

Trauma-informed Care Belief Measure

Version 3.2

Date _____

ID # (Full initials including middle initial - year you were born: “SMB -1980”) _____

Choose the number that best describes your belief about the statement.

1
2
3
4
5
 Strongly Disagree Disagree Not sure Agree Strongly Agree

1	The clients I work with could behave better if they really wanted to.
2	My relationship with clients is my most important tool for helping clients.
3	Often the clients are manipulative and try to trick staff just to get what they want with no concern for others.
4	The clients I work with are generally doing the best they can at any particular time.
5	Having strong feelings in response to clients is an inevitable and normal part of working in mental health.
6	It is better not to form close therapeutic relationships with clients because I will not know them that long.
7	Even though the clients have had bad breaks, the best way for them to learn is to experience the “real world” consequences of their mistakes.
8	When I feel myself “taking my work home,” talking about these feelings with my co-workers and supervisor can make it better.
9	I am most effective as a treater when I focus on strengths of the client, even if they are not obvious.
10	When managing a crisis, flexibility is more important than strict compliance with rules.
11	Having feelings of anger at a client or sadness for a client is a sure sign that I am letting the work affect me too much.
12	Controlling clients’ negative behavior is one of the most important features of an effective treatment approach.
13	The most effective way to de-escalate a crisis is to remind clients about the consequences of their actions.
14	The best way to deal with feeling burnt out in your job is to not dwell on it and it will pass.
15	When clients get angry with me, I should first make sure that they express their anger respectfully.
16	Restraints should only be done as a last resort when there is imminent danger of the client hurting themselves or someone else.
17	The most powerful tool I have as a treater to influence clients’ behavior is the rewards and punishments I set up in response to behavior.
18	Even when I feel especially burnt out in my job, it doesn’t affect my work with clients.
19	I should not tell anyone if I have strong feelings about the work because they will think I am not cut out for this job.