


**Care for Caregivers:  
Moving Beyond Self-Care**  
with Mindfulness &  
Sustainable Compassion Training

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# Layout

- Practice
  - Defining a few key terms
  - Practice
  - Signs & symptoms
  - Practice
  - Self –care & beyond
  
  - **GOAL:** Create opportunity for learning, new experience, and integration considerations~
- 



# Practice





# Defining a few key terms




# Key Terms

## **Compassion Fatigue (CF)**

- a gradual erosion of empathy, hope, and compassion – the very tools we use in our work – toward self and others


## **Vicarious Traumatization (VT)**

- refers to the health care provider's identification with the traumatized person beyond the experience of the usual symptoms of CF
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# Some Key Terms cont.

## **Burnout**

- usually develops gradually and intensifies over time, culminating in emotional exhaustion and demoralization
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**Table Overview of Burnout, Compassion Fatigue and Vicarious Traumatization**

| <b>BURNOUT</b>   | <b>COMPASSION FATIGUE</b>   | <b>VICARIOUS TRAUMATIZATION</b>   |
|--|---|---|
| <p><b>HALLMARK SIGNS</b></p> <ul style="list-style-type: none"> <li>• Anger &amp; frustration</li> <li>• Fatigue</li> <li>• Negative reactions towards others</li> <li>• Cynicism</li> <li>• Negativity</li> <li>• Withdrawal</li> </ul> | <p><b>HALLMARK SIGNS</b></p> <ul style="list-style-type: none"> <li>• Sadness &amp; grief</li> <li>• Nightmares</li> <li>• Avoidance</li> <li>• Addiction</li> <li>• Somatic complaints</li> <li>• Increased psychological arousal</li> <li>• Changes in beliefs, expectations, assumptions</li> <li>• 'witness guilt'</li> <li>• Detachment</li> <li>• Decreased intimacy</li> </ul> | <p><b>HALLMARK SIGNS</b></p> <ul style="list-style-type: none"> <li>• Anxiety, sadness, confusion, apathy</li> <li>• Intrusive imagery</li> <li>• Somatic complaints</li> <li>• Loss of control, trust &amp; independence</li> <li>• Decreased capacity for intimacy</li> <li>• Relational disturbances (crossover to personal life)</li> </ul> |
| <p><b>SYMPTOMS</b></p> <ul style="list-style-type: none"> <li>• Physical</li> <li>• Psychological</li> <li>• Cognitive</li> <li>• Relational disturbances</li> </ul>   | <p><b>SYMPTOMS (mirror PTSD)</b></p> <ul style="list-style-type: none"> <li>• Physical</li> <li>• Psychological distress</li> <li>• Cognitive shifts</li> <li>• Relational disturbances</li> </ul>  | <p><b>SYMPTOMS (mirror PTSD)</b></p> <ul style="list-style-type: none"> <li>• Physical</li> <li>• Psychological distress</li> <li>• Cognitive shifts</li> <li>• Relational disturbances</li> <li>• **permanent alteration in individual's cognitive schema</li> </ul>   |

