DSM-V definition: After a trauma (the experience, threat, or witnessing of physical harm, e.g., rape, hurricane), the person has each of the following key symptoms for over a month, and they result in decreased ability to function (e.g., work, social life): intrusion (e.g., flashbacks, nightmares); avoidance (not wanting to talk about it or remember); negative thoughts and mood; and arousal (e.g., insomnia, anger).

Simple PTSD results from a single event in adulthood (DSM-V symptoms); Complex PTSD is not a DSM term but may result from multiple traumas, typically in childhood (broad symptoms, including personality problems).

Rates: 10% for women, 5% for men (lifetime, U.S.). Up to 1/3 of people exposed to trauma develop PTSD. Treatment: if untreated, PTSD can last for decades; if treated, people can recover. Evidence-based treatments include cognitive-behavioral-- coping skills training and exposure, i.e., processing the trauma story.

Substance Abuse

“The compulsion to use despite negative consequences” (e.g., legal, physical, social, psychological). Note that neither amount of use nor physical dependence define substance abuse.

DSM-V term is “substance-related and addictive disorder”, which can be mild, moderate, or severe.

Rates: 35% for men; 18% for women (lifetime, U.S.)

It is treatable disorder and a “no-fault” disorder (i.e., not a moral weakness)

Two ways to give it up: “cold turkey” (give up all substances forever; abstinence model) or “warm turkey” (harm reduction, in which any reduction in use is a positive step); moderation management, some people can use in a controlled fashion-- but only those not dependent on substances, and without co-occurring disorders).

The Link Between PTSD and Substance Abuse

About PTSD and substance abuse

Rates: Of clients in substance abuse treatment, 12%-34% have current PTSD. For women, rates are 33%-59%.

Gender: For women, typically a history of sexual or physical childhood trauma; for men, combat or crime

Drug choice: No one drug of choice, but PTSD is associated with severe drugs (cocaine, opioids); in 2/3 of cases the PTSD occurs first, then substance abuse.

Treatment issues

Other life problems are common; other Axis I disorders, personality disorders, interpersonal and medical problems, inpatient admissions, low compliance with aftercare, homelessness, domestic violence.

PTSD does not go away with abstinence from substances; and, PTSD symptoms are widely reported to become worse with initial abstinence.

Splits in treatment systems (mental health versus substance abuse).

Fragile treatment alliances and multiple crises are common.

Treatments helpful for either disorder alone may be problematic if someone has both disorders (e.g., emotionality intense exposure therapies, benzodiazepines), and should be evaluated carefully prior to use.

Recommended treatment strategies

Treat both disorders at the same time. Research supports this and clients prefer this.

Decide how to treat PTSD in context of active substance abuse. Options: (1) Focus on present only (coping skills, psychoeducation, educate about symptoms) [safest approach, widely recommended]. (2) Focus on past only (tell the trauma story) [high risk; works for some clients] (3) Focus on both present and past

Diversity Issues

Respect cultural differences and tailor treatment to be sensitive to historical prejudice. Recognize that terms such as trauma, PTSD, and addiction may be interpreted differently based on culture. Cultures also have protective factors (religion, kinship) that may prevent or heal trauma / addiction.

Seeking Safety

About Seeking Safety

A present-focused model to help clients (male and female) attain safety from PTSD and substance abuse.

Up to 25 topics that can be conducted in any order, doing as many as time allows:

- Interpersonal topics: Honesty, Asking for Help, Setting Boundaries in Relationships, Getting Others to Support Your Recovery, Healthy Relationships, Community Resources
- Cognitive topics: PTSD: Taking Back Your Power, Compassion, When Substances Control You, Creating Meaning, Discovery, Integrating the Split Self, Recovery Thinking
- Behavioral topics: Taking Good Care of Yourself, Commitment, Respecting Your Time, Coping with
seekingsafety.org

Triggers, Self-Nurturing, Red and Green Flags, Detaching from Emotional Pain (Grounding)
• Other topics: Introduction/Case Management, Safety, Life Choices, Termination

▲ Designed for flexible use: can be conducted in group or individual format; for women, men, or mixed-gender; using all topics or fewer topics; in a variety of settings; and with a variety of providers (and peers).

