

Trauma-Informed Self-Care

Trauma-Informed Self-Care – Revised (TISC-R)

INSTRUCTIONS: Please circle the answer that applies to you. Please circle only ONE response.	Not At All	To A Slight Extent	To A Moderate Extent	To A Great Extent	To A Very Great Extent
1. I request and expect regular supervision and supportive consultation.	0	1	2	3	4
2. I utilize peer support.	0	1	2	3	4
3. I attend trainings on secondary trauma.	0	1	2	3	4
4. I seek continuing education on the effects of trauma on helping professionals.	0	1	2	3	4
5. I practice stress management through meditation, prayer, conscious relaxation, deep breathing, and exercise.	0	1	2	3	4
6. I have a developed a written plan for myself that is focused on work-life balance.	0	1	2	3	4
7. I request and accept feedback from others about my work performance.	0	1	2	3	4
8. I attend trainings on stress management.	0	1	2	3	4
9. I practice work-life balance strategies.	0	1	2	3	4
10. I attend trainings on how trauma affects people.	0	1	2	3	4

Agency's Supports for Trauma-Informed Self-Care (AS-TISC)

INSTRUCTIONS: Please circle the answer that applies to you. Please circle only ONE response.	Yes	No
1. My agency provides regular supervision and supportive consultation.	1	0
2. My agency provides regular worker safety training for my profession.	1	0
3. My agency allows me to limit the type of cases assigned to me so that I am not dealing only with traumatized children and their families.	1	0
4. My agency provides a safe work environment.	1	0
5. My agency provides sufficient release time (e.g., vacation time, sick leave, compensation time, family medical leave).	1	0
6. My agency provides training on secondary trauma.	1	0
7. My agency provides continuing education on the effects of trauma on helping professionals.	1	0
8. My agency provides resources such as employee assistant programs for intermittent support.	1	0
9. My agency provides training on stress management.	1	0
10. My agency provides training on the effects of trauma on people.	1	0

Salloum, A., Choi, M. J., & Stover, C.S., 2018

Note. Items 1-6 on the TISC measures are adapted directly from Child Welfare Committee National Child Traumatic Stress Network. (2008). Child welfare trauma training toolkit: Comprehensive guide (2nd ed.). New York, CA & Durham, NC: National Center for Child Traumatic Stress. The AS-TISC is based on the TISC to indicate reports what TISC resources are provided by the agency.

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About the TISC-R and AS-TISC Measures

The trauma-informed self-care measure was designed to be a brief tool to assist ‘helpers’ to identify individual and agency trauma-informed self-care practices. Higher scores on the Trauma-Informed Self-Care –Revised measure (TISC-R) and the Agency’s Supports for Trauma-Informed Self-Care (AS-TISC) measures indicate higher use and support for trauma-informed self-care practices. The measures are intended to be administered as a self-report and take less than 5 minutes to complete.

For information about psychometric properties of the TISC measures, and to cite the TISC-R or AS-TISC measure see:

Salloum, A., Choi, M.J. & Stover, C. S. (2018). Development of the trauma-informed self-care measure for child welfare workers. *Children and Youth Services Review*, 93, 108-116.

Salloum, A., Choi, M.J., & Stover, C.S. (2019). Exploratory study on the role of trauma-Informed self care on child welfare workers’ health. *Children and Youth Services Review*, 101, 299-306.

To use the measure for research purposes, please contact:

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Scoring TISC-R and the AS-TISC

The total score for the TISC-R measure is 0 to 40. For your TISC-R total score, add all of responses from the 10-items. It is important to identify those items/practices that you are utilizing “to a great extent or to a very great extent” and to problem-solve ways to increase the items/practices that were indicated as occurring “not at all” or “to a slight extent.” The TISC-R has three subscales. Total the score for each subscale and divide by the number of items in order to identify the areas that practiced the most and least. See the Table 1 for scoring the TISC-R measure.

The AS-TISC total score ranges from 0 to 10. Identify those practices that are occurring (i.e., indicated by a response of 1) to recognize trauma-informed self-care agency supports and identify those practices that are not occurring (i.e., indicated by a response of 0) to discuss with agencies workers way to improve TISC practices.

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Table 1. *Scoring Instructions for the TISC-R and AS-TISC measure*

Measure/Subscale	Instructions	Score
Total TISC-R Score (range 0 to 40)	Total all items for a total TISC-R Score.	Total TISC-R score: _____ List the practices that are being utilized the highest: List the practices that were indicated as not at all occurring or occurring only a slight extent:
Trauma-Informed Training: attending trainings on stress management, secondary trauma and how trauma affects people, and continuing to seek continuing education on the effects of trauma on the helping profession.	Add items 3, 4, 8, and 10 the subscale Trauma-Informed Training.	Trauma-Informed training total score: _____
Supervision and support: practices that encourage peer support, feedback from others about work performance and regular supervision and consultation.	Add items 1, 2 and 7 for the subscale Supervisor and support.	Supervisor and support total score: _____
Personal self-care practices: practicing stress management and having and implementing a work-life balance plan.	Add items 5, 6, and 9 for the subscale professional self-care practices.	Professional self-care practices total score: _____
AS-TISC	Add all of the items endorsed.	Total AS-TISC score: _____ List the supports that are provided: List the supports that are not provided:

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