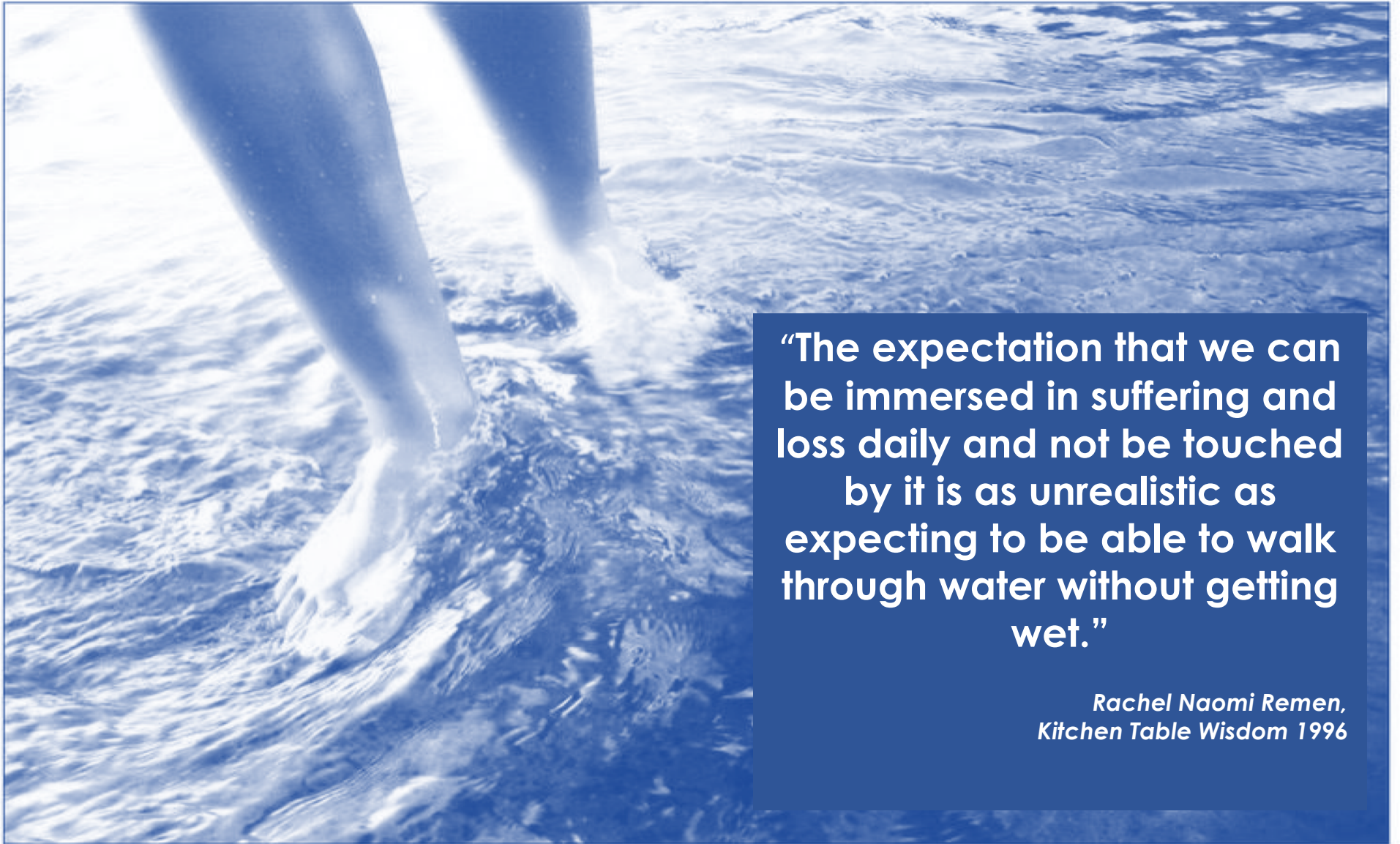


Webinar Series:
*Self Care, Resiliency and Compassion Fatigue
in Student Support and Educational Services*

Webinar Twelve: Mapping out an action plan at home and at work

By Françoise Mathieu, M.Ed. RP.





**"The expectation that we can
be immersed in suffering and
loss daily and not be touched
by it is as unrealistic as
expecting to be able to walk
through water without getting
wet."**

*Rachel Naomi Remen,
Kitchen Table Wisdom 1996*

Your Balance Map

Simplifying	Physical Health	Stress Relief
Reactions to Change	Social Support	Stimulating & engaging work and hobbies
<i>"Trauma stewardship"</i>	Managing occupational stress/resentmen	Giving Back

www.tendacademy.ca

What have we learned from highly resilient professionals?

Psychotherapy Theory, Research, Practice, Training
2009, Vol. 46, No. 2, 203–219

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0033-3204/09/\$12.00 DOI: 10.1037/a0016081

PREVENTING VICARIOUS TRAUMATIZATION OF MENTAL HEALTH THERAPISTS: IDENTIFYING PROTECTIVE PRACTICES

RICHARD L. HARRISON AND MARVIN J. WESTWOOD
University of British Columbia

This qualitative study identified protective practices that mitigate risks of vicarious traumatization (VT) among mental health therapists. The sample included six peer-nominated master therapists, who responded to the question, "How do you manage to sustain your personal and professional well-being, given the challenges of your work with seriously trau-

bility shared by employers, educators, professional bodies, and individual practitioners to address this serious problem. The novel finding that empathic engagement with traumatized clients appeared to be protective challenges previous conceptualizations of VT and points to exciting new directions for research, theory, training, and practice.

be disseminated broadly.

