

TEACHING HEARING CLIENTS SIGN LANGUAGE GESTURES IN THERAPY:  
THE "SIGN YOUR FEELINGS" INTERVENTION'S  
EFFECTS ON THE THERAPEUTIC ALLIANCE AND CLIENT OUTCOMES



# Step-by-Step Protocol

Updated January 10th, 2022

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## THERAPIST WORKS WITH INTERVENTION AND CONTROL GROUP CLIENTS

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### Week 1

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#### Intervention Group Client(s) **SESSION 1**

- 1 At start of session:
  - Teletherapy clients: During the session, therapist sends the client a link to the Qualtrics SRS instrument page, which the client fills out immediately, followed by another link to the Qualtrics CORE-10 instrument page, which the client also fills out immediately.
  - In-person clients: Client fills in CORE-10 and SRS measure on paper.
- 2 Therapist introduces the study
- 3 Therapist briefly explains the therapeutic alliance
- 4 Therapist briefly explains that client will be learning sign language gestures
- 5 Therapist teaches the client the following Therapeutic Alliance gestures, while incorporating
  - (a) discussions about the client's experiences with the emotions
  - (b) related past issues, current presenting problems,
  - (c) the client's ongoing therapeutic treatment:
    - **therapeutic alliance**
    - **therapeutic rupture**
    - **therapeutic repair**
    - **sorry**
    - **resistance**
    - **uneasy or uncomfortable**
    - **frustrated**
    - **shame**
    - **empathy**

- 6 Up to 24 hours after the session (for in-person clients only): therapist uploads client's SRS and CORE-10 scores via the Qualtrics link and destroys the paper copy.

### Control Group Client(s) **SESSION 1**

- 1 At start of session:
  - Teletherapy clients: During the session, therapist sends the client a link to the Qualtrics SRS instrument page, which the client fills out immediately, followed by another link to the Qualtrics CORE-10 instrument page, which the client also fills out immediately.
  - In-person clients: Client fills in CORE-10 and SRS measure on paper.
- 2 Therapist proceeds with treatment as usual.
- 3 Up to 24 hours after the session (for in-person clients only): therapist uploads client's SRS and CORE-10 scores via the Qualtrics link and destroys the paper copy.

----- **Week 2** -----

### Intervention Group Client(s) **SESSION 2**

- 1 Therapist and client review Therapeutic Alliance gestures taught in Session 1
- 2 Therapist teaches the client the following Therapeutic Alliance gestures, while incorporating
  - (a) discussions about the client's experiences with the emotions
  - (b) related past issues, current presenting problems
  - (c) the client's ongoing therapeutic treatment:
    - **enthusiasm or excitement**
    - **confusion**
    - **fear**
    - **joy / happiness**
    - **calm**
    - **anger**
    - **disgust**
    - **sadness**

### Control Group Client(s) **SESSION 2**

- 1 Therapist proceeds with treatment as usual.

----- Week 3-----

**Intervention Group Client(s) SESSION 3**

- 1 Therapist and client review Therapeutic Alliance gestures taught in Session 1
- 2 Therapist teaches the client the following Therapeutic Alliance gestures, while incorporating
  - (a) discussions about the client's experiences with the emotions
  - (b) related past issues, current presenting problems
  - (c) the client's ongoing therapeutic treatment:
    - **surprise**
    - **admiration**
    - **interest**
    - **adoration**
    - **entrancement**
    - **aesthetic appreciation**
    - **craving**
    - **amusement**
    - **satisfaction**

**Control Group Client(s) SESSION 3**

- 1 Therapist proceeds with treatment as usual.

----- Week 4-----

**Intervention Group Clients(s) SESSION 4**

- 1 Therapist and client review Therapeutic Alliance gestures taught in Session 1
- 2 Therapist teaches the client the following Therapeutic Alliance gestures, while incorporating
  - (a) discussions about the client's experiences with the emotions
  - (b) related past issues, current presenting problems
  - (c) the client's ongoing therapeutic treatment:
    - **awe**
    - **awkwardness**
    - **boredom**
    - **empathic**
    - **pain**
    - **horror**
    - **nostalgia**
    - **relief**

- **romance**
- **sexual desire**

- 3 At end of session:
  - Teletherapy clients: During the session, the therapist sends the client a link to the Qualtrics SRS instrument page, which the client fills out immediately, followed by another link to the Qualtrics CORE-10 instrument page, which the client also fills out immediately.
  - In-person clients: Client fills in CORE-10 and SRS measure on paper.
- 4 Up to 24 hours after the session (for in-person clients only): therapist uploads client's SRS and CORE-10 scores via the Qualtrics link and destroys the paper copy.

#### **Control Group Client(s) SESSION 4**

- 1 Therapist proceeds with treatment as usual.
- 2 At end of session:
  - Teletherapy clients: During the session, the therapist sends the client a link to the Qualtrics SRS instrument page, which the client fills out immediately, followed by another link to the Qualtrics CORE-10 instrument page, which the client also fills out immediately.
  - In-person clients: Client fills in CORE-10 and SRS measure on paper.
- 3 Up to 24 hours after the session (for in-person clients only): therapist uploads client's SRS and CORE-10 scores via the Qualtrics link and destroys the paper copy.
- 4 Up to 24 hours after the session: therapist fills out the Qualtrics questionnaire about the type of treatment modality they employed with the control group client.

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