Key principles of Seeking Safety
▲ Safety as the goal for first-stage treatment (later stages are mourning and reconnection)
▲ Integrated treatment (treat both disorders at the same time)
▲ A focus on ideals to counteract the loss of ideals in both PTSD and substance abuse
▲ Four content areas: cognitive, behavioral, interpersonal, case management
▲ Attention to clinician processes: balance praise and accountability; notice your own emotional responses (fear, wish to control, joy in the work, disappointment); all-out effort; self-care

Additional features
* Trauma details not part of group therapy: in individual therapy, assess client’s safety and monitor carefully (particularly if has history of severe trauma, or if client is actively using substances)
* Identify meanings of substance use in context of PTSD (to remember, to forget, to numb, to feel, etc.)
* Optimistic: focus on strengths and future
* Help clients obtain more treatment and attend to daily life problems (housing, AIDS, jobs)
* Harm reduction model or abstinence
* 12-step groups encouraged, not required
* Empower clients whenever possible
* Make the treatment engaging: quotations, everyday language
* Emphasize core concepts (e.g., “You can get better”)

Evidence Base
Seeking Safety is an evidence-based model, with over 45 published research articles and consistently positive results. For all studies, go to www.seekingsafety.org, section Evidence. Studies include pilots, randomized controlled trials, multi-site trials.

Resources on Seeking Safety. All below are available from www.seekingsafety.org and/or from the order form at the end of this packet of handouts.
▲ Implementation / research articles: all articles related to Seeking Safety can be freely downloaded.
▲ Training: training calendar and information on setting up a training (section Training).
▲ Consultation: on clinical implementation, research studies, evaluation projects.
▲ Fidelity Scale: free download (section Assessment).
▲ Book: Seeking Safety: A Treatment Manual for PTSD and Substance Abuse. Has the clinician guide and all client handouts. Also available in Spanish, French, German, Swedish, Dutch, Polish, Chinese, Vietnamese, Portuguese, Italian, and Greek. Upcoming: Japanese and Arabic will also become available.
▲ DVD training series: four videos provide training on Seeking Safety. (1) Seeking Safety (two hour training video by Lisa Najavits); (2) Asking for Help (one-hour demonstration of a group session with real clients); (3) A Client’s Story (26 minute unscripted life story by a male trauma survivor) and Teaching Grounding (16 minute example of the grounding script from Seeking Safety with a male client); (4) Adherence Session (one hour session that can be rated with the Seeking Safety Adherence Scale).
▲ Online learning
▲ Teaching Guide to Introduce Seeking Safety to your agency
▲ Engagement materials: card deck, poster, magnets, wallet card, key chain of the safe coping skills; in English, Spanish, French.

Contact Information
Contact: Treatment Innovations, 28 Westbourne Road, Newton Centre, MA 02478; 617-299-1610 [phone]; info@treatment-innovations.org [email]; www.seekingsafety.org or www. www.treatment-innovations.org [web]

We can add you to the Seeking Safety website to list that you conduct Seeking Safety. If desired email info@seekingsafety.org your basic information. Example: Boston, MA: Karen Smith, LICSW; group and individual Seeking Safety; private practice with sliding scale. 617-300-1234. Karensmith@netzero.com.
Resources on Substance Abuse and Trauma

### a) Substance abuse

<table>
<thead>
<tr>
<th>Resource</th>
<th>Contact Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Clearinghouse for Alcohol and Drug Information</td>
<td>800-729-6686; <a href="http://www.health.org">www.health.org</a></td>
</tr>
<tr>
<td>Alcoholics Anonymous</td>
<td>800-637-6237; <a href="http://www.aa.org">www.aa.org</a></td>
</tr>
<tr>
<td>SMART Recovery (alternative to AA)</td>
<td><a href="http://www.smartrecovery.org">www.smartrecovery.org</a></td>
</tr>
<tr>
<td>Addiction Technology Transfer Centers</td>
<td></td>
</tr>
<tr>
<td>Harm Reduction Coalition</td>
<td>212-213-6376; <a href="http://www.harmreduction.org">www.harmreduction.org</a></td>
</tr>
</tbody>
</table>

