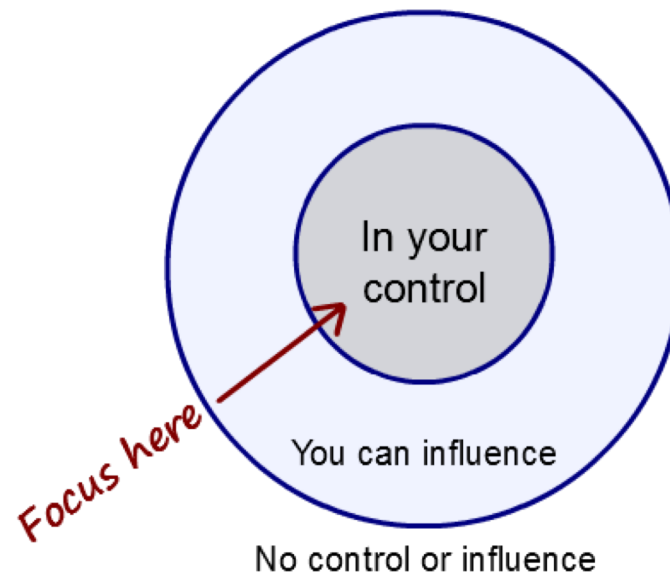


Webinar Series:
*Self Care, Resiliency and Compassion Fatigue
in Student Support and Educational Services*

Webinar Eleven:

The zone of control and influence





“Beyond Kale and Pedicures”

Beyond Kale and Pedicures: Can We Beat Burnout and Compassion Fatigue?

By Françoise Mathieu, M.Ed., CCC.

I have been locked out of the seminar room.

Peering through the glazing, I can see two dozen operating room nurses in scrubs, milling about inside the auditorium. The space is nearly full, and they are chatting and eating lunch. The session on compassion fatigue and self-care is about to begin, but the door is locked and I can't get in. I knock once, and then again a little bit louder. They can see me, but no one comes to the door.

Many of my audiences express growing frustration at working in a system that feels broken, and no amount of kale and yoga can fix that overnight.

Have car, will travel

I became a compassion fatigue specialist by accident, or rather, by necessity. I completed my counselling degree nearly 20 years ago and I was very fortunate in receiving first-rate training at Columbia University and at the University of Toronto. Our courses explored issues of racism, gender bias, addiction,









Bober & Regehr Study, 2006

Brief Treatment and Crisis Intervention Advance Access published December 30, 2005

Strategies for Reducing Secondary or Vicarious Trauma: Do They Work?

Ted Bober, MSW

Cheryl Regehr, PhD

This cross-sectional design study sought to assess whether therapists believed and engaged in commonly recommended forms of prevention for secondary and vicarious trauma and whether engaging in these activities resulted in lower levels of distress. In this study of 259 therapists, time spent with counseling trauma victims was the best predictor of trauma scores. Although participants generally believed in the usefulness of recommended coping strategies including leisure activities, self-care activities and supervision, these beliefs did not translate into time devoted to engaging in the activities. Most importantly, there was no association between time devoted to coping strategies and traumatic stress scores. Intervention strategies for trauma counselors that focus on education of therapists and augmenting coping skills unduly individualize the problem.

KEY WORDS: secondary traumatic stress, vicarious trauma, coping, self-care, supervision.



Bober & Regehr (2006)

Although subjects *believed* that leisure and self care would reduce their STS symptoms, that was not in fact the case:

Subjects did not engage in these self care practices more often when they believed in them,

and when they *did* take better care of themselves, it did not reduce their trauma scores.

Blaming the service providers



“If you had
better self care,
and work-life
balance....”

Bober & Regehr (2005)

We are an enthusiastic self-help culture...

LOSE THE WHEAT. LOSE THE WEIGHT,
AND FIND YOUR PATH BACK TO HEALTH.