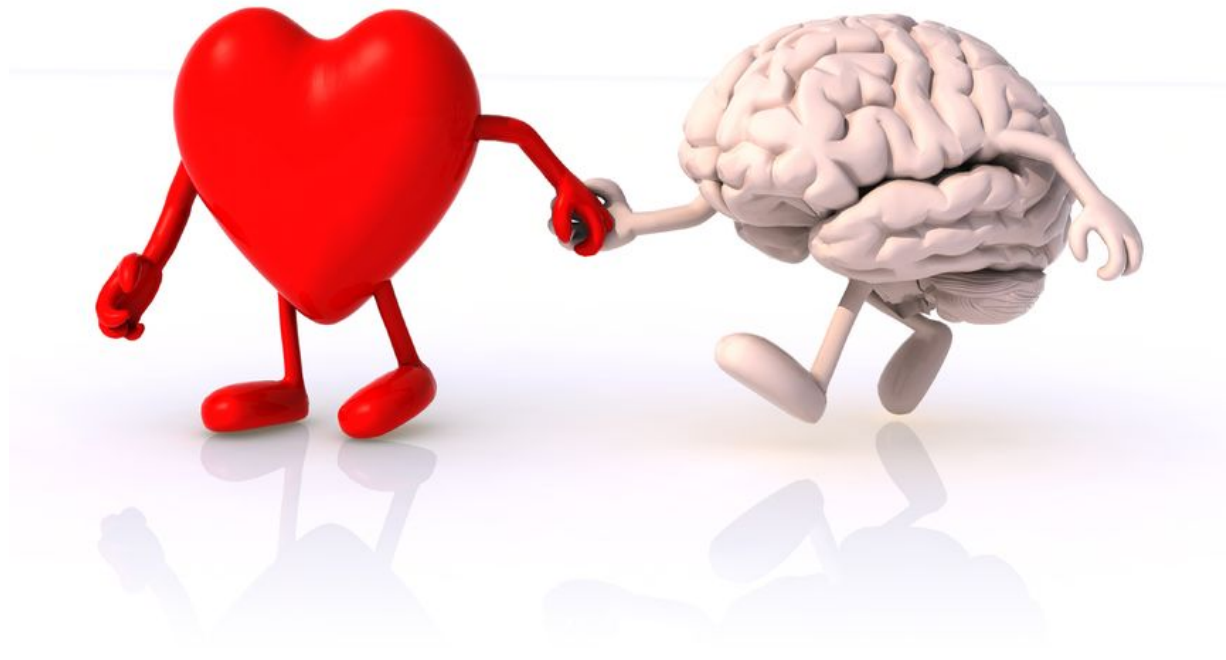
Key findings

- Social support
- Diversity of roles

(Harrison & Westwood 2009)

Key findings

- Mindfulness “dual awareness”



(Harrison & Westwood 2009)

Key findings

- Self Care
- Optimism
- Clear boundaries

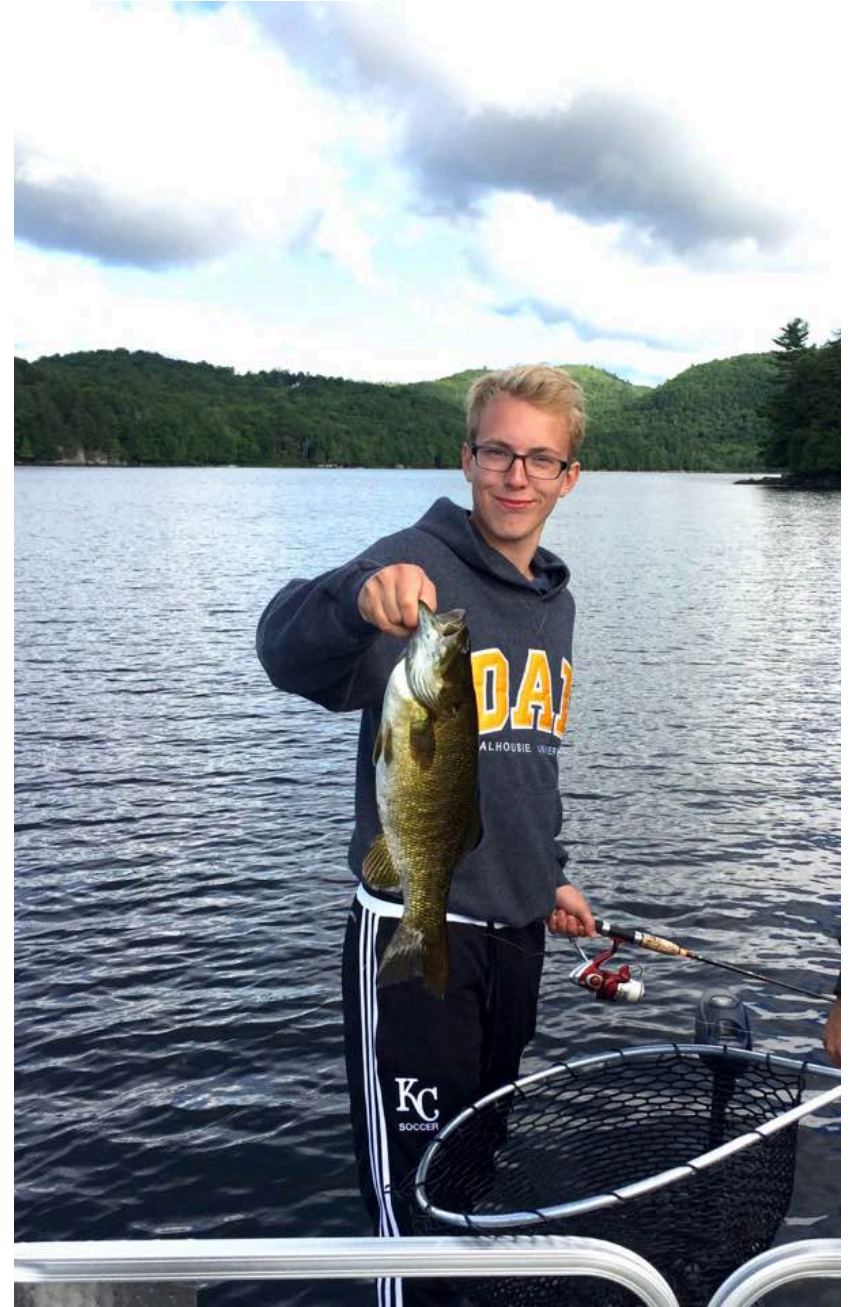
(Harrison & Westwood 2009)

