

Vicarious Resilience Scale

Please reflect on your experience working with persons who have survived severe traumas. Since you began this work, you may have undergone changes in how you view your clients, your approach to this work, and/or your own experience or worldview. Please read each of the following statements about your attitudes, experiences, and how your view of your life *since you began this work*, and indicated the degree to which you disagree or agree:

Did not experience this = 0

Experienced this to a *very small* degree = 1

Experienced this to a *small* degree = 2

Experienced this to a *moderate* degree = 3

Experienced this to a *great* degree = 4

Experienced this to a *very great* degree = 5

Determine your 0 to 5 score for each of the 27 questions below.

1. Better able to reassess dimensions of problems ()
2. Better able to keep perspective ()
3. See life as more manageable ()
4. Better able to cope with uncertainties ()
5. More resourceful ()
6. Learn how to deal with difficult situations ()
7. More connected to people and life ()
8. Life goals and priorities have evolved ()

Adapted from Killian, Hernandez-Wolfe, Engstrom, Gangsei, & Kendall-Tackett, Kathleen. (2017). Development of the Vicarious Resilience Scale (VRS): A Measure of Positive Effects of Working With Trauma Survivors. *Psychological Trauma: Theory, Research, Practice, and Policy*, 9(1), 23-31.

9. More compassion for people ()
10. More time and energy into relationships ()
11. Ideas about what is important changed ()
12. More mindful and reflective ()
13. In tune with body ()
14. More time for meditative, mindful or spiritual practices ()
15. Better able to assess level of stress ()
16. Better at self-care ()
17. Inspired by peoples' capacity to persevere ()
18. Hopeful about people's capacity to heal and recover from traumas ()
19. More hopeful and engaged when focusing on strengths ()
20. Clients' spiritual practices source of inspiration ()
21. Recognize spirituality as component of clients' survival ()
22. Highlight clients' spiritual/religious beliefs to promote resilience ()
23. Ethnicity, gender, class, sexual orientation and religion ()
24. Race, class gender, sexual orientation and privilege, access, resources ()
25. When experience distressing through am able to just notice them ()
26. Better able to remain present when hearing trauma narratives ()
27. Notices client trauma narratives without getting lost in them ()

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Calculate your total score and your total for each sub scale:

Increased resourcefulness: Your total score for questions 1-6 = _____(30)

Changes in life goals: Your total score for questions 7-12 = _____(30)

Increased self-awareness: Your total score for questions 13-16 = _____(20)

Client inspired hope: Your total score for questions 17-19 = _____(15)

Increased recognition of spirituality: Your total score for questions 20-22 _____(15)

Increased consciousness of power: Your total score for questions 23-24 _____(10)

Increased capacity to remain present: Your total score for questions 25-27 _____(15)

Total Score: _____ **(135)**

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