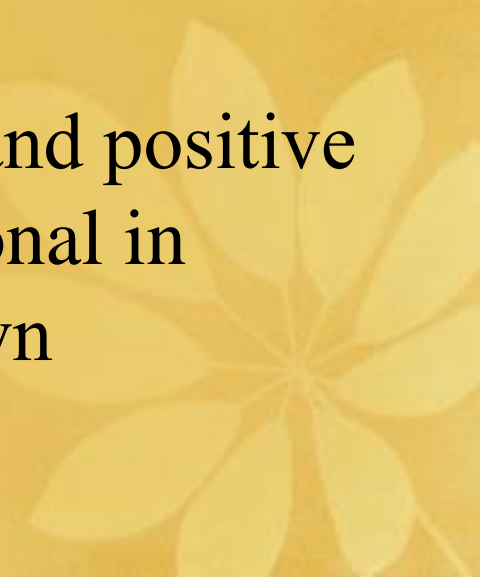


# **Some Key Terms cont.**

## **Compassion Satisfaction**

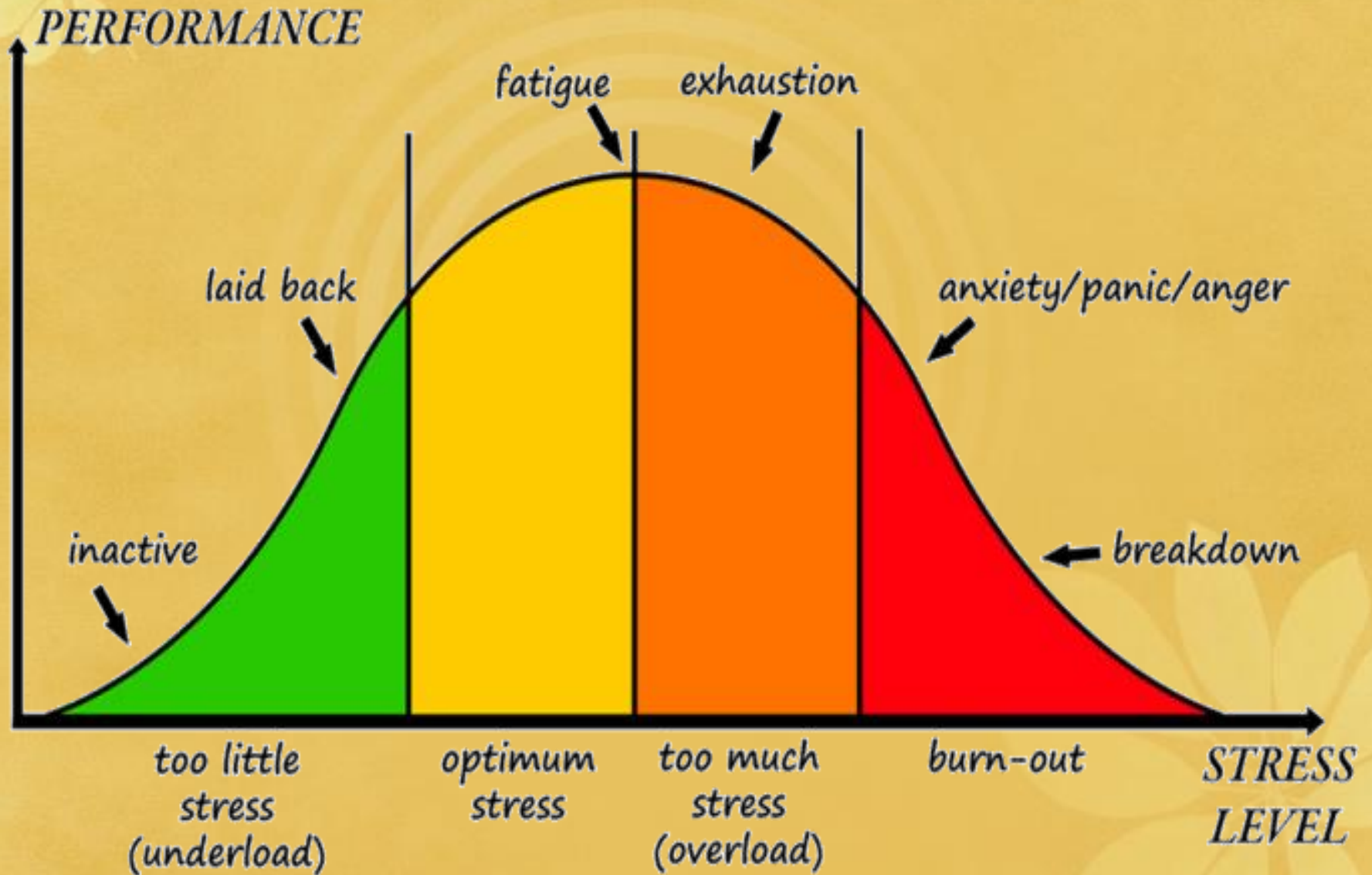
- the satisfaction that is derived from doing work that helps others, and it has been found to protect against the development of CF/STS in helping professionals

## **Vicarious Resilience**

- a process “characterized by a unique and positive effect that transforms helping professional in response to client trauma survivors’ own resilience
- 



# STRESS CURVE



# You've flipped your lid

MIDDLE PREFRONTAL CORTEX



Place your thumb in the middle of your palm as in this figure.

CEREBRAL CORTEX



MIDDLE PART OF THE PREFRONTAL CORTEX


BRAIN STEM

SPINAL CORD

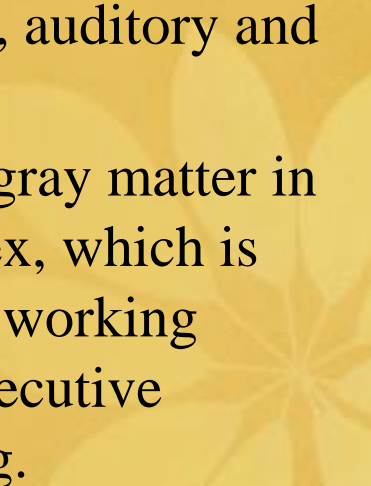
Now fold your fingers over your thumb as the cortex is folded over the limbic areas of the brain.