### b) Trauma / PTSD

<table>
<thead>
<tr>
<th>Resource</th>
<th>Contact Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>International Society for Traumatic Stress Studies</td>
<td>708-480-9028; <a href="http://www.istss.org">www.istss.org</a></td>
</tr>
<tr>
<td>International Society for the Study of Dissociation</td>
<td>847-480-9282; <a href="http://www.issd.org">www.issd.org</a></td>
</tr>
<tr>
<td>National Centers for PTSD (extensive literature on PTSD)</td>
<td>802-296-5132; <a href="http://www.ptsd.va.gov">www.ptsd.va.gov</a></td>
</tr>
<tr>
<td>National Child Traumatic Stress Network</td>
<td>310-235-2633; <a href="http://www.nctsn.org">www.nctsn.org</a></td>
</tr>
<tr>
<td>National Center for Trauma-Informed Care</td>
<td>866-254-4819; mentalhealth.samhsa.gov/nctic</td>
</tr>
<tr>
<td>National Resource Center on Domestic Violence</td>
<td>800-537-2238; <a href="http://www.nrcdv.org">www.nrcdv.org</a></td>
</tr>
<tr>
<td>Department of Veterans Affairs</td>
<td>800-827-1000; <a href="http://www.ptsd.va.gov">www.ptsd.va.gov</a></td>
</tr>
<tr>
<td>EMDR International Association</td>
<td>866-451-5200; <a href="http://www.emdria.org">www.emdria.org</a></td>
</tr>
<tr>
<td>Community screening for PTSD and other disorders</td>
<td></td>
</tr>
<tr>
<td>Sidran Foundation</td>
<td>410-825-8888; <a href="http://www.sidran.org">www.sidran.org</a></td>
</tr>
</tbody>
</table>

### Educational Materials

#### Books on PTSD

#### Books on Substance Abuse

#### Books on PTSD and Substance Abuse

#### Videos
**Clinically-Relevant Articles**


For online learning seekers safety (Courses #1-6) with CEUs, see website Store

Teaching Guide to Introduce Seeking Safety to Your Agency

$173 X _____ = $_______

All Online Learning for Seeking Safety (Courses #1-6) without CEUs

$122 X _____ = $_______

For course descriptions and number of CEUs, see website Store

It's simplest to use the Store at www.treatment-innovations.org, but if you prefer you can fill out this form or call in a phone order (617-299-1670).

### Seeking Safety Clinical Resources ORDER FORM ✩

#### TRAINING DVDs ✩

- Set of All 4 Seeking Safety training DVDs below (one each of #1, 2, 3, 4)
  
  $352 X _____ = $_______

- DVD #1: Seeking Safety (2 hours)
  
  $127 X _____ = $_______

- DVD #2: Therapy Session: Asking for Help (1 hour)
  
  $127 X _____ = $_______

- DVD #3: A Client's Story / Example of Grounding (36 mins.)
  
  $68 X _____ = $_______

- DVD #4: Adherence Session: Healthy Relationships (1 hour)
  
  $68 X _____ = $_______

- VHS tapes are available at 50% lower cost than DVDs—email if interested

If preferred, videos can be rented; see website Store

#### POSTER ✩

- Safe Coping Skills poster with scenic design (English, Spanish) # of English___ Spanish___
  
  $18.50 X _____ = $_______

#### CARD DECKS ✩

- 112 cards, can play as a game

- Card Deck of Safe Coping Skills (English, Spanish) # of English___ Spanish___
  
  $18.50 X _____ = $_______

#### BOOKS AND TRANSLATIONS ✩

- Seeking Safety (English language)
  
  $60 X _____ = $_______

- Seeking Safety HIV Guide
  
  $36 X _____ = $_______

- Seeking Safety (Spanish translation of entire book)
  
  $60 X _____ = $_______

- Seeking Safety (Spanish client handouts only)
  
  $30 X _____ = $_______

- Seeking Safety (Chinese translation of entire book)
  
  $50 X _____ = $_______

- Other translations--see website or email if interested

A Woman's Addiction Workbook (English language)

$22 X _____ = $_______

NEW! Recovery from Trauma, Addiction or Both: Finding Your Best Self (self-help or counselor-led model)