NEW YORK
TIMES
BESTSELLER

WHEAT BELLY

WILLIAM DAVIS, MD



"Five simple rules. That's all.
Follow them." Gail Vaz-Oxlade

**PREET
BANERJEE**

**STOP
OVER-THINKING
YOUR MONEY!**

**THE FIVE
SIMPLE RULES
OF FINANCIAL
SUCCESS**



O
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Problem is....

We don't always follow through...

for ~~2012~~ ~~2013~~ 2014

1. Lose ^{more} weight again
2. Get fit next year
3. Give up alcohol ^{drink less}



**Research started showing that
reducing workload was
a good place to start...**



Problem is....



SO, is Self Care Enough...?



So, it turns out that....



+



≠



How do we fix this?



Kyle Killian, Traumatology, June 2008

Helping Till It Hurts
Study of Coping
and Self-Care
With Trauma

Kyle D. Killian

*Organizational changes
which offer “better
working conditions,
more control over their
schedule, good quality
supervision and a
reduced exposure to
trauma.”*

Heartland Family Services, Omaha



CAUTION...



Quiet, reserved and intentional. Nervous or concerned.
Please approach with caution.

I need _____.

~ZEN~



Problem-solving, content. Available.
Even-keeled. Stable. Harmonious.

I can _____.



Under a lot of work or personal stress.
Not emotionally available at this time

I need _____

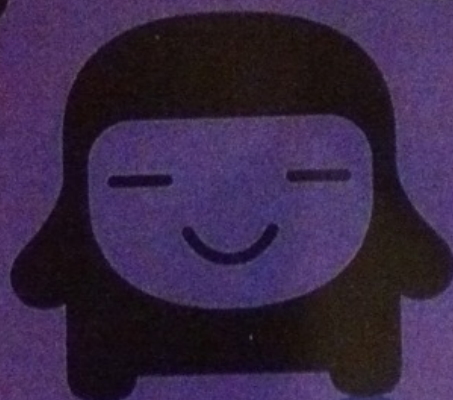
~GROOVY~



Very productive, feeling happy & positive.
How can I help out today?

I can _____.

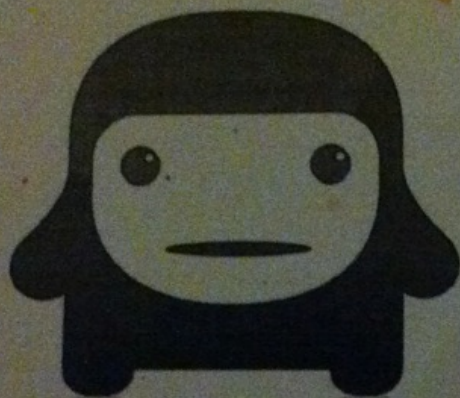
WOO-HOO!!!



It's my lucky day! Things are going a-OK!
Come bask in my glow, feel my energy!

I can _____

-NEUTRAL-



Present and available. Focused and logical.