**SNAKE!!!**





# Areas of the brain impacted by meditation

- Posterior cingulate – involved in mind wandering, and self relevance.
  - Left hippocampus – assists in learning, cognition, memory, and emotional regulation.
  - Temporo parietal junction (TPJ) – associated with perspective taking, empathy and compassion.
  - Amygdala – fight or flight part of the brain which is important for anxiety, fear and stress – got smaller.
  - Long-term meditators have an increased amount of gray matter in the insula and sensory regions, auditory and sensory cortex.
  - Also had more gray matter in the frontal cortex, which is associated with working memory and executive decision making.
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# Practice





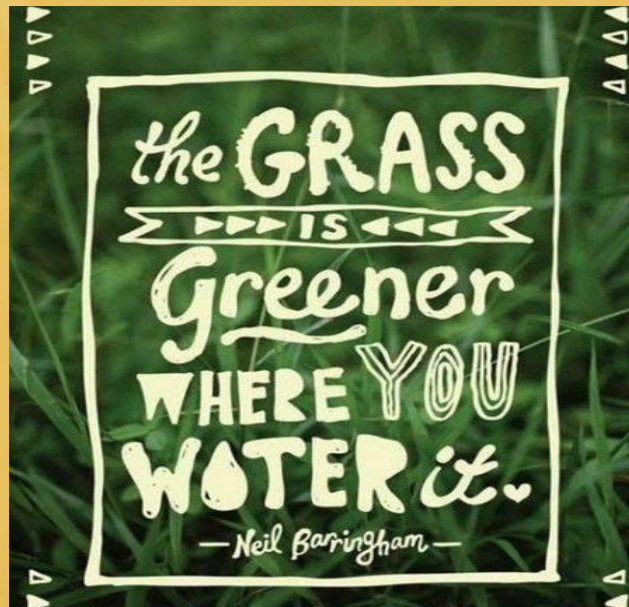
# ABC's of Prevention

- Awareness
    - best defense against these conditions is understanding of the phenomena themselves, their risk factors, and symptoms
  - Balance
    - self-care in & out of the workplace
  - Connection
    - break the conspiracy of silence
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# Balance

- Balance = Boundaries!
  - What's your plan B?
  - What message are you sending? Do you ever take time off
  - Attachment to outcome - the work is never done





# Connection

- Connection to others
- Connection to “joy in our lives”



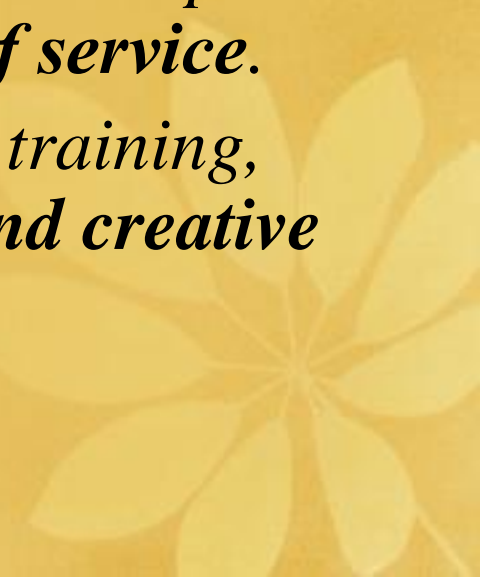


# Practice





# Moving Beyond Self-Care

- *Being beaten down by CF/STS/VT isn't inevitable, but having to address it constantly is.*
  - *Remember, first do no harm, to self!*
  - *The beauty & mystery of this work is that it isn't done (complete) until you stop doing it.*
  - *Breaking the conspiracy of silence is the first step toward reclaiming one's vigor & vision of service.*
  - *Meditation practices, such as compassion training, can serve as tools toward sustainability and creative efficacy.*
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*There are two ways of spreading light...*

*To be the candle...*

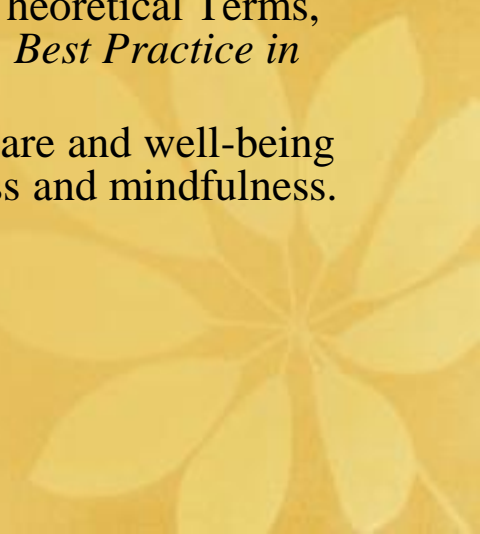
*Or to be the mirror that reflects it...*