Key findings

- “Exquisite Empathy” – Caring just the right amount
- Having a life outside of work
- Feeling competent professionally

(Harrison & Westwood 2009)

Have a life!











“Dig where the ground is soft”: Where can you start?

THE COMPLEX STRESS MODEL



Multiple Exposure: Increased Risk

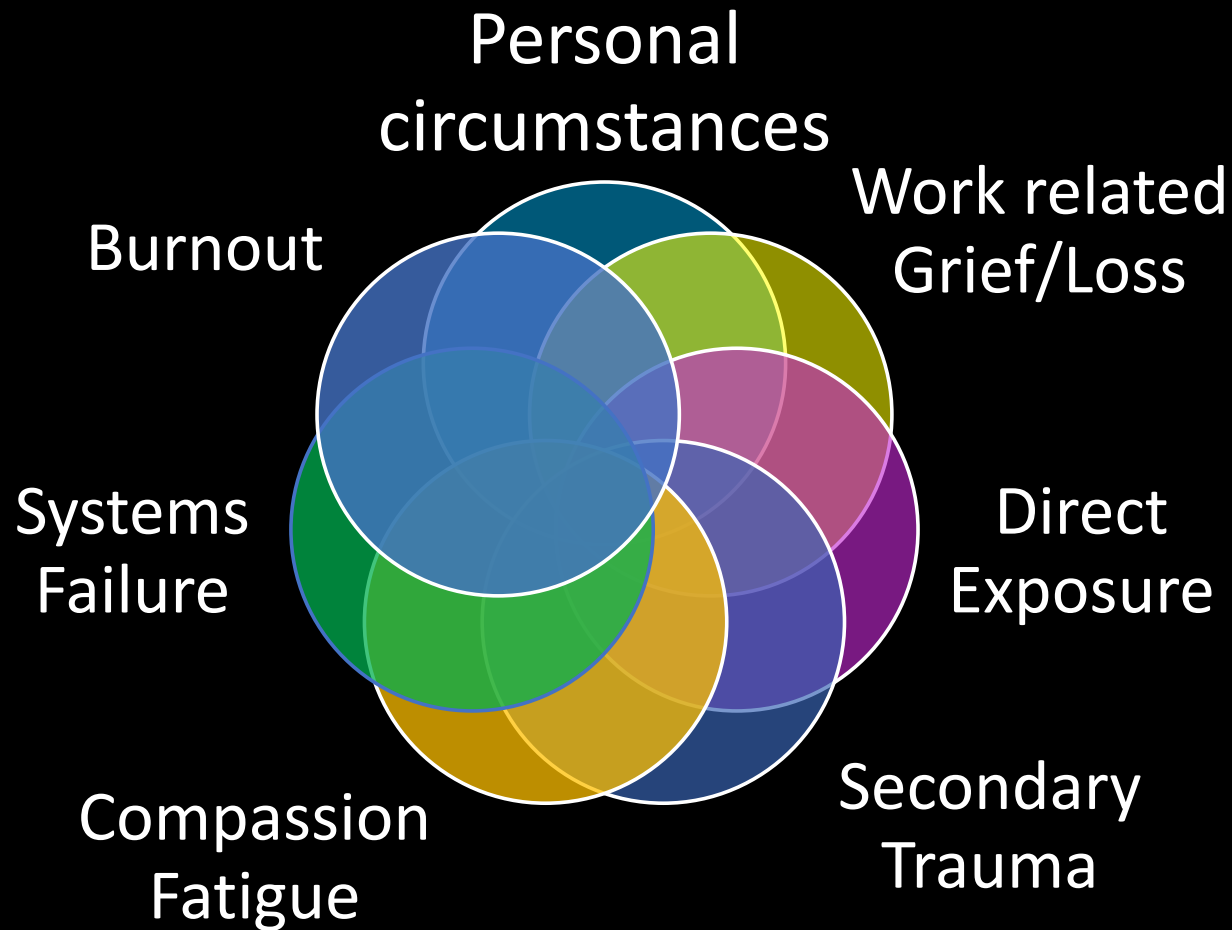
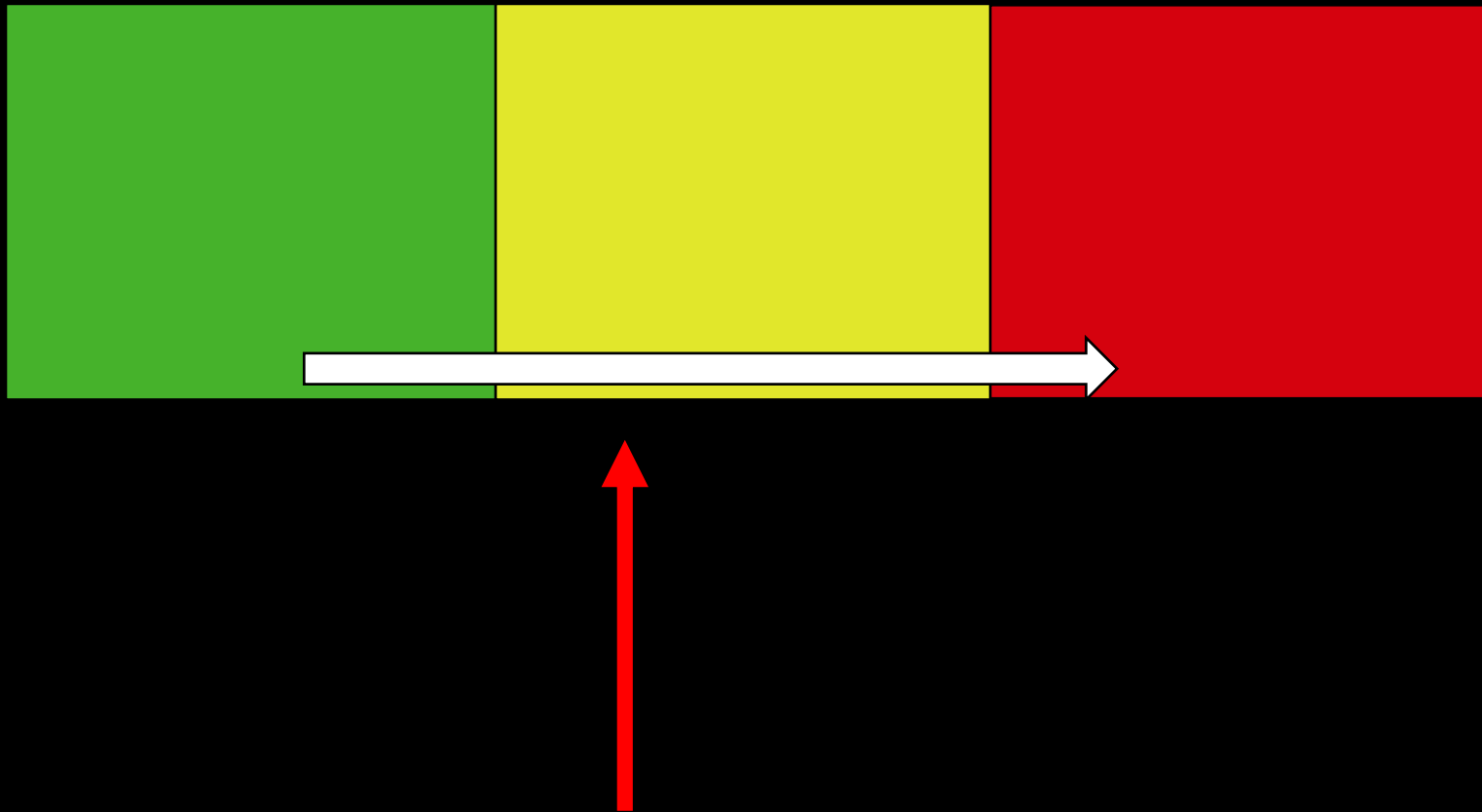