$16.95 X _____ = $_______

#### CLIENT ENGAGEMENT -- all have free shipping in U.S. ✩

- Grounding Skills Key Chain (English, Spanish) # of English___ Spanish___
  
  $5.50 X _____ = $_______

- Safe Coping Skills Magnet: Flowers (English)
  
  $4.75 X _____ = $_______

- Safe Coping Skills Magnet: Rainbow (English, Spanish) # of English___ Spanish___
  
  $4.75 X _____ = $_______

- Wallet-size card of the Safe Coping Skills (English)
  
  $1.25 X _____ = $_______

- 1-page reminder list of Safe Coping Skills (English, Spanish, French) # of English___ Spanish___ French___
  
  $1.75 X _____ = $_______

#### TEACHING GUIDES ✩

- For description of the Teaching Guides and materials, see website Store

- Teaching Guide to Introduce Seeking Safety to Your Agency
  
  $85 X _____ = $_______

- Teaching Guide to Introduce A Woman's Path to Recovery to Your Agency
  
  $75 X _____ = $_______

#### ONLINE COURSES ✩

- For course descriptions and number of CEUs, see website Store

- All Online Learning for Seeking Safety (Courses #1-6) with CEUs
  
  $173 X _____ = $_______

- All Online Learning for Seeking Safety (Courses #1-6) without CEUs
  
  $122 X _____ = $_______

### Shipping *

- All orders are shipped within 5 business days regardless of method below. The time to arrive depends on which shipping method you choose below.
- If shipping 50 items or more to 1 address, take 15% off the shipping charge. Free-shipping items do not count toward the 50.

For shipment to a U.S. ADDRESS

Select one:

- Media mail typically 12 days but may several weeks, especially for West Coast, and up to 6 weeks for Hawaii/Alaska

  $7 first item, $1.25 each additional item. For example, 1 item=$7; 2 items=$8.25; 3 items=$9.75, etc.

- $4 first item, $1.25 each additional item. For example, 1 item=$4; 2 items=$5.25; 3 items=$6.75, etc.

a) Add sales tax only if your address is in Massachusetts (add 6.25% or fax us your tax exempt certificate) Plus MA tax, if applicable: $_______
b) Subtract discount (50-99 units of same item, subtract 5%; 100-249 of same item, 10%; 250 or more of same item, 15%). Minus discount: $_______

** Shipping **

- For shipment to a U.S. ADDRESS

- Media mail typically 12 days but may several weeks, especially for West Coast, and up to 6 weeks for Hawaii/Alaska

  $7 first item, $1.25 each additional item. For example, 1 item=$7; 2 items=$8.25; 3 items=$9.75, etc.

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  $4 first item, $1.25 each additional item. For example, 1 item=$4; 2 items=$5.25; 3 items=$6.75, etc.

- Media mail typically 12 days but may several weeks, especially for West Coast, and up to 6 weeks for Hawaii/Alaska

  $4 first item, $1.25 each additional item. For example, 1 item=$4; 2 items=$5.25; 3 items=$6.75, etc.
Priority mail takes 2-3 days.
$14 first item, $2.50 each additional item. For example, 1 item=$14; 2 items=$16.50; 3 items=$18, etc.

For shipment to an INTERNATIONAL ADDRESS

(a) Books only: $18 first book plus $8 each additional book.
(b) Books plus other items: $17 first book plus $7 each additional book, and $3 each additional non-book item.
(c) Posters only: $13 first item, $2 each additional item.
(d) All other items: $7 first item, $1 each additional item.

TOTAL COST in US funds $__________

Please note:
1. If using a credit card, your statement will say "Treatment Innovations."
2. You can return this form by email, fax, or regular mail (see bottom of this page).
3. All orders are sent within 5 business days; posters ship separately in mailing tube. Please allow several weeks if you select media mail.
4. All items are shipped with delivery confirmation, which allows verification that the item was delivered.
5. Institutions: for a completed W-9 and/or FEIN, download it from www.treatment-innovations.org, click Order, then Information for Institutions. You will also find terms, and business and tax information (no tax charged if you have an address outside of Massachusetts or are tax exempt).
6. We do not routinely confirm that orders are received. If you want confirmation that your order arrived, please email us.
7. If you would like a receipt, it will be sent via email; please check here:
8. All materials are copyrighted. They can be used in your clinical work but cannot be reproduced, posted in any format electronically or on the internet, or altered. However, the Seeking Safety book handouts can be xeroxed for use with your own clients—see the book copyright page for details. You can also obtain a license for agency use. For questions or written permission on other uses, email info@treatment-innovations.org
9. To reach us regarding an order, email is best (orders@treatment-innovations.org) but you can call with questions or place a phone order (617-299-1670). We appreciate your interest in these materials. Contact us if you have any questions or feedback.

