

# Module 8

## Self-Care and Personal Development

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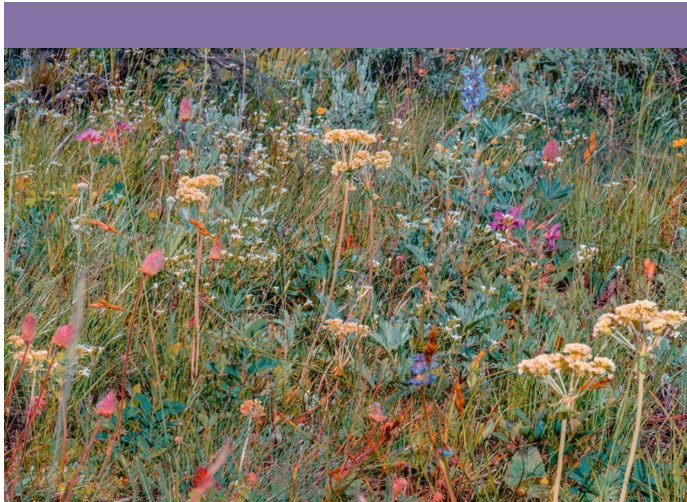


# FUNDAMENTALS OF PAT



# Group Agreements

# CENTRE



CONFIDENTIALITY



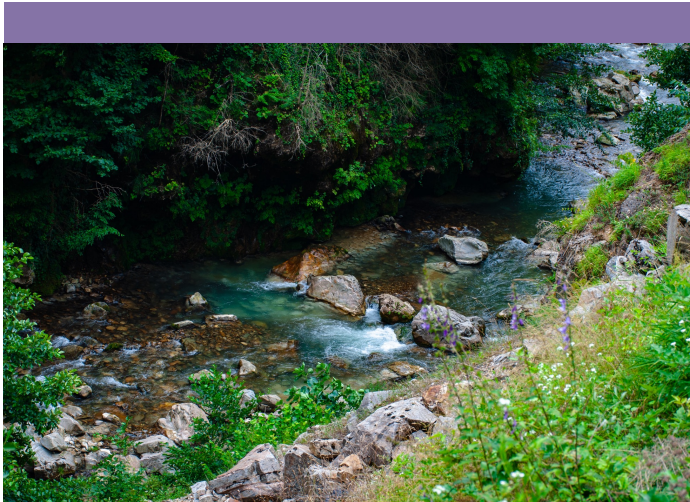
ENGAGEMENT



NON-JUDGMENTAL  
LISTENING

# Group Agreements

# CENTRE



TIMELINESS

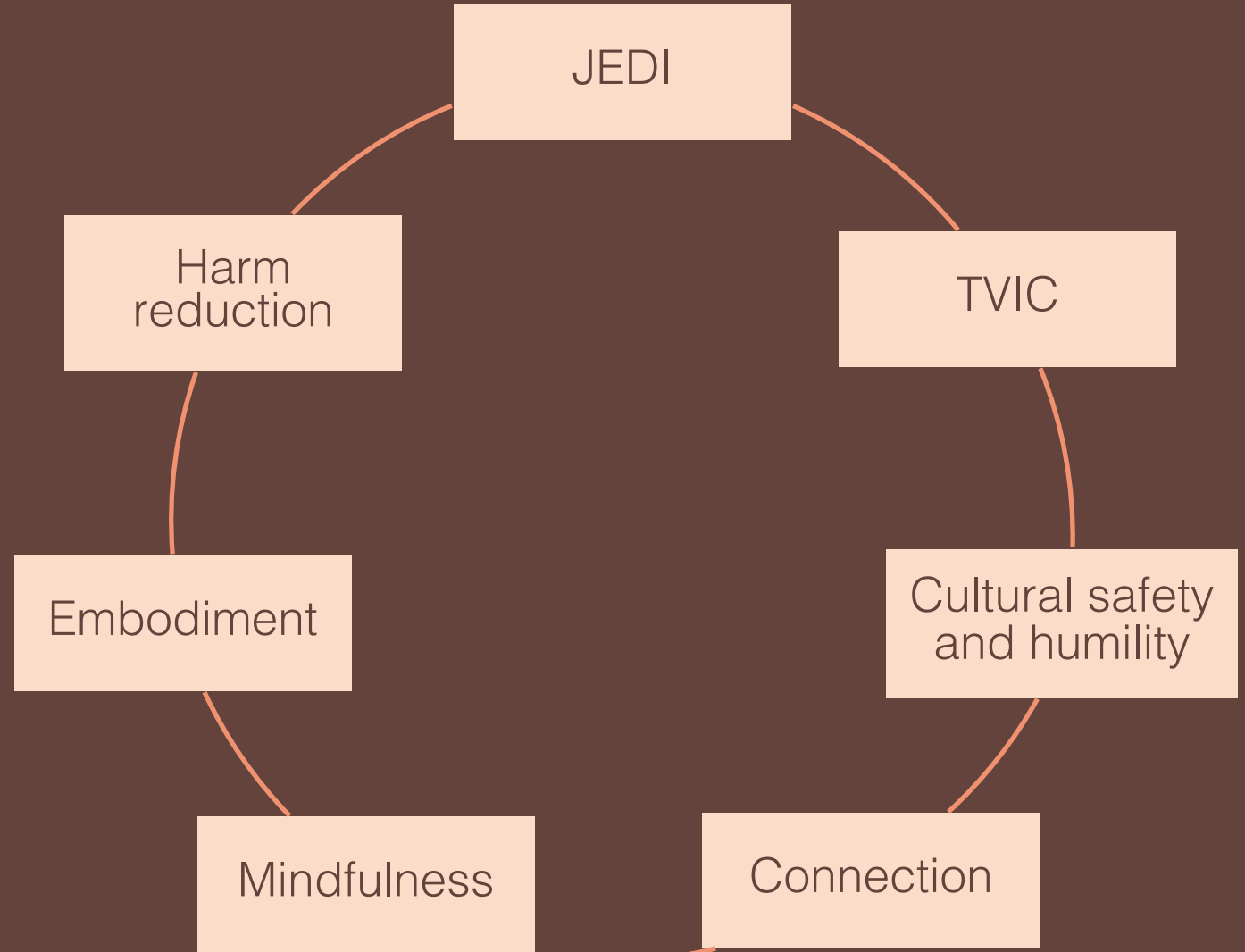


RIGHT TO PASS



EQUITY

# SEVEN GUIDING PRINCIPLES



# AGENDA

Welcome and opening	01
Metta practice	02
Defining burnout and self-care	03
Small and large group discussion	04
Self-care pro tips from people who've had to use them	05
Small group reflection exercise	06
Open Q & A period	07
Close	08

# Self-Care

- The ability to refill and refuel oneself in ways that align with one's overall health
- Includes an attitude of caring towards oneself
- Not a luxury but a clinical and ethical imperative
- Engagement in career-sustaining behaviours is linked to a greater sense of personal accomplishment and less tendency to depersonalize clients



# Burnout

- Burnout: Three dimensions (Maslach and Jackson, 1981)
  - Mental fatigue or emotional exhaustion & loss of empathy
  - Negative feelings and perceptions about the people one engages with in workplace, depersonalization
  - Decrease in feelings of personal accomplishment
- Response to prolonged stress in any profession, develops over time
- May show up as enmeshment or detachment from clients/patients
- Studies estimate that anywhere between 21 percent and 61 percent of mental health practitioners experience signs of burnout (Morse et al., 2012)

# Compassion fatigue, vicarious trauma

Mainly affects healthcare professionals