Image courtesy of Dr L.A. Ross, UCLA

Your Warning Signs







HOT WALK AND TALK

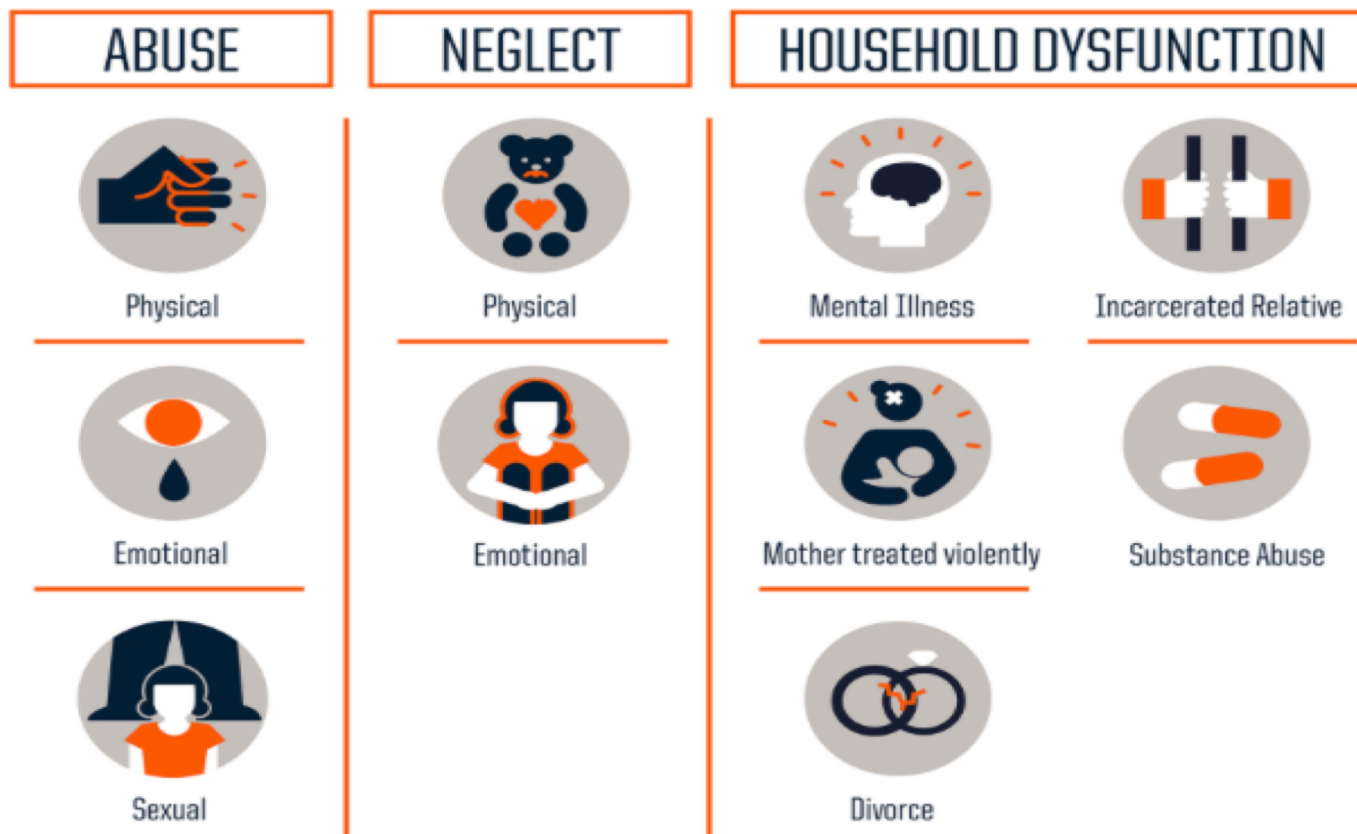
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Processing and Resetting



