

WEB FORM J

THE SELF-AWARENESS AND MANAGEMENT STRATEGIES (SAMS) SURVEY

Instructions: Before completing Questions 1–10, please think about times when, during a counseling session, you have become aware of your thoughts, emotions, feelings, and reactions, and physical experiences or behaviors.

Please use the following scale to answer Questions 1–10:

- 1: Never
- 2: Rarely
- 3: Some of the Time
- 4: Most of the Time
- 5: Always

- _____ 1. How frequently do you have thoughts about your performance or abilities as a therapist during your therapy sessions?
- _____ 2. How often do you become aware of feeling anxious during a session?
- _____ 3. How often do you experience awareness of negative self-talk (e.g., self-critical thoughts, distracting thoughts) during a session?
- _____ 4. How often do you become aware of thinking about issues unrelated to the client or session (e.g., outside stressors, needing to return a phone call, paperwork, etc.)?
- _____ 5. How often do you find that your self-awareness is hindering a therapy session (e.g., pulls your attention away from the client, causes you to feel upset or distracted)?
- _____ 6. How often do you experience moments of heightened self-awareness (e.g., moments when you become increasingly aware of your thoughts, feel overwhelmed, or feel the desire to yawn, etc.) during a therapy session?
- _____ 7. How frequently do you experience self-awareness that distracts you from what your client is saying or doing (e.g., when a client says something that reminds you of an issue in your own life or of something about another client)?
- _____ 8. How often does your self-awareness feel more like self-consciousness (e.g., negative or critical concerns about yourself, what you said, your physical self such as needing to sneeze)?
- _____ 9. How often do you feel that your thoughts and reactions have interfered with your performance as a therapist during a session (e.g., you "tuned out" and didn't hear what your client just said)?
- _____ 10. How often do you become aware of your physical self during a session (e.g., nodding your head, smiling, laughing, crying, tension, hand movements)?

Instructions: Please answer Questions 11–25 in terms of how often you use the strategies listed, specifically to manage distracting self-awareness. In other words, I do not want to know how often you use thought stopping, for example, but how often you have used it as a strategy to manage your self-awareness and return your focus to the client or issue at hand.

Please use the following scale to answer Questions 11–25:

- 1: Never
- 2: Rarely
- 3: Some of the Time
- 4: Most of the Time
- 5: Always

When I find a need to manage distracting self-awareness, I use the following strategies:

- _____ 11. Actively return all of my focus to the client.
- _____ 12. Try to understand my self-awareness and use it to understand my client.
- _____ 13. Attempt to suppress or ignore my intrusive thoughts or feelings.
- _____ 14. Use self-coaching or positive self-talk.
- _____ 15. Use thought stopping techniques.
- _____ 16. Get back to using basic techniques (reflection, paraphrase, minimal encouragers).
- _____ 17. Take a break or time out during the session.
- _____ 18. Use relaxation exercises.
- _____ 19. Engage in self-reflection (process my reactions after the session).
- _____ 20. Take a vacation.
- _____ 21. Use deep breathing techniques.
- _____ 22. Seek supervision or consultation.
- _____ 23. Prepare (e.g., get centered, clear my head) before a session.
- _____ 24. Focus on self-care (e.g., nutrition, sleep, exercise).
- _____ 25. Work on my own issues in my own personal therapy.

Note: This measure involves two scales: Hindering Self-Awareness (items 1–10) and Management Strategies (items 11–25). Scale scores are obtained by summing all the items on the scale and then dividing by the number of items on the scale. Adapted from “Development and Validation of the Self-

Awareness and Management Strategies (SAMS) Scales for Therapists,” by E. N. Williams, K. O’Brien, K. Hurley, and A. deGregorio, 2003, *Psychotherapy*, 40, pp. 278. Copyright © 2003 by the American Psychological Association. The full version of the SAMS scale is copyrighted by E. N. Williams.