Cost of caring for others and their emotional pain, symptoms may include:

- Feeling overwhelmed, hopeless, helpless or powerless when hearing of others' suffering
- Feelings of anger, irritability, sadness and anxiety
- Feeling detached from our surroundings or from our physical or emotional experience
- Feeling emotionally, psychologically or physically exhausted, burnt out or numb
- Physical symptoms such as nausea, dizziness, headaches
- Reduced empathy
- Feeling hypersensitive or insensitive to stories we hear
- Limited tolerance for stress
- Self-isolation and withdrawal
- Relationship conflict
- Feeling less efficient or productive at work
- Reduced pleasure in activities we used to enjoy
- Difficulty sleeping and nightmares
- Difficulty concentrating, focusing or making decisions
- Self-medicating and increase in substance use



# Unique PAT considerations

- Prolonged Session Duration
  - Cultivating Endurance
- Amplified Arousal States
- Cultivating Regulation
- Increased Intimacy
  - Cultivating Capacity
- Amplified transference and counter-transference dynamics
  - Tracking counter-transference and enactment
- Co-therapy and interdisciplinary team-based care
  - Working Collaboratively

# Module 8 Small Groups

- Prior to meeting, each small group member is asked to develop an idea for a brief ritual or practice to invite other group members to participate in, as part of closure at the final small group meeting
- When your groups meet, each participant will share their idea with the other group members, and together you are invited to co-create a closing practice that incorporates all or some of these suggestions

# Honouring and Witnessing