Adverse Childhood Experiences Study

Three Types of ACEs



Source: Centers for Disease Control and Prevention

Credit: Robert Wood Johnson Foundation

BEHAVIOR



Lack of physical activity



Smoking



Alcoholism



Drug use



Missed work

PHYSICAL & MENTAL HEALTH



Severe obesity



Diabetes



Depression



Suicide attempts



STDs



Heart disease



Cancer



Stroke

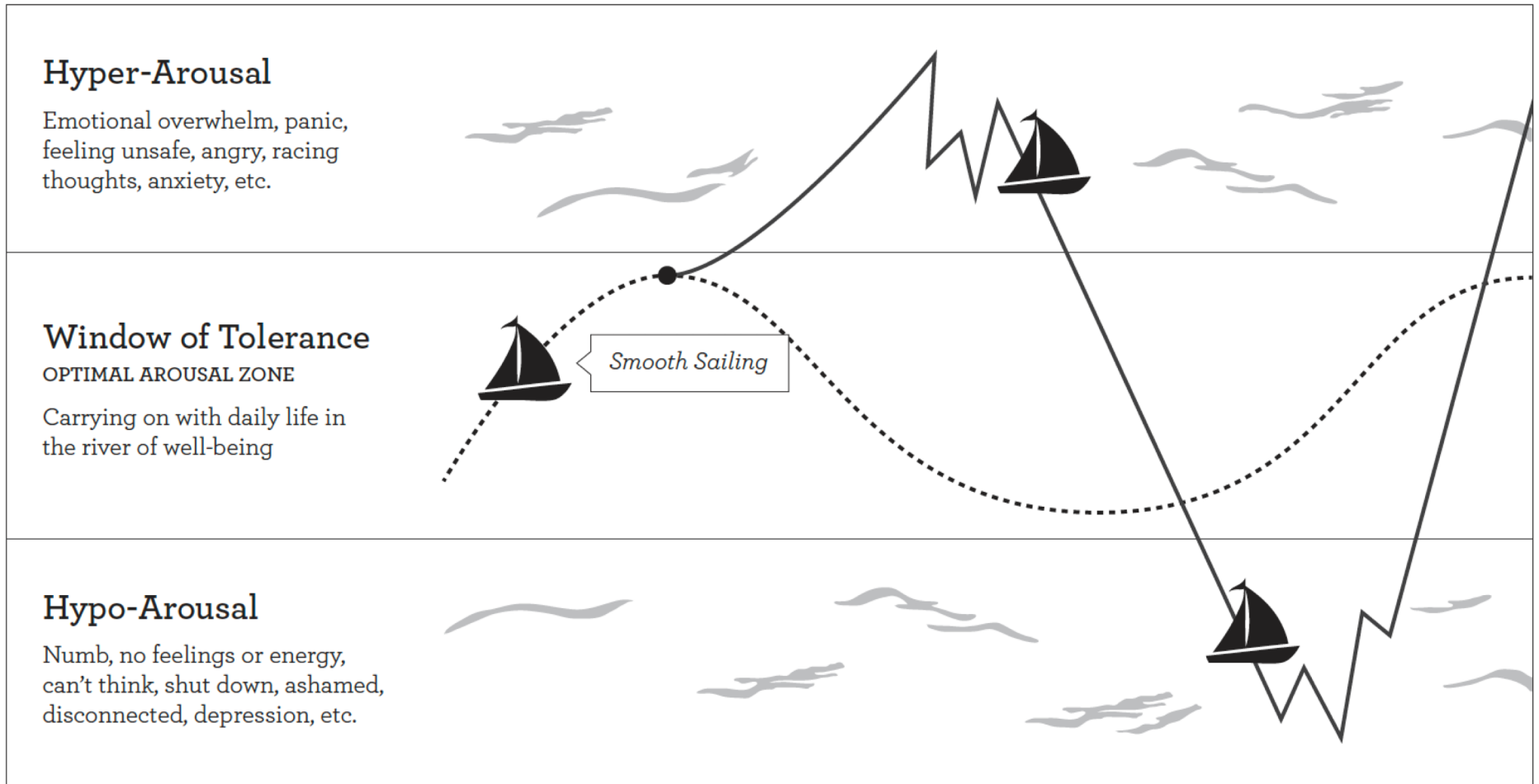


COPD



Broken bones

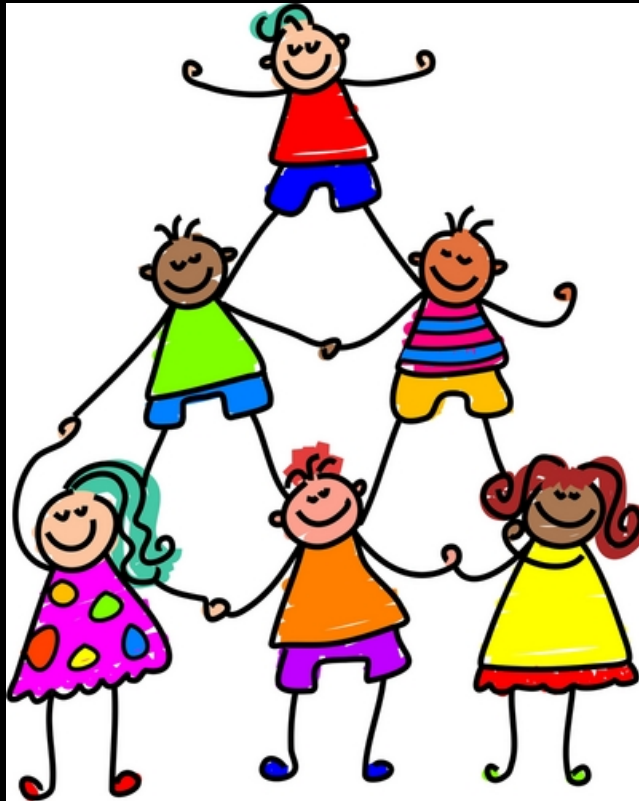
WTF



Source: mast.stmichaelshospital.com

Stress at Work

Develop Positive Alliances

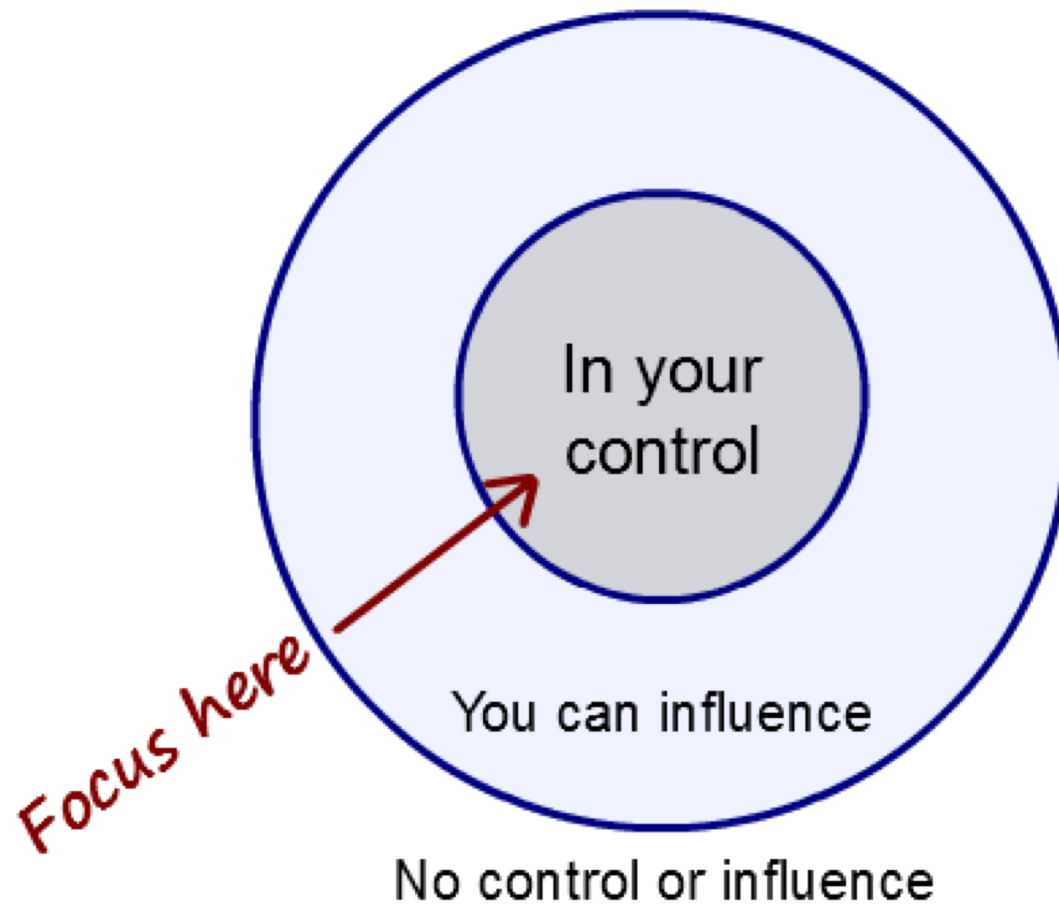


"the most significant factor associated with compassion satisfaction" Killian (2008)

