	5	6
9	I am worried that the type of response I use at a particular time, i.e., reflection of feeling, interpretation, etc., may not be the appropriate response.	6	5	4	3	2	1
10	I am sure that the content of my responses, i.e., reflection of feeling, clarification, and probing, will be consistent with and not discrepant from what the client is saying.	1	2	3	4	5	6
11	I feel confident that I will appear competent and earn the respect of my client.	1	2	3	4	5	6
12	I am confident that my interpretation and confrontation responses will be effective in that they will be validated by the client's immediate response.	1	2	3	4	5	6
13	I feel confident that I have resolved conflicts in my personal life so that they will not interfere with my counselling abilities.	1	2	3	4	5	6
14	I feel that the content of my interpretation and confrontation responses will be consistent with and not discrepant from what the client is saying.	1	2	3	4	5	6
15	I feel that I have enough fundamental knowledge to do effective counselling.	1	2	3	4	5	6
16	I may not be able to maintain the intensity and energy level needed to produce client confidence and active participation.	6	5	4	3	2	1
17	I am confident that the wording of my interpretation and confrontation responses will be clear and easy to understand.	1	2	3	4	5	6
18	I am not sure that in a counselling relationship I will express myself in a way that is natural, without deliberating over every response or action.	6	5	4	3	2	1
19	I am afraid that I may not understand and properly determine probable meanings of the client's nonverbal behaviours.	6	5	4	3	2	1
20	I am confident that I will know when to use open or closed-ended probes and that these probes will reflect the concerns of the client and not be trivial.	1	2	3	4	5	6
21	My assessment of client problems may not be as accurate as I would like them to be.	6	5	4	3	2	1
22	I am uncertain as to whether I will be able to appropriately confront and challenge my client in therapy.	6	5	4	3	2	1
23	When giving responses, i.e., reflection of feeling, active listening, clarification, probing, I'm afraid that they may not be effective in that they won't be validated by the client's immediate response.	6	5	4	3	2	1
24	I do not feel that I possess a large enough repertoire of techniques to deal with the different problems my clients may present.	6	5	4	3	2	1
25	I feel competent regarding my abilities to deal with crisis situations that may arise during the counselling sessions –e.g., suicide, alcoholism, abuse, etc.	1	2	3	4	5	6



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**Client Responses (cont.)**

		Strongly Disagree	Moderately Disagree	Slightly Disagree	Slightly Agree	Moderately Agree	Strongly Agree
26	I am uncomfortable about dealing with clients who appear unmotivated to work towards mutually determined goals.	6	5	4	3	2	1
27	I may have difficulty dealing with clients who do not verbalise their thoughts during the counselling session.	6	5	4	3	2	1
28	I am unsure as to how to deal with clients who appear noncommittal and indecisive.	6	5	4	3	2	1
29	When working with ethnic minority clients, I am confident that I will be able to bridge cultural differences in the counselling process.	1	2	3	4	5	6
30	I will be an effective counsellor with clients of a different social class.	1	2	3	4	5	6
31	I am worried that my interpretation and confrontation responses may not, over time, assist the client to be more specific in defining and clarifying their problem.	6	5	4	3	2	1
32	I am confident that I will be able to conceptualise my client's problems.	1	2	3	4	5	6
33	I am unsure as to how I will lead my client towards the development and selection of concrete goals to work towards.	6	5	4	3	2	1
34	I am confident that I can assess my client's readiness and commitment to change.	1	2	3	4	5	6
35	I feel I may give advice.	6	5	4	3	2	1
36	In working with culturally different clients, I may have a difficult time viewing situations from their perspective.	6	5	4	3	2	1
37	I am afraid that I may not be able to effectively relate to someone of lower socioeconomic status than me.	6	5	4	3	2	1