

currently experienced growth

Please answer the following six questions using a 0 to 5 scale, where 0 = not at all, and 5 = very much.

	In your <i>recent</i> psychotherapeutic work, how much ...						
1.	Do you feel you are changing as a therapist?	0	1	2	3	4	5
2.	Does this change feel like progress or improvement?	0	1	2	3	4	5
3.	Do you feel you are overcoming past limitations as a therapist?	0	1	2	3	4	5
4.	Do you feel you are becoming more skilful in practicing therapy?	0	1	2	3	4	5
5.	Do you feel you are deepening your understanding of therapy?	0	1	2	3	4	5
6.	Do you feel a growing sense of enthusiasm about doing therapy?	0	1	2	3	4	5

You can calculate your overall score by summing the scores for the six answers and then dividing by six. Score =

Descriptive statistics for Currently Experienced Growth in successive career cohorts (from Orlinsky & Ronnestad, pp 289/90)

<i>Career cohort</i>	<i>Currently Experienced Growth</i>				<i>Range and Percentile Scores</i>					
	<i>n</i>	<i>M</i>	<i>Mdn</i>	<i>SD</i>	<i>Min</i>	<i>20th</i>	<i>40th</i>	<i>60th</i>	<i>80th</i>	<i>Max</i>
Novice	422	3.3	3.3	1.0	0.0	2.7	3.2	3.7	4.2	5.0
Apprentice	422	3.5	3.5	0.8	0.0	2.8	3.3	3.7	4.2	5.0
Graduate	597	3.5	3.7	0.8	0.2	2.8	3.5	3.8	4.2	5.0
Established	1,146	3.6	3.7	0.8	0.2	3.0	3.5	3.8	4.2	5.0
Seasoned	876	3.5	3.7	0.8	0.2	3.0	3.3	3.8	4.2	5.0
Senior	282	3.5	3.7	0.9	1.0	2.8	3.5	3.8	4.2	5.0

Career cohorts were classified as Novice = < 1.5 years of experience; Apprentice = 1.5 to < 3.5 years of experience; Graduate = 3.5 to < 7 years; Established = 7 to < 15 years; Seasoned = 15 to < 25 years; Senior = 25 to 53 years of experience.