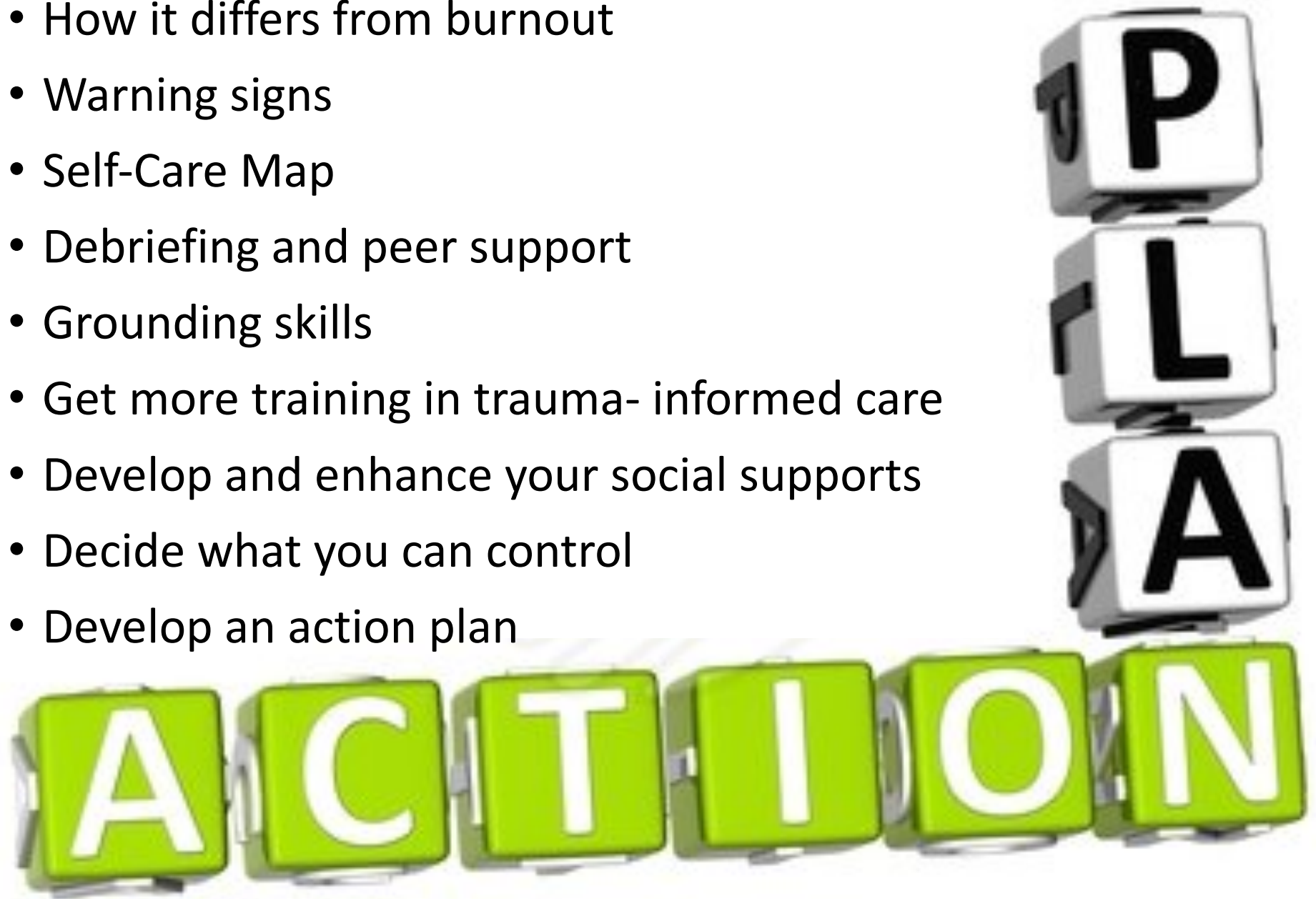
Create or restore your social supports



What works?



- Understand what compassion fatigue is
- How it differs from burnout
- Warning signs
- Self-Care Map
- Debriefing and peer support
- Grounding skills
- Get more training in trauma- informed care
- Develop and enhance your social supports
