

### JIPERS-C-SCALE

The following symbols were developed by the Rev. G. Jarvis McMillan, CEP Supervisor at Spring Grove Hospital Center. They are a useful means of identifying the nature of counselor responses. After writing a verbatim account of the conversation or portion thereof, place the symbol (RC, E, etc.) in the left hand margin opposite each of your comments to the patient. In the evaluation section, total the number of each symbol you have used and comment what these totals mean in your counselor communication.

**J Judgmental:**

A communication that either approves or disapproves of a client's production (reinforcing the super-ego in its action upon the ego).

**I Interpretation:**

A communication that seeks to speak of the underlying feelings and thoughts of the client (a statement of the preconscious, latent material).

**PC Probing for Content:**

A question seeking more information.

**PF Probing for Feeling:**

A question seeking to elicit the affective reactions to past and/or present experiences (to promote an abreaction or a catharsis by release of affect).

**E Ego Defense Building:**

An attempt to strengthen the ego defenses of denial, rationalization, projection, etc., in order to stave off further ego failure (holding id impulses and ideation in check by strengthening the ego defenses).

**RC Reflection of Content:**

A simple restatement of the substance of the information given by the client.

**RF Reflection of Feeling:**

A response that indicates what is perceived to be the feeling tone of the client in relation to the present counseling situation or past material being discussed.

**SC Summary of Content:**

A response that gathers the client's information together in a condensed form and offers it back to the client for reconsideration, correction, etc.

**SF Summary of Feelings:**

A response that gathers together the sequence of affects relative to the client's production and offers them to the client for reconsideration, correction, elaboration, etc.

CIR Confrontation with Internal Reality:

An assertion that "such and such" exists as a reality within the psychic structure of the counselee (the ego of the counselor speaks directly to the distorted ego of the client concerning his perception of the client's ego, superego and id).

CER Confrontation with External Reality:

An assertion that "such and such" exists as a social, concrete or observable fact. (The ego of the counselor speaks directly to the ego for the client concerning his perception of the world.)

A Avoidance:

A response that distracts a client from an expressed concern or implied feeling for purposes of suppression. (The person is assessed to be presently incapable of usefully dealing with the material or the counselor is unable to handle it.)

V Verbalization:

A casual statement to facilitate conversation or to cover the counselor's anxiety for lack of a seemingly appropriate response.

S Supportive:

A response that acknowledges and takes advantage of the positive transference factors in a relationship, giving the patient of client encouragement and backing for the dealing with a stressful feeling or situation.

B Behavioral Intervention

A paradoxical or systems-related intervention which concentrates on altering behavior rather than evoking insight.