



NR605 Therapeutic Alliance Worksheet

Name: XXXXXXXXXX

Carefully read the assignment guidelines and rubric. Review the scenarios provided in an announcement by course faculty and address the following.

1. Describe techniques you would use to build a therapeutic alliance with each of the clients in the provided scenarios.
2. Provide a rationale for why the techniques are appropriate for the client in the scenario.
3. Include a scholarly source in your rationale. You may use the same scholarly source to support each scenario if relevant. Include a matching reference for each citation using the current APA Style.

Scenario	Techniques for Building a Therapeutic Alliance with Rationale
Mood disorders/anxiety/OCD	A 53-year-old client with a diagnosis of major depressive disorder recently survived a suicide attempt.
Psychosis	A 25-year-old client with schizophrenia is hospitalized following a suicide attempt due to the distress caused by his command hallucinations to kill his mother.
Personality disorder	A 45-year-old client with a diagnosis of antisocial personality disorder is attending court-ordered therapy following a conviction for domestic violence.
Trauma	A 35-year-old client experienced sexual abuse as a child but has never spoken to anyone about it.
Substance use disorder	A 45-year-old client attending court-ordered therapy following a conviction for driving under the influence of opioids.
References	