SELF-CARE: WORKER WELL-BEING

TRAUMA ACADEMY 2022

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SELF-CARE IS ABOUT YOU! IF YOU NEED TO STOP AT ANY POINT, BECAUSE YOU ARE TRIGGERED, FEELING UNSAFE, OR NOTICE THAT YOU ARE HAVING REACTIONS, TAKE CARE OF YOU!
As we wait for people to enter the presentation:

- EXERCISE: Five senses for grounding
Initially I want to share some definitions of terms we have all heard and have seen throughout the literature and in various trainings.

**Vicarious trauma (VT):** Pearlman and Saakvitne, 1995 define it as:

- Negative effects
- Cumulative transformation
- Result of empathic engagement
- Can permanently transforms sense of self and their world
- Experience reactivation of their own stories
McCann & Pearlman, 1990 define **Vicarious trauma** as:

- A cognitive change process
- Alterations in one’s thoughts and beliefs
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Secondary trauma (ST): Figley, 1995 defines it as:

- Grounded in the field of traumatology
- Outward behavioral symptoms
- Mirror PTSD
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**Burnout:** Meichenbaum, 2007 defines it as:

- Prolonged response
- Three components: exhaustion, depersonalization, and diminished feelings
- Energy depletion
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Maslach, 1982, 1998; Maslach & Jackson, 1981; Maslach & Leiter, 1997 defines **Burnout** as:

- Progressive state occurring cumulatively
- Physical and emotional erosion
- Unsatisfied, powerless and overwhelmed
- Four components: exhaustion, disconnection from self, increased anxiety and depression, and reduced investment of goals
- Chronic use of empathy
- May occur in response to bureaucratic constraints and administrative demands
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Compassion fatigue (CF): Adams, Boscarino, & Figley, 2006; Bride, Radney, & Figley, 2007; Figley, 1995 defines it as:

- Syndrome combination of secondary trauma and burnout
- Deep emotional and physical fatigue
- Chronic use of empathy
- Agency stress
- Balancing clinical work with administrative work
- Nothing more to give
- The cost of caring
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Pandemic Fatigue: The World Health Organization defined it as:

- Reaction
- Sustained and unresolved
- May lead to
- Emerging over time
- Effected by emotions
- Involves our whole lives
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AND

HOW DOES THAT MAKE YOU FEEL?
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EXERCISE:

Mindfulness of Emotions Meditation Burdick, 2013 (pg 121-122)
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SELF-CARE: Ross & Halpern, 2009 suggests:

- Experiencing VT goes with the territory of working with trauma
- Duty to care rule to ourselves
- Create balance work, rest, and play
- Spend time with people you like
- Activities that nurture and sustain
- Explore, develop, and maintain philosophies, belief systems which are forms of self-expression
- Build a support system
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SELFCARE:  Ross & Halpern, 2009 suggest (cont’d):

- Starting or returning to therapy
- Maintain perspective
- Develop self-protective strategies
- Mindfulness exercises, visualization, meditation
- Appropriate sense of humor
- Positive modeling for our clients
- SELF-CARE is vital in the field of trauma
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YOUTUBE – STOP IT! Bob Newhart
"Sometimes the most ordinary things could be made extraordinary, simply by doing them with the right people."

Elizabeth Green
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Self-care: Hesse, 2002 defines it as:

- Actions
- Enhance, restore and/or maintain health
- Limit illness
- Preserve self
- Positive self-expression
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The University of Edinburgh in their self-care toolkit mention the following:

- Eat regularly
- Hydrate
- Sleep
- Be active
- Be mindful of your surroundings
- Keep learning
- Give (service) not work related
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The University of Edinburgh in their self-care toolkit mention the following (cont’d):

- Positive self-talk
- Say no
- Share with others
- Make a mantra/affirmation(s)
- Be creative
- Breathe and stretch
- Clear and clean your space
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Activity: On a scale of 1 (none) to 10 (excellent) How well do you currently take care of yourself?

- Exercise
- Eating patterns
- Time in nature
- Relationships
- Recreation
- Hobbies
- Relaxation
- Stress management
- Religious/spiritual
- Service to others
- Unplug

Looking at the same list. Where would you like to be? [Using the same scale]
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Dr Gregory Moffatt, 2018 in an article for Counseling Today cited the following:

- Therapist, teacher, writer
- 20-year marriage
- Children and friends
- You might be a good therapist, but you don’t know how to practice it at home
- Bizarre paradox
- Self-assessment, self-awareness
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Dr Gregory Moffatt, 2018 in an article for Counseling Today cited the following (cont’d):

- Do not wait for a crisis
- Play
- Know our limits, keep boundaries
- Not immune to crisis
- Supervision, consultation, or mentor
- American Counseling Association guidelines: Self-care
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Blount, Lambie, Kissinger (2016)

- Therapist, heal thyself
- Awareness
- Unreasonable and impossible
- Perceived wellness
- Aspirational wellness
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Blount, Lambie, Kissinger (2016) [cont’d]

- Helping Professional Wellness Discrepancy Scale (HPWDS)
- Professional and personal development
- Religion/spirituality
- Leisure activities
- Burnout
- Optimism
Gerard Lawson and Jane Myers (2011) cited the following key career sustaining behaviors:

- Maintaining a sense of humor
- Spending time with your partner/family/friend
- Maintaining a balance between professional and personal
- Maintaining self-awareness
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Gerard Lawson (2007) cited the following key career sustaining behaviors (cont’d):

- Maintaining a sense of control over work responsibilities
- Reflecting on positive experiences
- Trying to maintain objectivity
- Engaging in quiet leisure activities
- Maintaining professional identity
- Participating in continuing education
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Elder, Norris and Morgan (2022) responded to the pandemic fatigue with the following:

- Utilize parallel processes
- Practice compassion more and empathy less
- Define personal space and time
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If we have time, final exercise:

How are you going to use three of the items from this presentation in your daily life?
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Resources


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Resources (cont’d)


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Resources (cont’d)


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Resources (cont’d)


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