

Substance Abuse Counseling Survey

We will be using the unique identification code below to link your answers to the two administrations of this survey without identifying your name or any other information about you. Please complete the following to determine your Unique Identification Code. **Fill in the circle before the letter** corresponding to your answer.

Personal Code:

First letter in mother's first name:
a b c d e f g h i j k l m n o p q r s t u v w x y z

First letter in Mother's maiden name:
a b c d e f g h i j k l m n o p q r s t u v w x y z

First letter in the city of your birth:
a b c d e f g h i j k l m n o p q r s t u v w x y z

First letter in state of your birth:
a b c d e f g h i j k l m n o p q r s t u v w x y z

How often do you use the following principles or techniques of substance abuse treatment?

Principle/technique	Never	Rarely	Sometimes	Often
1. Breaking down a client's denial through confrontation				
2. Helping clients recognize that behavior is learned, thus bad behavior can be unlearned				
3. Educating clients on the disease model of addiction				
4. Recruiting peers to help each other maintain sobriety				
5. Using tools such as dream analysis and free association to get at unconscious material				
6. Encouraging clients to admit they are powerless over substances				
7. Using peers as a therapeutic tool to increase accountability				
8. Listening more than talking				
9. Teaching clients how to identify their feelings and express them appropriately				
10. Helping clients to recognize faulty thinking patterns				
11. Helping clients see substance abuse as a fixation to an earlier stage of development				
12. Using activities that help clients modify their thinking				
13. Educating clients on signs and symptoms of relapse and helping them identify triggers				
14. Avoiding arguments with clients				
15. Working with entire family units rather than the individual				
16. Assisting clients to identify their expectations about substance use				
17. Using Native American spirituality concepts				
18. Identifying client attributions—whether they blame themselves or others for bad things that happen to them				
19. Assisting clients to take a personal inventory of their lives				
20. Recognizing that the style and warmth of the counselor is a powerful factor in treatment				
21. Helping clients link behavior to rewards and punishments in their environment				
22. Using culturally-specific activities when appropriate				
23. Creating discrepancies to help clients understand their behavior				

Principle/Technique	Never	Rarely	Sometimes	Often
24. Providing opportunities for clients to practice new behaviors in real-life contexts				
25. Using techniques such as push-ups, pulls-ups, and learning experiences				
26. Role-playing to practice new skills				
27. Helping clients realize that they can change the way they think about alcohol and drug use				
28. Reflecting back things that clients say				
29. Avoiding imposing values on clients				
30. Helping clients recognize the power of unconscious thoughts				
31. Recognizing the value of and using ambivalence of clients to motivate them				
32. Helping family members see when they are enabling the substance abuser				
33. Giving clients concrete rewards for positive behavior				
34. Knowing when to “roll” with their resistance				
35. Providing anger management activities				
36. Finding mentors or sponsors for my clients				
37. Developing a strong peer support environment in my treatment center				
38. Giving clients responsibility for self-governance within the unit or group				
39. Displaying genuineness and unconditional positive regard for clients				
40. Addressing the clients physical health, fitness and nutrition needs				
41. Helping clients discover their higher power				
42. Fostering exploration of early childhood experiences				
43. Avoiding confrontation and breaking down denial or defense mechanisms until a strong working alliance has been built with the client				
44. Assisting clients in separating their worth/value from their actions				
45. Using self-appraisal skills—helping clients to see how they perceive their own behavior				
46. Supporting development of self-efficacy				
47. Establishing healthy boundaries and ground rules				
48. Breaking co-dependency patterns in family members				
49. Role modeling healthy lifestyles and/or skills				
50. Using affirmations—positive feedback				
51. Expressing empathy for a client				

52. Do you work mostly in (check only 1)

- a residential setting
- an outpatient setting
- other (specify):

53. Do you work primarily in a (check only 1)

- prison setting
- community corrections setting
- community based treatment program
- hospital or clinic
- other (specify):

54. What type of community do you serve primarily? (check only 1)

- mostly urban
- mix of urban and other
- mostly small town and rural

55. What is your primary role or job description in the agency? (Check only 1)
 supervisor/administrator technician, nursing assistant, receptionist
 addictions counselor other (specify):
 health staff

56. What is your highest level of formal education? (Check only 1)
 less than high school diploma Bachelor's degree
 high school diploma or GED some graduate school
 some college Master's degree
 Associate degree PhD

57. If you have had at least some college, was your formal education mostly in (check only 1):
 substance abuse counseling
 general counseling field
 non-counseling field
 no formal education

58. Have you had formal or workshop training in each of the following substance abuse counseling approaches?

Yes	No	a. the 12 step approach
Yes	No	b. Cognitive Behavioral approach
Yes	No	c. Motivational Enhancement or Motivational Interviewing
Yes	No	d. Matrix Model
Yes	No	e. Contingency Management/Behavioral
Yes	No	f. Therapeutic Community model
Yes	No	g. Psychodynamic or Freudian approaches
Yes	No	h. Other: specify:

59. Which counseling approaches or models do you feel that you are competent to carry out? (check all that apply)

a. the 12 step approach
 b. Cognitive Behavioral approach
 c. Motivational Enhancement or Motivational Interviewing
 d. Matrix Model
 e. Contingency Management/Behavioral
 f. Therapeutic Community model
 g. Psychodynamic or Freudian approaches
 h. Other: specify:

60. What type of substance abuse approach characterizes your own usual practice?

a. 12 step
 b. Cognitive Behavioral
 c. Motivational enhancement/interviewing
 d. Matrix model
 e. Contingency management/Behavioral
 f. Therapeutic community
 g. Psychodynamic/Freudian
 h. other (specify)

61. What type of substance abuse approach most characterizes your agency as a whole (check only 1)?

- a. 12 step
- b. Cognitive Behavioral
- c. Motivational enhancement/interviewing
- d. Matrix model
- e. Contingency management
- f. Therapeutic community
- g. Psychodynamic/Freudian
- h. other (specify) _____

62. About how many hours do you spend in an average week doing each of the following activities?

- a. client assessment
- b. group treatment
- c. individual treatment
- d. paperwork related to clients
- e. administration or supervision of other staff
- f. reading or preparing for treatment: updating my skills
- g. putting out fires—conflicts between clients and/or staff
- other (specify): _____

63. What percent of your clients do you think are truly motivated to change? _____%

64. What percent of your clients do you think are successful in achieving long-term sobriety _____%

65. What is your age? _____

66. How many years have you worked as a substance abuse counselor? _____ years

67. Are you female male transgendered

68. What is your racial/ethnic identification? _____

69. Do you have any comments about any of the approaches used in substance abuse counseling? Are their techniques or methods for which you would like to have training? Are their any methods you think are not appropriate for the substance abuse field?