

Module 8

Self-Care and Personal Development

Facilitators:

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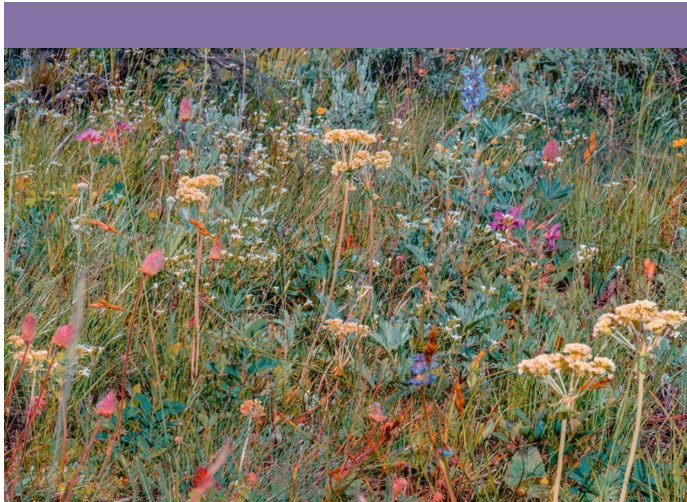


FUNDAMENTALS OF PAT



Group Agreements

CENTRE



CONFIDENTIALITY



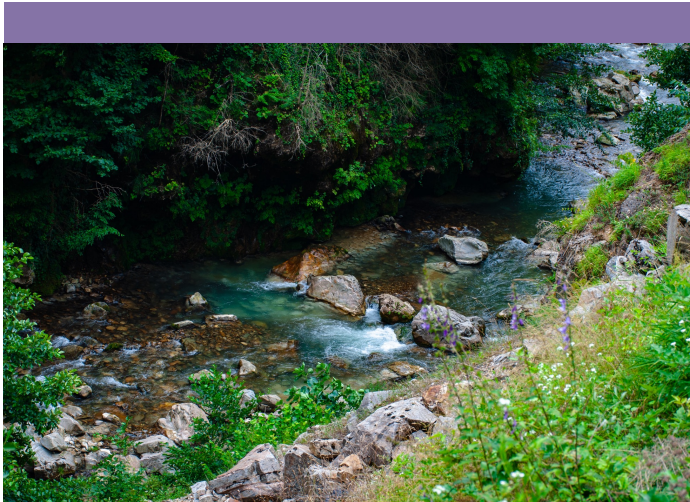
ENGAGEMENT



NON-JUDGMENTAL
LISTENING

Group Agreements

CENTRE



TIMELINESS

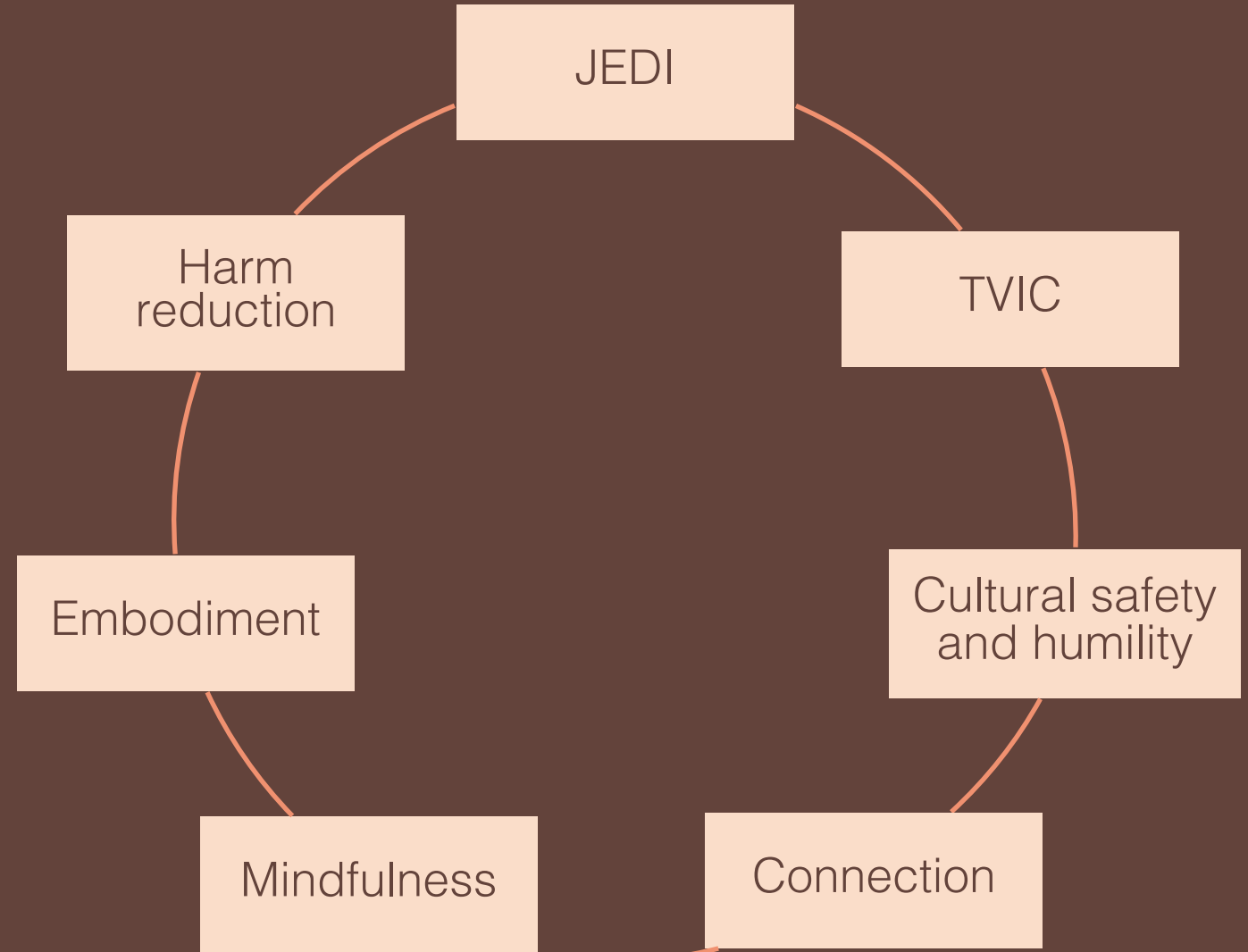


RIGHT TO PASS



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



My name is Michael Tan (he/him), and I'm the president and COO of Numinus. I'd love to connect with you if you'd like to explore ways to work with Numinus. For example:

- Setting up KAT and future PAT through Numinus network partnership
- Becoming a Numinus therapist
- Advocating for our training through the affiliation program

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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

