



Solution-Focused Alliance Dynamic Scale (SFADS)

Practitioner Version · Pilot 1.1 · September 2025

About the SFADS

The Solution-Focused Alliance Dynamic Scale (SFADS) is a reflective tool designed for practitioners to assess and enhance the therapeutic alliance within the solution-focused framework. This scale examines ten essential dimensions of the collaborative process, including connection, shared direction, agency, and observable progress. The SFADS supports the ongoing tracking of session dynamics and reinforces the therapist's constructive stance. Additionally, it serves as a resource for supervision, peer consultation, training, and research.

Session Information

Please complete the following details before filling in the scale. Use codes instead of names to ensure anonymity. This information will help contextualise your responses.

Date of Session: _____

Duration of Session (in minutes): _____

Setting: ☐ Private Practice ☐ Clinic ☐ School ☐ Online Session

Session Number: ☐ Session 1 – First Session

☐ Session 3 – Midpoint Session

☐ Final Session – End of Therapy

☐ Other (please specify): _____

Type of Session: ☐ Individual ☐ Couple ☐ Family

Number of Clients Present (including the main client): _____

Client Code (anonymous): _____ **Practitioner Code:** _____

Practitioner Instructions

This scale is designed to support **reflective practice**, not to evaluate either the practitioner or the client. Complete it shortly after Session 1, Session 3, and the Final Session, while your impressions are still fresh. When used for research purposes, practitioners are encouraged to complete the form immediately after each indicated session to ensure the reliability of the reflections.

Reflect on each of the ten alliance dimensions and indicate how true each felt for you during this session.

The SFADS can be used for self-reflection, clinical decision-making, supervision, peer consultation, or training.



Guidelines for Completion

- Be honest and reflective—there are no right or wrong scores.
- If an aspect was absent or unclear, use the lower end of the scale.
- If present and meaningful, use the higher end.
- Use the full 0–10 scale; even small variations can be informative.
- If unsure, select the score that best captures your overall impression.

Scoring Guide

- **0–3** — This was **hardly or not at all true for me** during the session
- **4–6** — This was **somewhat true for me**
- **7–10** — This was **true for me and felt strong**

Alliance Dimensions and Session Reflection

For each of the following dimensions, please rate on a 0–10 scale (0 = not at all true, 5 = somewhat true, 10 = very true and strong). Circle your score and briefly describe what in the session supports your rating.

Disclaimer: All information is anonymised and used only for reflective or research purposes.

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1. Linguistic Sync

Description: The extent to which the practitioner and client could understand and respond to each other, **even if they do not share the same first or native language**. This reflects the sense of flow, attunement, and mutual understanding that supports meaningful dialogue throughout the session.

Rating prompt: On a 0–10 scale (0 = not at all true for me, 5 = somewhat true, 10 = very true and felt strong), how true was it for you that you and your client were in sync linguistically during this session?



→ What in the session contributed to this rating? (Briefly describe):

2. Sync Across Differences

3

Description: The extent to which the practitioner and client could connect and understand each other despite **possible differences in culture, language, gender, age, education, or worldview**. This reflects the ability to stay attuned, collaborative, and respectful of diversity while maintaining a shared sense of direction in the session.

Rating prompt: On a 0–10 scale (0 = not at all true for me, 5 = somewhat true, 10 = very true and felt strong), how true was it for you that you and your client were in sync across your differences during this session?

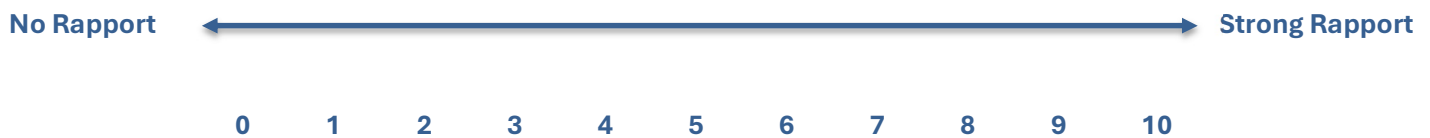


→ What in the session contributed to this rating? (Briefly describe):

3. Rapport

Description: The level of **trust and connection** between client and practitioner, reflected in whether the client seemed to feel understood and safe to share their thoughts and feelings. Rapport reflects the warmth, empathy, and genuine curiosity that make collaborative work possible.

Rating prompt: On a 0–10 scale (0 = not at all true for me, 5 = somewhat true, 10 = very true and felt strong), how strong was the trust and connection in this session? Please put a circle around your score.



