

Appendix L

SELF-DIRECTED BLOCK WORKSHEET FOR CLINICIANS

1. Identify a “style” of parent/caregiver you’ve experienced (or heard about through his or her loved one) whom you would hesitate to involve in the treatment process.
 - Critical of their loved one, their partner, the treatment team or of you
 - Dismissive or in denial of their loved one’s illness
 - Defensive or overly sensitive about being blamed
 - Emotionally fragile
 - Suffering from a serious mental health issue
 - Hesitant to be involved
 - Busy or overwhelmed with other responsibilities
 - Lives too far away
2. On a scale of 1 to 10, rate the potential for this caregiver to play a positive and supportive role in the loved one’s recovery. A lower number refers to a lower level of potential.

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

3. Identify three therapy-interfering behaviors that you have heard about, observed, or would expect to observe during the course of a session with the loved one or outside of treatment:
 - A. Criticize you
 - B. Criticize the loved one
 - C. Cancel appointments
 - D. Be aggressive in the session
 - E. Become blatantly distressed, tearful, or self-blaming
 - F. Align with the loved one in opposition to you

- G. Insist that the loved one take the lead or take charge of the symptom interruption
 - H. Undermine or devalue therapy or team recommendations
 - I. Get angry or blow up in front of their loved one for having symptoms
 - J. Give up on supporting loved one in the face of resistance
 - K. Agree to engage and then not follow through outside of session
 - L. Give up on the possibility of their loved one's recovery
4. In your opinion, what negative outcomes could happen if their loved one were exposed to, or continued to be exposed to, these behaviors:
- Not engage in the therapy
 - Become more symptomatic
 - Become depressed, suicidal
 - Become hopeless about family's potential to "get it" or change
 - Become hopeless about their own potential to change
 - Devalue the therapy
 - Not recover
5. Therapy-interfering behaviors serve to regulate FEAR, SHAME, HELPLESSNESS, HOPELESSNESS, and/or RESENTMENT in the caregiver.

For each of the three therapy-interfering behaviors that you noted above (Question 3), check the emotions in the caregiver that might be driving the expression of their behaviors. Note which behavior you identified in the blank (A, B, C, etc.), and check *all of the feelings that apply* for each of the identified behaviors.

Behavior ____ FEAR, SHAME, HELPLESSNESS, HOPELESSNESS, RESENTMENT

Behavior ____ FEAR, SHAME, HELPLESSNESS, HOPELESSNESS, RESENTMENT

Behavior ____ FEAR, SHAME, HELPLESSNESS, HOPELESSNESS, RESENTMENT

- a. Criticize you
- b. Criticize the loved one
- c. Cancel appointments
- d. Be aggressive in the session
- e. Become blatantly distressed, tearful or self-blaming
- f. Align with the loved one in opposition to you
- g. Insist that the loved one take the lead or take charge of symptom interruption

- h. Undermine or devalue therapy or team recommendations
 - i. Get angry or blow up in front of their loved one for having symptoms
 - j. Give up on supporting loved one in the face of resistance
 - k. Agree to engage and then not follow through outside of session
 - l. Give up on the possibility of recovery
6. What three negative outcomes could happen for YOU as the clinician if you were exposed to, or continued to be exposed to, these caregiver behaviors (observing them in session or hearing about them from your client):
- A. Feel anger toward the caregiver
 - B. Dislike the caregiver
 - C. Feel incompetent
 - D. Feel hopeless
 - E. Feel worried for the loved one
 - F. Feel ineffective as a clinician
 - G. Blame the caregiver
 - H. Feel burned out
 - I. Feel responsible for the further breakdown of the caregiver-loved one's relationship
7. Picture the loved one in front of you and visualize sharing with them the rating you gave in Question 2 along with the reasons you identified on the sheet for your rating.

"I think that your caregiver's capacity to be positive and supportive in your recovery is a ___ out of 10 (from Question 2) because I think they will
 1. _____, 2. _____, and 3. _____ (from Question 3)."

- a. If the loved one could speak from a place of vulnerability and love for the caregiver, how would he or she react to your statement? What do you see on the loved one's face and in his or her body language in response? How might the loved one be feeling?

Relief (if relief, which of the other emotions would the loved one be left with?)

- Sadness
- Helplessness
- Hopelessness
- Fear
- Anger
- Shame

- b. What would the loved one want you to know?
 - c. What would the loved one want you to do?
8. Reluctance to bring in the caregiver serves to regulate FEAR, SHAME, HELPLESSNESS, HOPELESSNESS, and/or RESENTMENT in the CLINICIAN.

For each of the negative outcomes you identified in Question 6, check the emotions that might be driving your reluctance to work with the identified caregiver. Check *all of those that apply* for each of the identified negative outcomes.

Negative outcome __ FEAR, SHAME, HELPLESSNESS, HOPELESSNESS, RESENTMENT

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9. What goals can you set to work through your own feelings of fear, shame, helplessness, hopelessness, or resentment?
10. What goals can you set to respond differently to the caregiver and loved one?