

FROM: leila azizi [mailto:azizi.leila@gmail.com]
SENT: Friday, November 04, 2016 10:39 PM
TO: Shapiro, Johanna
SUBJECT: Re: Request

Hello

Sorry again i mail you . i studied website and wrote the letter and sent (contact us) but not received no response. may I have your husbands email? I sent Below letter in that site. I am interest do control model. THAT'S GREAT!!:)

I am Leila from Iran . Im a PHD student. I studied about CT . and I have some questions. if it possible help me. you know I am Reality therapist . I am practicum supervisor in CT/RT. (choice theory). when I studied your model I saw some similarity between your model and Glasser model in some aspects. such as : you say we check the people profile (control profile) and then do treatment base on profile . in choice theory says too . i mean we check need profile and quality world and decide about the plan of treatment. VERY WELL STATED

1- I want too know do you agree with that ? YES, INTERESTING PARALLELS; CONTROL THEAPY INVOLVES 1) CHOICE, B) AWARENESS, C) SKILL; D) EFFORT, e) responsiblty

2- Do you know about choice theory ? you know I want do my thesis about burn-out . I want propose one model that include the control profile and also need profile and others component of choice theory. I want to know your opinion. I AM AWARE OF REALITY THERAPY JUST A LITTLE BIT....IT SOUNDS LIKE YOU'D LIKE TO USE THE SCI TO MEASURE A PERSON'S CONTROL PROFILE (WHCIH GIVES A) OVERALL SENSE OF CONTROL; B) NEED FOR CONTROL:

C) HOW THEY LIKE TO GAIN CONTROL: BY CHANGE AND/OR BY ACCEPTANCE. I THINK THAT WOULD BE VERY INTERESTING..

3- Which theory Your model is based on? IF YOU READ THE BOOK CONTROL THERAPY (AVAILABLE FOR FREE ON THE WEBSITE CONTROLRESEARCH.NET [1], YOU CAN SEE THAT IT IS A THEORY IN IT'S OWN RIGHT, BUT WITH ROOTS IN SELIGMAN'S LEARNED HELPLESS, BANDURA'S SELF-EFFICACY, AND MANY OTHERS.

4- Do someone did any study about Burn- out in your model. I didn't find

nothing IF YOU GO TO THE WEBSITE CONTROLRESEARCH.NET [1], AND THEN CLICK ON NETWORKING, AND THEN LOOK UNDER TOPIC AND COUNTRY, YOU'LL SEE WHAT HAS BEEN DONE. I WENT THERE AND DID NOT FIND BURNOUT AS TOPIC OR IRAN AS COUNTRY. SO IF YOU PURSUE YOUR WORK, PLEASE ASK THE ADMINISTRATOR TO ADD YOUR NAME TO THOSE AREAS----YOUR WORK COULD BE VERY HELPFUL TO OTHERS WHO MIGHT WANT TO STUDY THE SAME AREA....

I am sorry . my questions are a lot and Im sorry too because of week writing YOUR WRITING IS FINE, YOUR TOPIC IS VERY INTERSRING, moteshakkeram!:) nAMASTE, dR S

Hi Leila, thanks for your kind note! It sounds like you're making really good progress! Here are some things that can help you (it's all on the website controlresearch.net. please see my comments in CAPS in your email below

On 2017-11-14 08:18, leila azizi wrote:

Hello Doctor

if you remember before I spoke with you about my thesis. • i started my thesis from 6 month ago. YES I DO! it is about "an intervention base on control and its impact on heart rate variability in women with premenstrual syndrom" . i have written almost my litreture from your book and articles. GOOD! now i want to do control questionnaire so i have question about scales. i exactly want to know the questions related to each scale. i studied manual but i want to know about questions which measure each scale. for example: scale 1 encompass the questions 1 to 16 ...scale 2 encompass.. THIS IS SIMPLE. GO TO THE WEBSITE ABOVE.

CLICK WHAT IS CONTROL THERAPY. CLICK SCI MANUAL. THEN CLICK SUPPLEMENTAL MATERIAL IT WILL GIVE YOU EACH SCALE AND THE ITEMS IN IT.

TO SIMPLIFY, CLICK THIS AND THEN LOOK AT BOTTOM AND CLICK SUPPLEMENTAL MATERIAL!:) <http://controlresearch.net/shapiro-control-inventory-manual.html>

im sorry for my request i know i give trouble to you. thank you so much NO TROUBLE!

On 2017-11-22 09:14, leila azizi wrote:

Hello Doctor.

Thank you so much , Realy thank you for your email and your guidance . you are patient. it was helpful for me. about articles i will check again at next month. I have another problem and one question.

1- in your sci scoring key file; some questions are not in none of the scales . (questions are(10- 21-22-23-28-34-35-137) . i checked 3 times . i send your file back to see

and for measurement control profile is it necessary i measure satisfaction parameters or i can to omit questions related to satisfaction. for therapy i know i should measure satisfaction, to show control profile i mean, i want to now it is is necessary too. thanks

On Sat, Nov 18, 2017 at 4:05 AM, dhshapir <dhshapir@uci.edu> wrote:

Leila, Thank you again for your thoughtful and kind note. You are very conscientious, and I respect that.

You are asking about are actually discussed in the manual.

http://controlresearch.net/support-files/SCI_manual.pdf

you will note that items 10,28,34,35 (and number 5) are part of "overcontrol issues: desire for less control (see pp 104 and 105 in the manual.

items 21-22-23 are merely "refinements" of "other as agency) (explained on p. 25) and number 137 (and 187) are the single word "self-control" (see pp.106-107 in manual

satisfaction parameters Mode of satisfaction give you a sense of how comfortable the person is with "where they are" and where there is a concern, do they want to use positive assertive/change; or positive/yielding acceptance.(see [[24-25' and That (further discussed on 107 ff) provides valuable information in therapy (and in life:)

Hope that helps. The info you are seeking re the SCI can be found in the manual (above) as noted; just check the table of contents! and now, once again, NOW I'M BACK TO MY CONTEMPLATIVE CAVE...GOOD LUCK

WITH YOUR WORK. "khoda hafez" AND NAMASTE, DR. S

On 2018-02-16 21:08, leila azizi wrote:

Hello Doctor

how are you

I have another question. i didnt find in SCI manual . i want to know about cut - off point of scores in scales. is it just mean?

thank you

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BEST REGARD

L.AZIZI

Hi Leila, thank you for your note; Hope you are maintaining a sense of control (and a smile!:))

The cut off points are based on the mean and standard deviation. Yes, the material IS in the manual. In the attached, I guide you to the tables, and give you some additional information about understanding these scores and cut offs. Hope this helps! Good luck with your work:) Dr S.

Thank you so much. Yes I am with a sense of control of course sometimes i cry 😊😊in the way of my thesis. And sometimes i have anxiety but I continue. I'm doing pretest these days.

Thank you dr.realy thanx

Thank you for sharing so openly. A thesis is important. So is your well-being. Don't forget to practice patience and kindness with yourself!:))