

Focus on Psychoed / Research

Avoidance

Accommodating

Denial

Enabling

Criticism

Blame

Rejection

Defensiveness

Fear

Shame

Grief

Self-blame

Helplessness

Hopelessness

+ amplified by burnout

Clinician Traps Scale

It is normal for clinicians to have concerns when making clinical decisions or implementing treatment. How likely are you to feel concerned about each of the following items when making clinical decisions or implementing treatment in general, or in response to a particular client/caregiver/family?

Please circle the appropriate number where 1 = *not likely* and 7 = *extremely likely*

1. Being disliked by caregivers/client.	1	2	3	4	5	6	7
2. Causing suffering to the caregivers/client.	1	2	3	4	5	6	7
3. Going into an emotion and not knowing how to process it.	1	2	3	4	5	6	7
4. Putting strain on the couple, child-parent, carer-loved one relationship.	1	2	3	4	5	6	7
5. Pushing a caregiver or client “too far” leading to a worsening of symptoms, withdrawal, termination, suicide, etc.	1	2	3	4	5	6	7
6. Making decisions that may be unpopular with, or contrary to the wishes of, other team members.	1	2	3	4	5	6	7
7. Bringing in a critical or dismissive caregiver, leading to too much distress for the client.	1	2	3	4	5	6	7
8. Having to face my own triggers, vulnerabilities, or wounds along the way.	1	2	3	4	5	6	7
9. Being blamed or being to blame for lack of treatment progress, including having a complaint filed.	1	2	3	4	5	6	7
10. Blaming the client/caregivers for lack of treatment progress.	1	2	3	4	5	6	7
11. Feeling or appearing incompetent or lacking competence.	1	2	3	4	5	6	7
12. Becoming overwhelmed or burning out.	1	2	3	4	5	6	7
13. Other:	1	2	3	4	5	6	7

When triggered, I am more likely to (become defensive; withdraw from, criticize or blame others; avoid, accommodate or enable; focus on psychoeducation or research; etc.):

1.

2.

3.

