

Counselors-in-Training in Counseling Survey

Informed Consent:

Agree: Endorse online, Date

Disagree: Exit to end of survey, end landing page will provide resource information for utilizing PsychologyToday.com to locate local mental health support in viewer's area.

Proceed to Survey (if signed consent form):

Rate each statement based on the degree to which you agree (4), somewhat agree (3), somewhat disagree (2), or disagree (1).

- I value mental and emotional wellness.
- I am able to handle life's challenges and stressors on my own.
- I am confident that counseling can help people.
- Self-care is important to me.
- Counseling can serve as an aspect of self-care.
- I engage in adequate self-care.
- Seeking support from others is important.
- People will view me differently if I participate in personal counseling.
- I believe my counseling education has given me the tools to help myself in my life's issues.
- I value self-sufficiency.
- Counseling is only for people who have serious issues.
- I deserve to live a healthy, happy life.
- Vulnerability is important.
- My issues aren't serious enough to warrant help from a counselor.
- A counselor could help me enhance my life.
- I believe counseling could help me work through my personal issues.
- I have adequate coping ability with life's stressors.
- There are counselors who could help me in my life.
- Engaging in counseling would make me a better counselor.

Please answer yes or no to the following questions:

- I have participated in personal counseling in the past
- I am currently participating in personal counseling

Select one or more factors that motivate and/or have motivated you to seek personal counseling:

- Stress related to coursework
- Family concerns
- Stress related to intimate relationships
- Stress related to friendships
- Career concerns
- Financial stress
- Substance use
- Significant mental health diagnoses (schizophrenia, bipolar disorder, personality disorder, etc)
- Feeling sad, lost, hopeless most of the time
- Feeling on-edge and worried most of the time
- Suicidal ideation
- Homicidal ideation

Select one or more factor(s) that take away from your ability to access and/or utilize personal counseling:

- Time
- Finances
- Transportation

- Confidentiality
- Access to resources in my area
- Fear of change
- Fear of comfortability
- Previous negative experiences in counseling
- Fit and comfortability in therapeutic relationship
- Other (please specify: _____)

Demographic Information

- Sex (M/F)
- Gender (need to list options)
- Sexuality (need to list options)
- Age (18-20; 21-23; 24-26; 27-29; 30 or older)
- Race (African-American; American Indian and Alaska Native; Asian; Caucasian; Native Hawaiian/Pacific Islander; Two or More Races)
- Ethnicity (Hispanic/Latino; non-Hispanic/Latino)
- Income level (less than \$20k; \$21-\$30k; \$31k-\$40k; \$41k or more)
- Marital status (single; dating; married; divorced/separated; other)
- Number of children (0, 1, 2, 3, 4, 5+)
- Children's ages (select all that apply)
 - 0-1
 - 2-5
 - 6-8
 - 9-12
 - 13-18
 - 19+
- Program track within counseling program:
 - CMHC
 - Addictions
 - Marriage/Family Therapy
 - Children and adolescents
 - College counseling
 - Student affairs
- Public/private university: Public/Private
- My program requires students to participate in personal counseling: Y/N
- My program encourages students to participate in personal counseling: Y/N
- Current level within counseling program:
 - Pre-clinical/field experiences
 - Currently participating in clinical/field experiences
- Education level prior to enrolling in counseling program (check all that apply)
 - Associate's
 - Bachelor's
 - Post-bacc coursework
 - Technical training
 - Certificate coursework
 - Master's
 - Doctoral degree
- Current annual household income:
 - Below \$20,000
 - \$21,000-\$29,000
 - \$30,000-\$39,000

- \$40,000-\$49,000
- \$50,000-\$69,000
- More than \$70,000