

## Brief Revised Working Alliance Inventory (BR-WAI)

*Recommended frequency: Every 4 weeks*

		Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1	My therapist and I understand each other.	1	2	3	4	5
2	We have established a good understanding of the kind of changes that would be good for me.	1	2	3	4	5
3	I feel that my therapist appreciates me.	1	2	3	4	5
4	I believe the time my therapist and I are spending together is not spent efficiently.	1	2	3	4	5
5	I believe my therapist likes me.	1	2	3	4	5
6	What I'm doing in therapy gives me new ways of looking at my problem.	1	2	3	4	5
7	I feel my therapist cares about me even when I do things that he/she does not approve of.	1	2	3	4	5
8	My therapist does not understand what I am trying to accomplish in therapy.	1	2	3	4	5
9	I am confident in my therapist's ability to help me.	1	2	3	4	5
10	I feel that the thing I do in therapy will help me to accomplish the changes that I want.	1	2	3	4	5
11	My therapist and I trust one another.	1	2	3	4	5
12	I disagree with my therapist about what I ought to get out of therapy.	1	2	3	4	5
13	I believe in my therapist is genuinely concerned for my welfare.	1	2	3	4	5
14	We agree on what is important for me to work on.	1	2	3	4	5
15	My therapist and I respect each other.	1	2	3	4	5
16	The things that my therapist is asking me to do don't make sense.	1	2	3	4	5

Tasks and Goals     Bonds

The BR-WAI looks at three foundational components of the therapeutic relationship:

- The bond between client and therapist or the relationship of mutual trust;
- The collaborative approach and agreement on treatment goals;
- The collaborative approach and agreement on treatment tasks.

## Scoring

The total score of the BR-WAI is calculated by adding up all of the items. Reverse items, 4, 8, 12, 16, are scored inversely: (5=1) (4=2) (2=4) (1=5). A higher score represents a stronger alliance.

A subscale score for Bonds is calculated by adding questions: 1, 3, 5, 7, 9, 11, 13, 15.

A subscale score for Tasks and Goals is calculated by adding questions: 2, 4, 6, 8, 10, 12, 14, 16.

The assessment scoring offers 3 data points: the total score and the two subscales. While it's important to analyze the score of tasks and bonds separately to understand both components, it's equally important to assess the overall score. The total score is indicative of how clients will view the therapeutic relationship overall, and speaking to that score in session is a valuable way to spark a collaborative conversation with your client about the results and how to improve your therapeutic alliance.