

Chinese Version of the Differentiation of Self Inventory (C-DSI)

The ISS Family Institute has developed and validated the Chinese Version of the Differentiation of Self Inventory (2010). It is available for use by helping professionals who have undergone training session provided by the ISS Family Institute.

The Chinese Version of the Differentiation of Self Inventory (C-DSI) (2010) is based on the Differentiation of Self Inventory-Revised (DSI-R) developed by Skowron & Schmitt (2003). It is a self report measure of differentiation of self, designed to assess an individual's emotional functioning, intimacy and autonomy in interpersonal relationships. The DSI-R is derived from Bowen family systems theory. By translating it into Chinese and validating it, the ISS Family Institute endeavours to develop it as a culturally sensitive instrument for the local population and be available for use by local professionals.

Besides being a valuable research tool, it is deemed that the C-DSI can also be a helpful instrument for therapeutic work with individuals, couples and families, serving

1. as a means for identifying individual differences in adult functioning
2. as a guide for counseling direction
3. as a comparison with or verification of the observation of the therapist
4. as a measure of the outcome of the therapy
5. as a useful tool in premarital counseling

Training Session on the use of C-DSI

Training session on the use of C-DSI will be held on need.

Those interested to attend the training session can contact the ISS Family Institute by email or telephone.

Acknowledgement

- Skowron & Friedlander (1998), authors of Differentiation of Self Inventory (DSI)
- Skowron & Schmitt (2003), authors of Differentiation of Self Inventory-Revised (DSI-R)
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<http://www.wse.hk/index.html>