

## **Skovholt Practitioner Professional Resiliency and Self-Care Inventory**

The purpose of the inventory is to provide self-reflection for practitioners and students in the caring professions. Practitioner here refers to individuals in the caring professions—such as the helping professions, teaching and health care. Examples are psychologist, counselor, social worker, academic advisor, K-12 teacher, college professor, clergy, human resources specialist, physician, registered nurse, dentist and family law attorney.

Questions are addressed to both active practitioners and also students in training programs. There is no total number that is considered best. In fact, some of the questions are not relevant to some professionals or students who fill out this inventory. The inventory is intended to help decrease stress, not increase it!

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**The checklist consists of four sub-scales: Professional Vitality, Personal Vitality, Professional Stress and Personal Stress.**

1=Strongly Disagree, 2=Disagree, 3=Undecided, 4=Agree, 5=Strongly Agree

### **Professional Vitality**

Circle your Response

1. I find my work as a practitioner or as a student to be meaningful..... 1 2 3 4 5
  
2. I view self-care as an ongoing part of my professional work / student life..... 1 2 3 4 5
  
3. I am interested in making positive attachments with my  
clients /students/patients..... 1 2 3 4 5
  
4. I have the energy to make these positive attachments with my  
clients /students/patients..... 1 2 3 4 5
  
5. The director / chair at my site / school is dedicated to practitioner welfare..... 1 2 3 4 5
  
6. On the dimension of control of my work / schooling, I am closer to  
high control than low control.....1 2 3 4 5
  
7. On the dimension of demands at my work/ schooling, I have  
reasonable demands rather than excessive demands from others ... .. 1 2 3 4 5
  
8. My work environment is like a greenhouse--where everything grows--because  
the conditions are such that I feel supported in my professional work..... 1 2 3 4 5

**Subscale Score for Professional Vitality (Possible score is 8-40)** \_\_\_\_\_

**Personal Vitality**

9. I have plenty of humor and laughter in my life.....1 2 3 4 5
10. I have a strong code of values / ethics that gives me a sense of direction and integrity..... 1 2 3 4 5
11. I feel loved by intimate others.....1 2 3 4 5
12. I have positive /close friendships.....1 2 3 4 5
13. I am physically active and receive the benefits of exercise ..... 1 2 3 4 5
14. My financial life (expenses, savings and spending) is in balance.....1 2 3 4 5
15. I have lots of fun in my life..... 1 2 3 4 5
16. I have one or more abundant sources of high energy for my life.  
(examples—other people, pleasurable hobby, enjoyable pet, the natural world, a favorite activity)..... 1 2 3 4 5
17. To balance the ambiguity of work in the caring professions, I have some concrete activities in my life that I enjoy where results are clear cut (e.g. a rock collection, painting walls, growing tomatoes, washing the car) ..... 1 2 3 4 5
18. My eating habits are good for my body.....1 2 3 4 5
19. My sleep pattern is restorative.....1 2 3 4 5

**Subscale Score for Personal Vitality (Possible score is 10-55)** \_\_\_\_\_

**Professional Stress**

20. There are many contradictory messages about both practicing self-care and meeting expectations of being a highly competent practitioner / student. I am working to find a way through these contradictory messages. .... 1 2 3 4 5
21. Overall, I have been able to find a satisfactory level of “bordered generosity” (defined as having both limits and giving of oneself) in my work with clients / students / patients ..... 1 2 3 4 5

22. Witnessing human suffering is central in the caring professions  
(e.g. client grief, student failure, patient physical pain.). I am able to be  
very present to this suffering, but not be overwhelmed by it or experience  
too much of what is called ‘sadness of the soul.’ .....1 2 3 4 5
23. I have found a way to have high standards for my work yet avoid  
unreachable perfectionism. .... 1 2 3 4 5
24. My work is intrinsically pleasurable most of the time..... 1 2 3 4 5
25. Although judging success in the caring professions is often  
confusing, I have been able to find useful ways to judge my own  
professional success..... 1 2 3 4 5
26. I have at least one very positive relationship with a clinical supervisor /  
mentor / teacher. .... 1 2 3 4 5
27. I am excited to learn new ideas—methods—theories—techniques in  
my field.....1 2 3 4 5
28. The level of conflict between staff / faculty at my organization is low..... 1 2 3 4 5

**Subscale Score for Professional Stress (Possible score is 8-40)** \_\_\_\_\_

**Personal Stress**

29. There are different ways that I can get away from stress and relax  
(examples-- TV, meditating, reading for fun, watching sports)..... 1 2 3 4 5
30. My personal life does not have an excessive number of one-way caring  
relationships where I am the caring one..... 1 2 3 4 5
31. My level of physical pain / disability is tolerable.....1 2 3 4 5
32. My family relations are satisfying..... 1 2 3 4 5
33. I derive strength from my religious /spiritual practices and beliefs ..... 1 2 3 4 5
34. I am not facing major betrayal in my personal life.....1 2 3 4 5
35. I have a supportive community where I feel connected.....1 2 3 4 5
36. I am able to cope with significant losses in my life..... 1 2 3 4 5
37. I have time for reflective activities such as journaling-expressive writing

or solitude.....1 2 3 4 5

38. When I feel the need, I am able to get help for myself .....1 2 3 4 5

**Subscale Score for Personal Stress (Possible score is 10-50)** \_\_\_\_\_

**Total Score for the Four Subscales (Possible score is 38-195)** \_\_\_\_\_

There are a total of 38 questions in the Skovholt Professional Resiliency and Self-Care Inventory. All are scored in a positive direction with 0 low and 5 high. As stated earlier, the scoring system is a method for self-reflection by practitioners and students in the caring professions. There is no total number that is considered best. In fact, some of the questions are not relevant to some professionals or students who fill out this inventory. The inventory is intended to help decrease stress, not increase it!

As a way to consider professional resiliency and self-care in your career work, consider these questions. First, scan the questions and focus on your high answers, those with 4 and 5 responses. What do you conclude? Write here.

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Then focus on your low answers, those with 1 and 2 responses. What do you conclude? Write here.

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Then look across the four categories of Professional Vitality, Personal Vitality, Professional Stress and Personal Stress. Are they in balance? If not in balance, what remedies could you consider? Write here.

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Finally, consider the different topics covered in the inventory, your answers and the comments you made for future self-reflection, clinical supervision and discussion with others. Best wishes!

Tom Skovholt