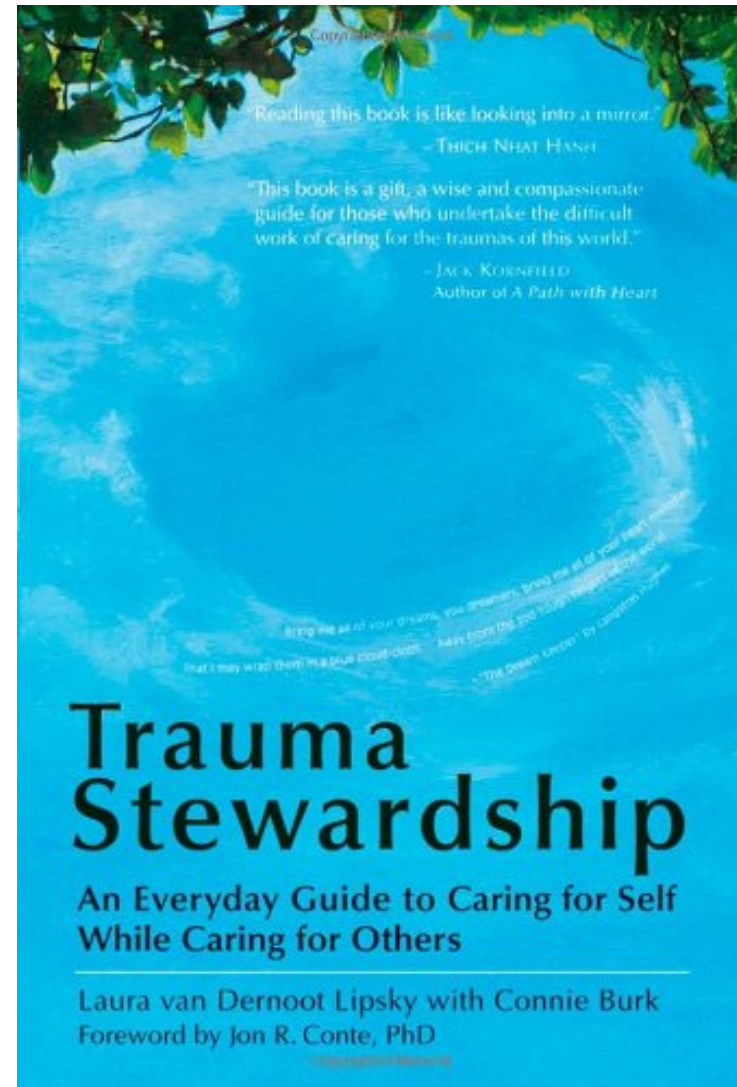
I need _____.

I can _____.

MY FAVORITE THINGS!

(Using a permanent marker, write some of your favorite things on this card—such as how you take your coffee, your favorite snack, your favorite sweet treat, etc. Feel free to use both sides of the card!)

Laura Van Dernoot Lipsky





Taking personal responsibility

“People have to take personal accountability, and family and community and professional accountability to how they are contributing to increasing the suffering to parts of the web ...”



Taking personal responsibility

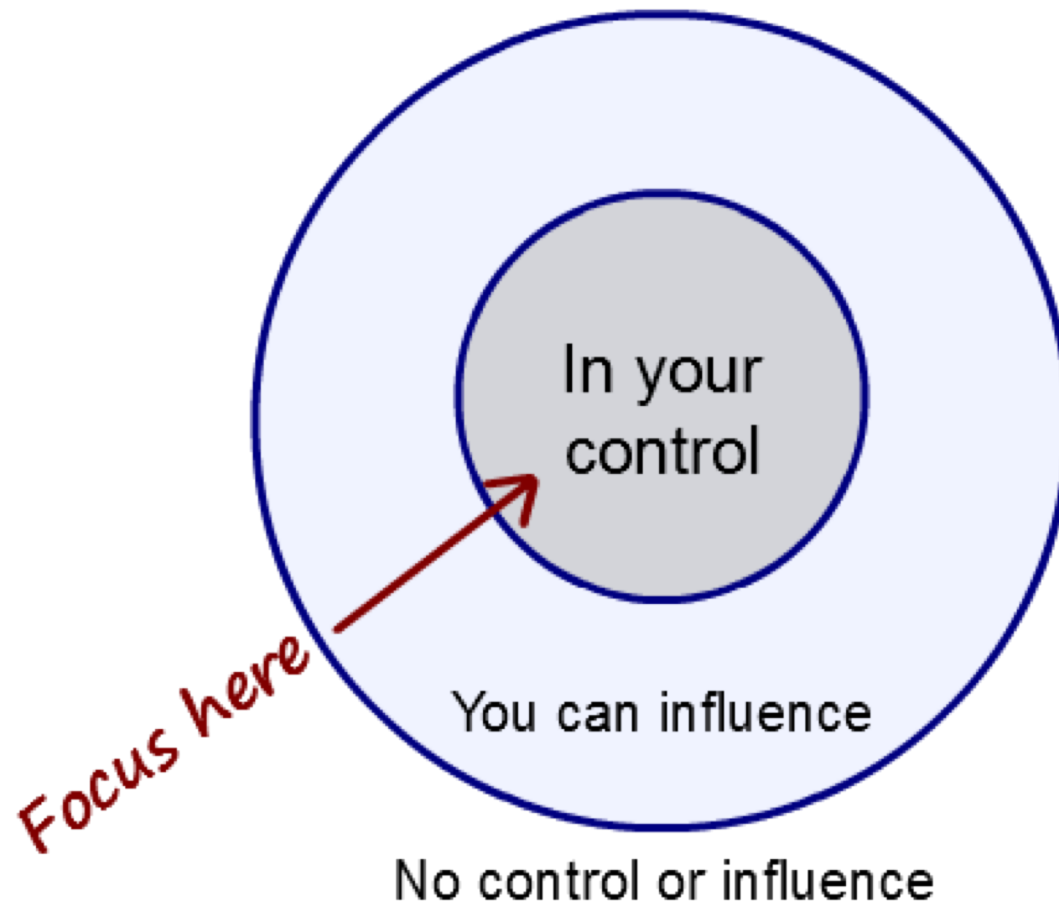
“...or how they are contributing to alleviating suffering, and we simultaneously really need to have an aspiration of how can we continue to make large scale long term change.”



