



Talking
therapies



ADDRESSING Model

Client Reference:

Session Number:

Date:

By using the ADDRESSING acronym as a guide, you can become more familiar with the multiple group memberships and cultural identities of your clients. Examination of this information can provide useful information regarding areas of client strength/resources and areas of weakness/ deficits. Although you may not ask every client questions about all of the ADDRESSING categories, you are encouraged to at least consider the relevance of each dimension for each client and to follow-up on those influences and identities that appear to be highly valued by your clients (Hayes, 2001).

A ge and generational influences	
D isability status (developmental disability)	
D isability status (acquired physical/ cognitive/psychological disabilities)	
R eligion and spiritual orientation	
E thnicity	
S ocioeconomic status	
S exual orientation	
I ndigenous heritage	
N ational origin	
G ender	