

Module 3: Working Alliance

Module 3 teaches trainees the components of the therapeutic relationship. The WAI measures three components of the therapeutic relationship: task, bond, and goals. Trainees are asked to rate two different therapeutic relationships by using the instrument and then by discussing their ratings in the group. One tape used in our program is Carl Rogers' session with "Gloria" (13). They also rate a third session from one of the authors (Beitman's therapy session with MF, University of Missouri-Columbia, 1995) under the assumption that trainees can learn more effectively by seeing local and nationally-known therapists in action. The trainees are also shown the patients ratings of Dr. Beitman's session as well as how their ratings compare with the ratings of prior trainees and with a group of experienced therapists. Differences become subjects for discussion. Trainees are also asked to look at how their WAI ratings of their third sessions in pre-training compare with the WAI ratings provided by their patients. This exercise not only helps trainees realize that therapists and patients may view sessions in very different ways, but also help to identify patterns that trainees may have with respect to the way they assess themselves. For example, some trainees rate their sessions as having little evidence of a working alliance, whereas the patients rate the working alliance as quite strong.