“I think that we can take responsibility for our speech, our conduct and the daily decisions that we make about how we are going to engage in this work.”



What works?



What do we control?



Organization

Individual

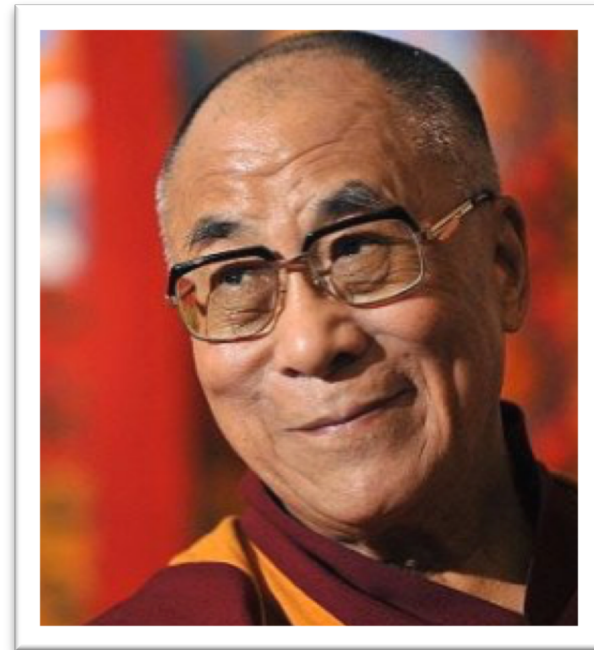
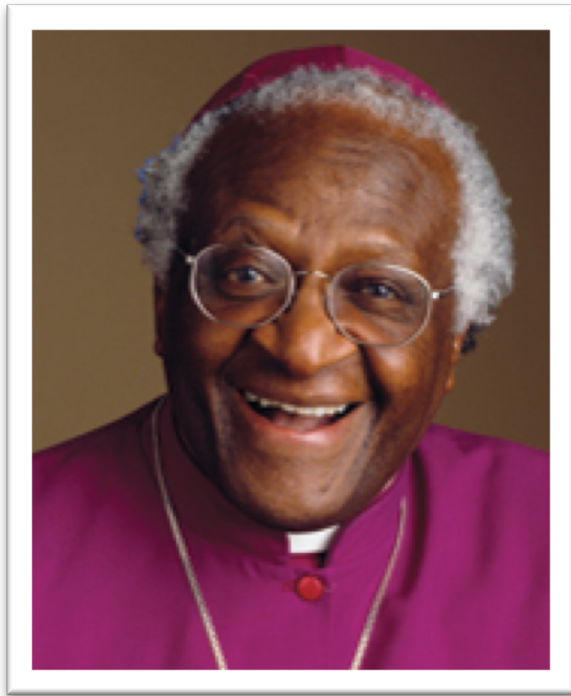
Professional

Reflection Activity

Velcro vs Teflon – what went well
in your day?



What commitment will you make to yourself?



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