Return policy: DVDs cannot be returned for refund; exchanges only if defective, within 45 days of shipping. The poster, card deck, and books cannot be returned for refund. If any item arrives damaged, please contact us immediately so we can resolve it.

Privacy policy: Your information will never be shared with anyone or sold to any list. It is only used to process your order.

Shipping address
Name
City / State / Zip
Country
Email
Phone

Payment Method

Please choose one of the 4 options below

☐ (1) CREDIT CARD: Mastercard, Visa, or American Express. Please provide your credit card information below.
Credit card# ____________________________ Expiration Date ________ / ________

Check here if credit card address is same as shipping address: ☐OR else list below:
*Name ________________________________________________________________________________
*Address____________________________________________________________________________
*City ____________________________ *State/Province __________ *Zip / Postal Code ________
*Country __________________________ *Email Address __________________________
*Telephone Number _______________________

☐ (2) CHECK: Please make check payable to Treatment Innovations and send it with this order form.

☐ (3) PURCHASE ORDER (institutions only): attach formal institutional PO to this form. List authorized contact person for PO:
Name: ____________________________ Phone: ____________________________ Email: ____________________________

☐ (4) WIRE TO BANK: For wire instructions, see www.treatment-innovations.org, Store, vendor information.

Send this Form

Please either: (1) email this form to orders@treatment-innovations.org (paste it into the email or send as an attachment) OR (2) fax it to 617-701-1295 OR (3) mail it to Treatment Innovations, 28 Westbourne Rd, Newton Centre MA 02459.

For more information, see www.treatment-innovations.org or email orders@treatment-innovations.org. Thanks!
Form version 1/18 (valid through 12/31/18); after that please download next year’s form from our website Store or email us to obtain it.
ProQOL R-IV
PROFESSIONAL QUALITY OF LIFE SCALE
Compassion Satisfaction and Fatigue Subscales—Revision IV

Helping people puts you in direct contact with their lives. As you probably have experienced, your compassion for those you help has both positive and negative aspects. We would like to ask you questions about your experiences, both positive and negative, as a helper. Consider each of the following questions about you and your current situation. Select the number that honestly reflects how frequently you experienced these characteristics in the last 30 days.

