

Selective Theory Sorter (STS)

From

Developing Your Theoretical Orientation in Counseling & Psychotherapy

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Read the following statements and indicate the strength of your beliefs in the white box following the statement. Your response for each item can range from -3 to $+3$ depending on the extent to which you believe a statement is not at all like you (-3) to a lot like you ($+3$). For example: If you believe the statement presented in item 30, "people are sexual beings," is a lot like your view of counseling, your answer might look like this:

A lot like me
1 2 3

30. People are sexual beings.

[illegible]

A lot like me
1 2 3

[illegible]

others of the ability to fulfill their needs

[illegible]

[illegible]

	A	B	C	D	E	F	G	H	I	J	K	L
57. There is no one best approach or strategy when it comes to therapy.												
58. There is no one true path to effective psychotherapy.												
59. There is no such thing as free will or voluntary behavior.												
60. Viewing an event or situation out of context is one of the systematic errors in cognitive reasoning.												
Column Totals												

SCORING THE SELECTIVE THEORY SORTER [STS]

Use the following instructions to score the STS:

1. To score the STS, add the scores in each column on each page. Be sure to accurately count both positive and negative numbers.
2. Transfer the column totals to the corresponding theories listed below.

THEORY**TOTAL SCORE**

- A. Psychoanalytic _____
- B. Adlerian _____
- C. Jungian _____
- D. Client-centered _____
- E. Gestalt _____
- F. Transactional analysis _____
- G. Behaviorism _____
- H. REBT _____
- I. Reality _____
- J. Cognitive-behavioral _____
- K. Integrative _____
- L. Existential _____

3. To determine the specific theory or theories that are most appealing to you, find the two or three of your highest column scores and list them here:

THEORY**TOTAL SCORE**

_____	_____
_____	_____
_____	_____

EXPLANATION OF SCORING

The Selective Theory Sorter is based on a comprehensive review of literature surrounding counseling theories. The items contained in the STS reflect the beliefs inherent in each school of thought. Currently, no published psychometric properties are attached to the STS. Rather, it is a survey that is in-