

Silencing Response Scale (Baranowsky, 2011)

INSTRUCTIONS: This scale was developed to help caregivers identify specific communication struggles in their work. Choose the number that best reflects your experience using the following rating system, where 0 signifies rarely or never and 10 means very often. Answer all items to the best of your ability as they reflect your feelings over the previous two work weeks.

Rarely/Never= 0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10 =Always
Sometimes

- (1)___ Are there times when you believe your client is repeating emotional issues you feel were already covered?
- (2)___ Do you get angry with client(s)?
- (3)___ Are there times when you react with sarcasm toward your client(s)?
- (4)___ Are there times when you fake interest?
- (5)___ Do you feel that listening to certain experiences of your client(s) will not help?
- (6)___ Do you feel that letting your client talk about their trauma will hurt them?
- (7)___ Do you feel that listening to your client's experiences will hurt you?
- (8)___ Are there times that you blame your client for the bad things that have happened to them?
- (9)___ Are there times when you are unable to believe what your client is telling you because what they are describing seems overly traumatic?
- (10)___ Are there times when you feel numb, avoidant or apathetic before meeting with certain clients?
- (11)___ Do you consistently support certain clients in avoiding important therapeutic material despite ample time to address their concerns?
- (12)___ Are there times when sessions do not seem to be going well or the client's treatment progress appears to be blocked?
- (13)___ Do you become negatively aroused when a client is angry with you?
- (14)___ Are there times when you cannot remember what a client has just said?
- (15)___ Are there times when you cannot focus on what a client is saying?

TOTAL = _____