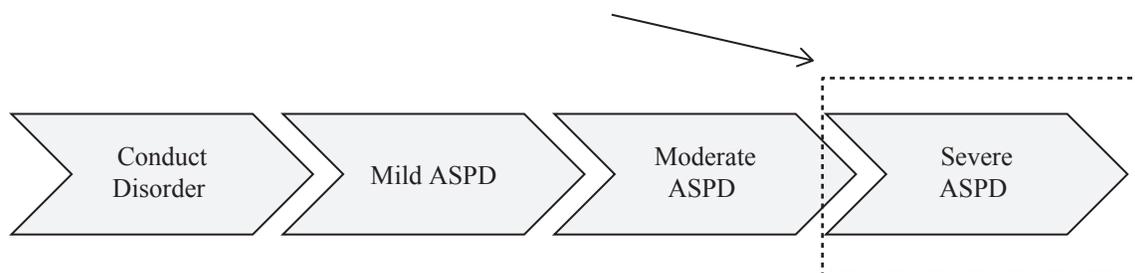


Can They Collaborate?

If you have worked with individuals along the antisocial spectrum for any period of time, you have come to understand that manipulation is part of the process. However, it is essential that the client is able to work collaboratively with you (the therapist) toward the goal of improved psychological well-being in order to achieve therapeutic success. The Collaboration Checklist that follows helps you to determine whether your client is able to do this.

Individuals who fall into the high or extreme range of the antisocial spectrum are least likely to benefit from psychological treatment (Hare, 1998; Hare et al., 2000), and the inability to collaborate is one of the primary reasons for this.

The majority of the questions in the checklist are designed to identify factors that support your client being able to participate in treatment and reap a benefit. However, there are certain questions, identified by an asterisk, that indicate a significantly higher probability that the individual is *not* able to collaborate in treatment due to being farther along on the antisocial spectrum. Those individuals within the severe ASPD category, which includes sociopaths and psychopaths, are unlikely to benefit from traditional insight-oriented treatment, due to a lack of ability to collaborate honestly with the therapist.



Next Steps

The Collaboration Checklist is a dimensional measure, meaning that the more positive factors you identify, the higher the probability that your client can collaborate during the course of treatment. You will reverse score those questions identified with an asterisk (*). In other words, you will give 1 point to those questions answered “no.”

For example, question 4 “Does he or she have a history of using cruelty to gain power?*” If you marked “Yes” for this question, you would not give a point. If you marked “No” you would give 1 point.

Use the information gathered from the checklist to build on the positive factors to connect with your client in treatment.

Taken from the *Antisocial, Borderline, Narcissistic, and Histrionic Workbook* by Daniel J. Fox (2015)

Therapist Checklist

Collaboration

Directions: Think of a particular client and answer the following questions about his or her ability to collaborate with you and participate in treatment.

1. Is he or she motivated for change?	Yes	No
2. Does he or she see value in psychological improvement?	Yes	No
3. Can he or she see your perspective on getting better?	Yes	No
4. Does he or she have a history of using cruelty to gain power?*	Yes	No
5. Does he or she have a clear purpose or reason to get better (e.g., staying out of jail, improved relationship with child)?	Yes	No
6. Does he or she trust you?	Yes	No
7. Is he or she devoid of guilt for negative behaviors?*	Yes	No
8. Does he or she lack the ability to plan realistically for the future?*	Yes	No
9. Does he or she take responsibility for gains and failures in treatment?	Yes	No
10. Does he or she lack empathy?*	Yes	No
11. Does he or she take responsibility for his or her own behavior and outcomes?	Yes	No
12. Does he or she need control at all times, inside and outside of session?*	Yes	No
13. Does he or she see you as someone with the skill to help him or her?	Yes	No
14. Does he or she disrespect others' boundaries?*	Yes	No
15. Do you have a positive therapeutic relationship with him or her?	Yes	No
16. Does he or she understand his or her own emotions?	Yes	No
17. Is he or she superficially charming?*	Yes	No
18. Can he or she control his or her own emotions?	Yes	No
19. Does he or she have a history of emotional manipulation?*	Yes	No
20. Does he or she lack genuine emotional reactions, other than anger?*	Yes	No