*~ Edith Wharton ~*

FreeFoto.com

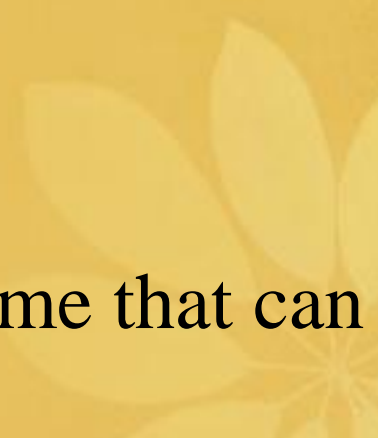


# Snapshot of references

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# A few resources

- <http://www.socialwork.buffalo.edu/students/self-care/measures.asp>
  - <http://www.karmatube.org/>
  - <http://www.helpguide.org/>
  - Lookup or “Like” on Facebook
    - Courage of Care
    - Foundation for a Better Life
    - Ted Talk: Jane McGonigal: The game that can give you 10 extra years of life
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*You are invited*

# A DAYLONG ACTIONSHOP

## **Foundations of Sustainable Compassion**

Contemplative practices of deep self-care  
for personal and systemic transformation

November 12, 2016

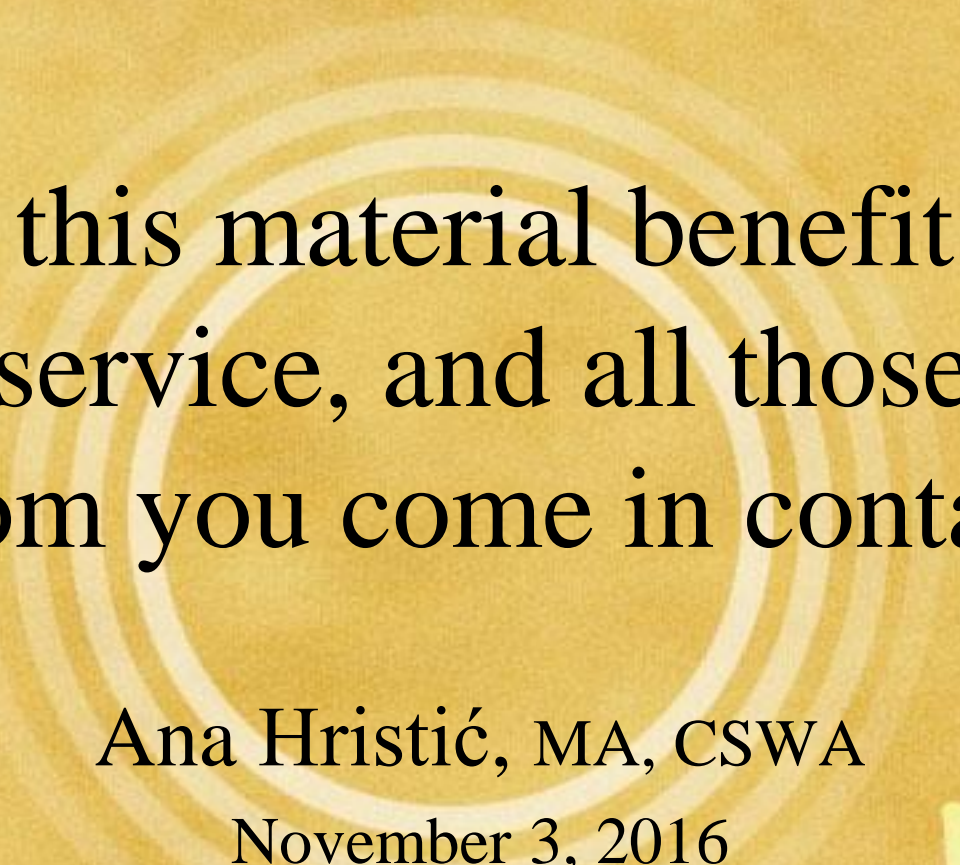

10-5pm

Om Movement Studio

14 NE 10<sup>th</sup> Ave. Portland, OR

***[www.CourageOfCare.org](http://www.CourageOfCare.org)***





May this material benefit you,  
your service, and all those with  
whom you come in contact~

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