- Decide what you can control
- Develop an action plan



Get off the train, and
get some help



What's at Stake?

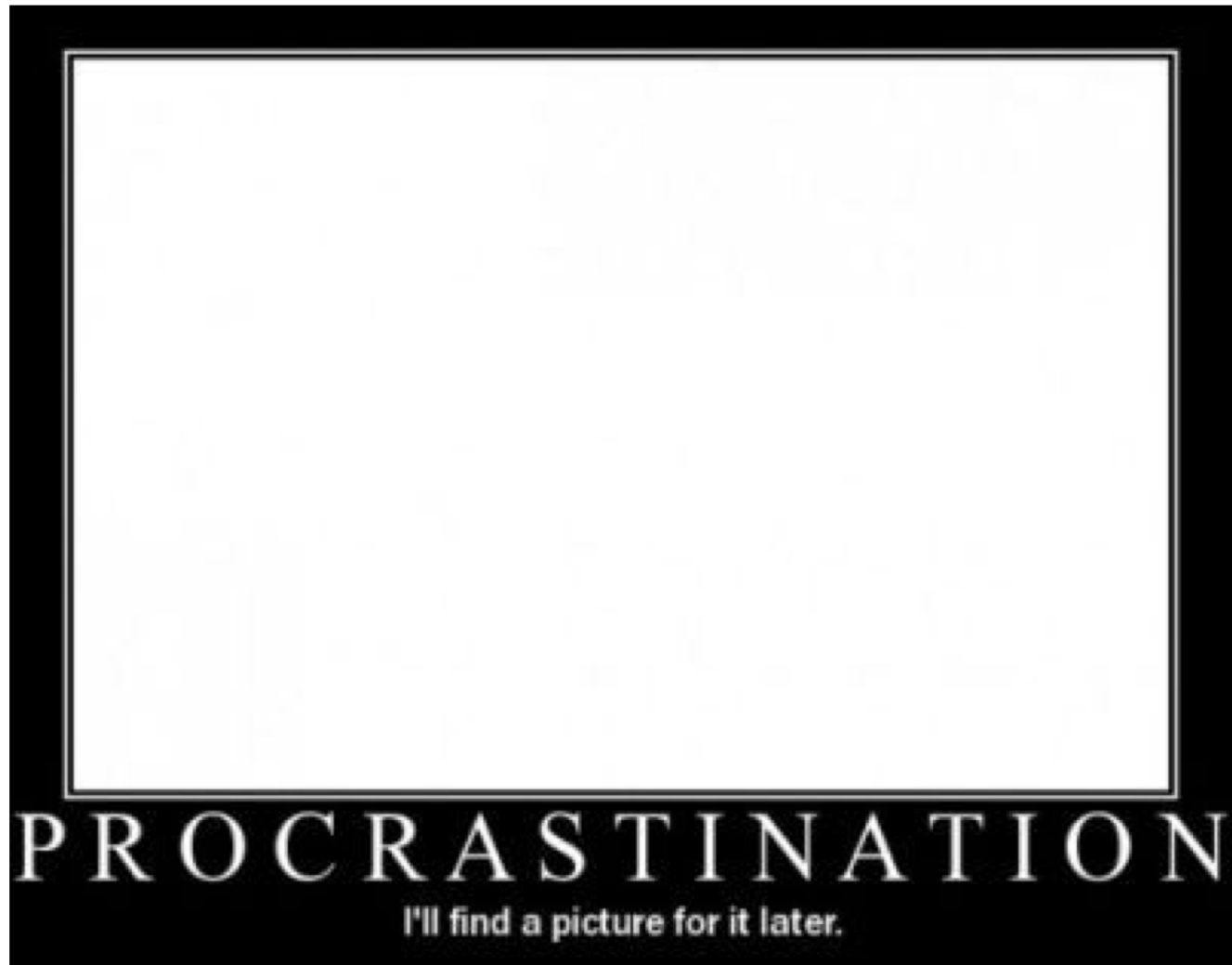
Personally

Societally

Professionally

Making a 1% change





Starfish Story



Questions

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