<table>
<thead>
<tr>
<th>0=Never</th>
<th>1=Rarely</th>
<th>2=A Few Times</th>
<th>3=Somewhat Often</th>
<th>4=Often</th>
<th>5=Very Often</th>
</tr>
</thead>
<tbody>
<tr>
<td>___</td>
<td>1. I am happy.</td>
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<td></td>
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<td>___</td>
<td>2. I am preoccupied with more than one person I help.</td>
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<td>3. I get satisfaction from being able to help people.</td>
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<td>4. I feel connected to others.</td>
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<td>5. I jump or am startled by unexpected sounds.</td>
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<td>6. I feel invigorated after working with those I help.</td>
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<td>___</td>
<td>7. I find it difficult to separate my personal life from my life as a helper.</td>
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<td>___</td>
<td>8. I am losing sleep over traumatic experiences of a person I help.</td>
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<td>9. I think that I might have been “infected” by the traumatic stress of those I help.</td>
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<td>___</td>
<td>10. I feel trapped by my work as a helper.</td>
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<td>___</td>
<td>11. Because of my helping, I have felt “on edge” about various things.</td>
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<td>___</td>
<td>12. I like my work as a helper.</td>
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<td>___</td>
<td>13. I feel depressed as a result of my work as a helper.</td>
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<td>___</td>
<td>14. I feel as though I am experiencing the trauma of someone I have helped.</td>
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<td>___</td>
<td>15. I have beliefs that sustain me.</td>
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<td>___</td>
<td>16. I am pleased with how I am able to keep up with helping techniques and protocols.</td>
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<tr>
<td>___</td>
<td>17. I am the person I always wanted to be.</td>
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<tr>
<td>___</td>
<td>18. My work makes me feel satisfied.</td>
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<tr>
<td>___</td>
<td>19. Because of my work as a helper, I feel exhausted.</td>
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<tr>
<td>___</td>
<td>20. I have happy thoughts and feelings about those I help and how I could help them.</td>
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<tr>
<td>___</td>
<td>21. I feel overwhelmed by the amount of work or the size of my casework load I have to deal with.</td>
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<tr>
<td>___</td>
<td>22. I believe I can make a difference through my work.</td>
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<tr>
<td>___</td>
<td>23. I avoid certain activities or situations because they remind me of frightening experiences of the people I help.</td>
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<td>___</td>
<td>24. I am proud of what I can do to help.</td>
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<tr>
<td>___</td>
<td>25. As a result of my helping, I have intrusive, frightening thoughts.</td>
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<td>___</td>
<td>26. I feel “bogged down” by the system.</td>
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<td>___</td>
<td>27. I have thoughts that I am a “success” as a helper.</td>
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<td>___</td>
<td>28. I can't recall important parts of my work with trauma victims.</td>
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<td>___</td>
<td>29. I am a very sensitive person.</td>
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<tr>
<td>___</td>
<td>30. I am happy that I chose to do this work.</td>
<td></td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

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© B. Hudnall Stamm, 1997-2005. Professional Quality of Life: Compassion Satisfaction and Fatigue Subscales, R-IV (ProQOL). http://www.isu.edu/~bhstamm. This test may be freely copied as long as (a) author is credited, (b) no changes are made other than those authorized below, and (c) it is not sold. You may substitute the appropriate target group for helper if that is not the best term. For example, if you are working with teachers, replace helper with teacher.
Self-scoring directions, if used as self-test

1. Be certain you respond to all items.

2. On some items the scores need to be reversed. Next to your response write the reverse of that score (i.e. 0=0, 1=5, 2=4, 3=3). Reverse the scores on these 5 items: 1, 4, 15, 17 and 29. Please note that the value 0 is not reversed, as its value is always null.

3. Mark the items for scoring:
   a. Put an X by the 10 items that form the **Compassion Satisfaction Scale**: 3, 6, 12, 16, 18, 20, 22, 24, 27, 30.
   b. Put a check by the 10 items on the **Burnout Scale**: 1, 4, 8, 10, 15, 17, 19, 21, 26, 29.
   c. Circle the 10 items on the **Trauma/Compassion Fatigue Scale**: 2, 5, 7, 9, 11, 13, 14, 23, 25, 28.

4. Add the numbers you wrote next to the items for each set of items and compare with the average scores below.

**Compassion Satisfaction Scale.** The average score is 37 (SD 7; alpha scale reliability .87). About 25% of people score higher than 42 and about 25% of people score below 33. If you are in the higher range, you probably derive a good deal of professional satisfaction from your position. If your scores are below 33, you may either find problems with your job, or there may be some other reason—for example, you might derive your satisfaction from activities other than your job.

**Burnout Scale.** The average score on the burnout scale is 22 (SD 6.0; alpha scale reliability .72). About 25% of people score above 27 and about 25% of people score below 18. If your score is below 18, this probably reflects positive feelings about your ability to be effective in your work. If you score above 27 you may wish to think about what at work makes you feel like you are not effective in your position. Your score may reflect your mood; perhaps you were having a “bad day” or are in need of some time off. If the high score persists or if it is reflective of other worries, it may be a cause for concern.

**Trauma/Compassion Fatigue Scale.** The average score on this scale is 13 (SD 6; alpha scale reliability .80). About 25% of people score below 8 and about 25% of people score above 17. If your score is above 17, you may want to take some time to think about what at work may be frightening to you or if there is some other reason for the elevated score. While higher scores do not mean that you do have a problem, they are an indication that you may want to examine how you feel about your work and your work environment. You may wish to discuss this with your supervisor, a colleague, or a health care professional.

*If you have any concerns, you should discuss them with a health care professional*