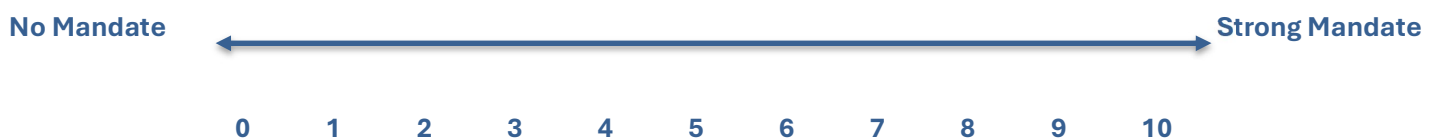
→ What in the session contributed to this rating? (Briefly describe):

4. Mandate

4

Description: The extent to which the client granted **permission and trust** for the practitioner to help guide the change process. Mandate reflects the client's openness to direction, confidence in the practitioner's intentions, and readiness to engage collaboratively in the session.

Rating prompt: On a 0–10 scale (0 = not at all true for me, 5 = somewhat true, 10 = very true and felt strong), how true was it for you that the client trusted and allowed you to take an active guiding role in this session?



→ What in the session contributed to this rating? (Briefly describe):

5. Goal Agreement

Description: The extent to which the practitioner and client shared a clear and **common understanding of the goals** and direction of change during this session. Goal agreement reflects mutual clarity, collaboration, and alignment on what is important to work toward.

Rating prompt: On a 0–10 scale (0 = not at all true for me, 5 = somewhat true, 10 = very true and felt strong), how true was it for you that you and your client had a shared understanding of the goals and direction of this session?

No Agreement

Strong Agreement



→ What in the session contributed to this rating? (Briefly describe):

6. Sense of Agency

Description: The extent to which the client experienced a **sense of influence, competence, and personal capacity** to make choices or take steps toward change. A sense of agency reflects moments in which the client recognized their own ability to act, decide, and move forward.

Rating prompt: On a 0–10 scale (0 = not at all true for me, 5 = somewhat true, 10 = very true and felt strong), how true was it for you that the client showed a sense of influence and personal capacity to take action during this session?

No Agency

Strong Agency



→ What in the session contributed to this rating? (Briefly describe):

7. Social Support

Description: The extent to which the client referred to, or appeared to have, **support from others**—such as family, friends, colleagues, or community—that could help them in making progress. Social support reflects the client's perception of being connected, encouraged, and not alone in their efforts toward change.

Rating prompt: On a 0–10 scale (0 = not at all true for me, 5 = somewhat true, 10 = very true and felt strong), how true was it for you that the client seemed supported by others or connected to helpful relationships during this session?

No Support

Strong Support



→ What in the session contributed to this rating? (Briefly describe):

8. Belief in the Client

Description: The extent to which the practitioner expressed **confidence in the client's strengths**, abilities, and potential for positive change. Belief in the client reflects a hopeful, respectful stance that highlights competence and possibility rather than limitation.

Rating prompt: On a 0–10 scale (0 = not at all true for me, 5 = somewhat true, 10 = very true and felt strong), how true was it for you that you showed confidence in the client's strengths and potential during this session?

No Confidence

Strong Confidence



→ What in the session contributed to this rating? (Briefly describe):

9. Resilience

Description: The extent to which the client demonstrated persistence, optimism, or the **ability to recover from setbacks**—even in the face of obstacles in life. Resilience reflects the client's motivation to keep moving forward despite difficulties and their capacity to draw on inner or external resources to sustain progress.

Rating prompt: On a 0–10 scale (0 = not at all true for me, 5 = somewhat true, 10 = very true and felt strong), how true was it for you that the client showed persistence, optimism, or the ability to cope constructively with life's challenges?

No Resilience

Strong Resilience



→ What in the session contributed to this rating? (Briefly describe):

10. Client's Perception of Progress

7

Description: The extent to which the client had a clear and confident sense of moving forward—recognizing what progress means to them, what it looks like, and what next steps might help them achieve it. This dimension reflects the client's awareness of change, growth, and meaningful direction in life.

Rating prompt: On a 0–10 scale (0 = not at all true for me, 5 = somewhat true, 10 = very true and felt strong), how true was it for you that the client seemed to have a clear sense of progress and the next possible steps toward improvement?

No Clear Perception

Strong Perception



→ What in the session contributed to this rating? (Briefly describe):

11. Summary of Alliance Dimensions

Please record your scores for each dimension below. These numbers are for **reflective and learning purposes only**, not for evaluation or comparison. Variations in scores across dimensions can offer valuable insights. High variability may indicate specific aspects of the alliance that warrant further reflection or discussion in supervision or training.

Alliance Dimension	Score (0–10)	Brief Reflection / Key Observation
1. Linguistic Sync		
2. Sync Across Differences		
3. Rapport		
4. Mandate		
5. Goal Agreement		
6. Sense of Agency		
7. Social Support		
8. Belief in the Client		
9. Resilience		
10. Client's Perception of Progress		

Total Score (sum of all ten dimensions): _____ **Average Score (Total ÷ 10):** _____

12. Client's Language

Write down **exact words, phrases, or metaphors** the client used to describe goals, strengths, or progress:

Thank you for using this pilot version of the SFADS.