

WEB FORM D
HELPER INTENTIONS LIST

Intention	Definition
1. Set limits	To structure, make arrangements, establish goals and objectives of helping; outline methods to attain goals, correct expectations about helping, or establish rules or parameters of relationship (e.g., time, fees, cancellation policies, homework).
2. Get information	To find out specific facts about history, client functioning, future plans, and so on.
3. Give information	To educate, give facts, correct misperceptions or misinformation, give reasons for helper's behavior or procedures.
4. Support	To provide a warm, supportive, empathic environment; increase trust and rapport and build relationship; help client feel accepted, understood, comfortable, reassured, and less anxious; help establish a person-to-person relationship.
5. Focus	To help client get back on track, change subject, channel or structure the discussion if she or he is unable to begin or has been diffuse or rambling.
6. Clarify	To provide or solicit more elaboration, emphasis, or specification when client or helper has been vague, incomplete, confusing, contradictory, or inaudible.
7. Instill hope	To convey the expectation that change is possible and likely to occur; convey that the helper can help the client restore morale, build up the client's confidence to make changes.
8. Encourage catharsis	To promote relief from tension or unhappy feelings; allow the client a chance to let go of or talk through feelings and problems.
9. Identify maladaptive cognitions	To identify maladaptive, illogical, or irrational thoughts or attitudes (e.g., "I must be perfect").
10. Identify maladaptive behaviors	To identify and give feedback about the client's inappropriate behaviors and their consequences; do a behavioral analysis; point out games.
11. Encourage self-control	To encourage client to own or gain a sense of mastery or control over her or his thoughts, feelings, behaviors, or impulses; help client become more appropriately internal rather than inappropriately external in assigning responsibility for her or his role.

12. Identify and intensify feelings	To identify, intensify, and enable acceptance of feelings; encourage or provoke the client to become aware of or deepen underlying or hidden feelings or affect, or experience feelings at a deeper level.
13. Promote insight	To encourage understanding of the underlying reasons, dynamics, assumptions, or unconscious motivations for cognitions, behaviors, attitudes, or feelings (may include an understanding of the client's reactions to others' behaviors).
14. Promote change	To build and develop new and more adaptive skills, behaviors, or cognitions in dealing with self and others; to instill new, more adaptive assumptive models, frameworks, explanations, or conceptualizations; to give an assessment or opinion about client functioning that helps client see self in a new way.
15. Reinforce change	To give positive reinforcement or feedback about behavioral, cognitive, or affective attempts at change to enhance the probability that the change is continued or maintained; encourage risk taking and new ways of behaving.
16. Deal with resistance	To overcome obstacles to change or progress (may discuss failure to adhere to procedures in helping, either in past or to prevent possibility of such failure in future).
17. Challenge	To jolt the client out of a present state; shake up current beliefs or feelings; test validity, adequacy, reality, or appropriateness of beliefs, thoughts, feelings, or behaviors; help client question the necessity of maintaining old patterns.
18. Deal with the therapeutic relationship	To resolve problems as they arise in the relationship in order to build or maintain a smooth working alliance; heal ruptures in the alliance; deal with dependency issues appropriate to stage in helping; uncover and resolve distortions in client's thinking about the relationship that are based on past experiences rather than current reality.
19. Relieve helper's needs	To protect, relieve, or defend the helper; alleviate anxiety (may try unduly to persuade, argue, or feel good or superior at the expense of the client).

Note: The terms *helper* and *helping* are used here instead of *therapist* and *therapy* as in the original system. From "List of Therapist Intentions Illustrated in a Case Study and With Therapists of Varying Theoretical Orientations," by C. E. Hill and K. E. O'Grady, 1985, *Journal of Counseling Psychology*, 32, p. 8. Copyright © 1985 by the American Psychological Association.