



Counselling Self Estimate Inventory (COSE)

Instructions:

This is not a test. There are no right or wrong answers. Rather – it is an inventory that attempts to measure how you feel you will behave as a clinician in a counselling situation. Please respond to the items as honestly as you can so as to most accurately portray how you think you will behave as a clinician. Do not respond with how you wish you could perform each item - rather answer in a way that reflects your actual estimate of how you will perform as a clinician at the present time.

Below is a list of 37 statements. Read each statement, and then indicate the extent to which you agree or disagree with that statement.

		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
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	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



		Strongly Disagree	Moderately Disagree	Slightly Disagree	Slightly Agree	Moderately Agree	Strongly Agree
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
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



		Strongly Disagree	Moderately Disagree	Slightly Disagree	Slightly Agree	Moderately Agree	Strongly Agree
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

Developer Reference:

Larson, L. M., & Suzuki, L. A. (1992). Development and Validation of the Counseling Self-Estimate Inventory. *Journal of Counseling Psychology*; Washington, 39(1), 105–105.