

Appendix E

CONTROL MASTERY SCALE (Adapted from Sampson and Weiss, 1986, p. 372; reprinted with the permission of Guilford Publications)

Patient tests therapist to disconfirm the pathogenic belief.

Part A: In peer consultation, the judges specify the pathogenic belief and the test that the therapist must pass. For example, a young woman wants a free, egalitarian, caring relationship with a man, but she is afraid she will never have it and that she won't achieve it with this male therapist either. Without this open relationship experience, the client risks becoming overwhelmed by the pathogenic belief: "I'm convinced I'm a second class citizen not worthy of true male regard." Therefore, the therapist must offer her this freeing equal interchange that she so badly needs.

Part B: The therapist fails or passes the test: score 1-7. (The three judges make consensus rating.)

1. The therapist's response represents a clear-cut example of failing the test i.e., he has no idea she needs an egalitarian relationship and reacts coldly when she pulls to initiate one between them.
2. Fails test but more subtly than #1.

3. Therapist mildly fails test.
4. Ambiguous position, midway between passing and failing the test, elements of both. For example, the therapist reacts supportively and openly to the client but doesn't understand her need for him to behave in an egalitarian fashion.
5. Mildly passing test, not explicit or clear.
6. Example of passing test, less clear than #7.
7. Excellent clear cut example of passing test. Therapist may or may not directly enunciate that the patient wants an equal relationship with a man, but he actively unambiguously behaves in an open, direct, respectful, democratic way toward the client. He clearly does not repeat earlier, disrespectful, male relationships that the client has had.