

Healing the Healer :
Mindfulness as a doorway to **Understanding** and **Responding** to
Burnout, Compassion Fatigue, Rescue Fantasy, Vicarious Trauma
& Moral distress.

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Rural Physician Development Conference
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Learning Objectives:

At the end of this workshop participants will :

- Appreciate that Mindfulness is the foundation of our Human Curriculum.
- Have an understanding of what Mindfulness is and is not.
- Prepare an action plan to counteract these unhelpful aspects of their work. (Burnout, Compassion Fatigue, Rescue Fantasy, Vicarious Trauma, Moral distress)
- Take home a basic Mindful practice that will help them answer the question : “How am I being while I am doing my doing ?”

Drop in



Mindfulness : Process

Attention



Awareness



Choice



Intention



Wiser state of Mind

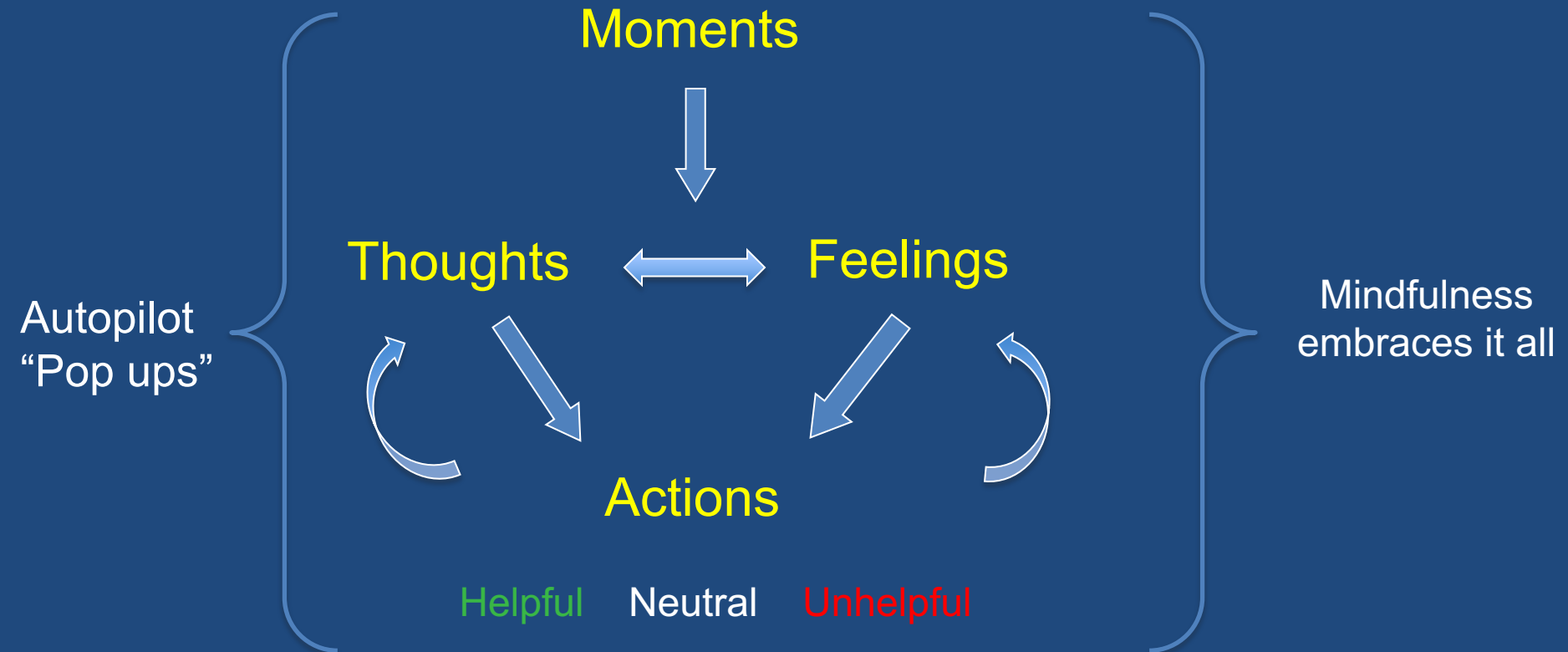


Wiser Action



Better Outcome = Human Curriculum = My Life

Mindfulness :Content

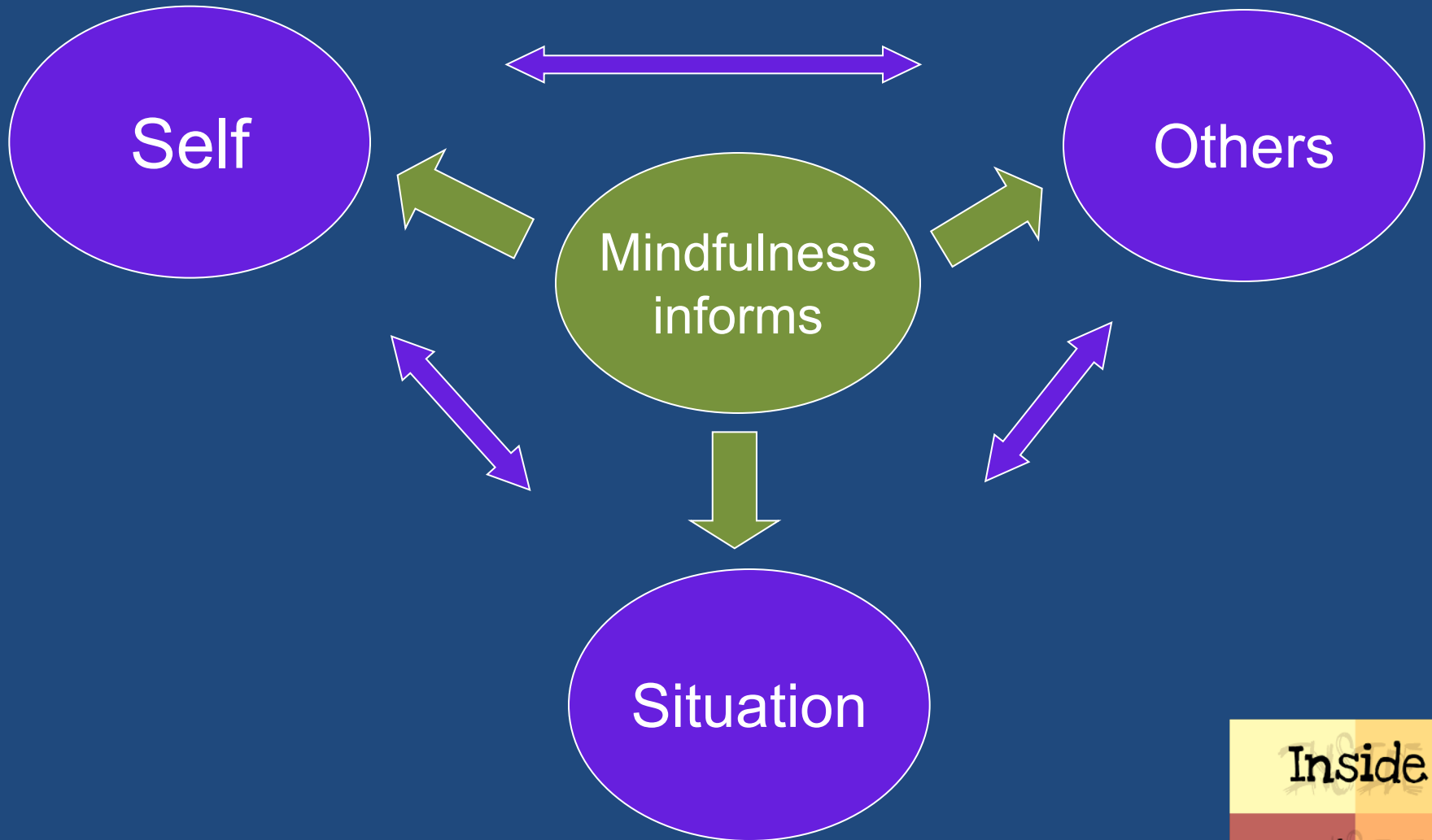


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What's Mindfulness got to do with my Life?



Inside

Outside

Mindfulness is not

Therapy

Religion

Meditation

Relaxation

Stopping thoughts

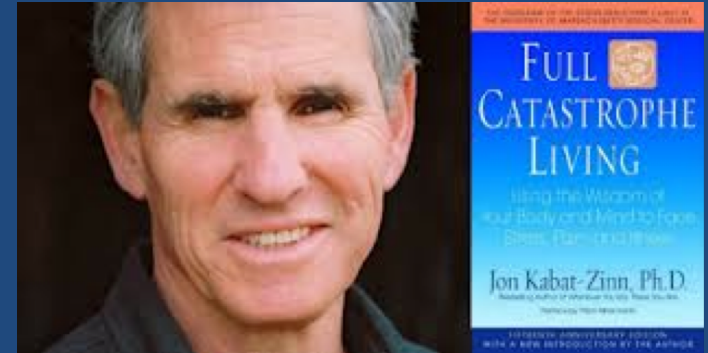
Emptying your mind

Behavior modification

Thinking about thinking



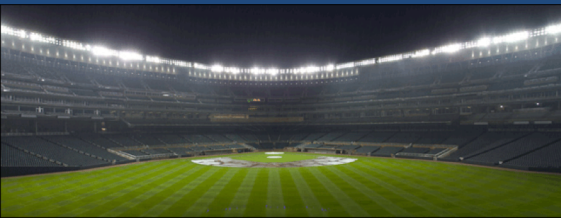
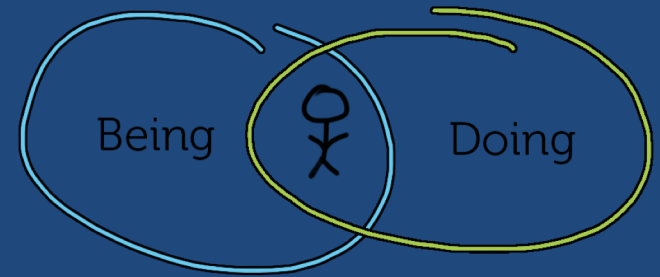
Jon Kabat-Zinn



- Moment to Moment, On purpose, Nonjudgmental, Awareness by paying Attention
- Formal, Informal and Intensive practice
- “An **awareness** of one’s **conduct** and the **quality of one’s relationships**, both **inwardly and outwardly**, in terms of their potential to cause harm, are intrinsic elements of the culture of Mindfulness
Jon Kabat-Zinn 2011

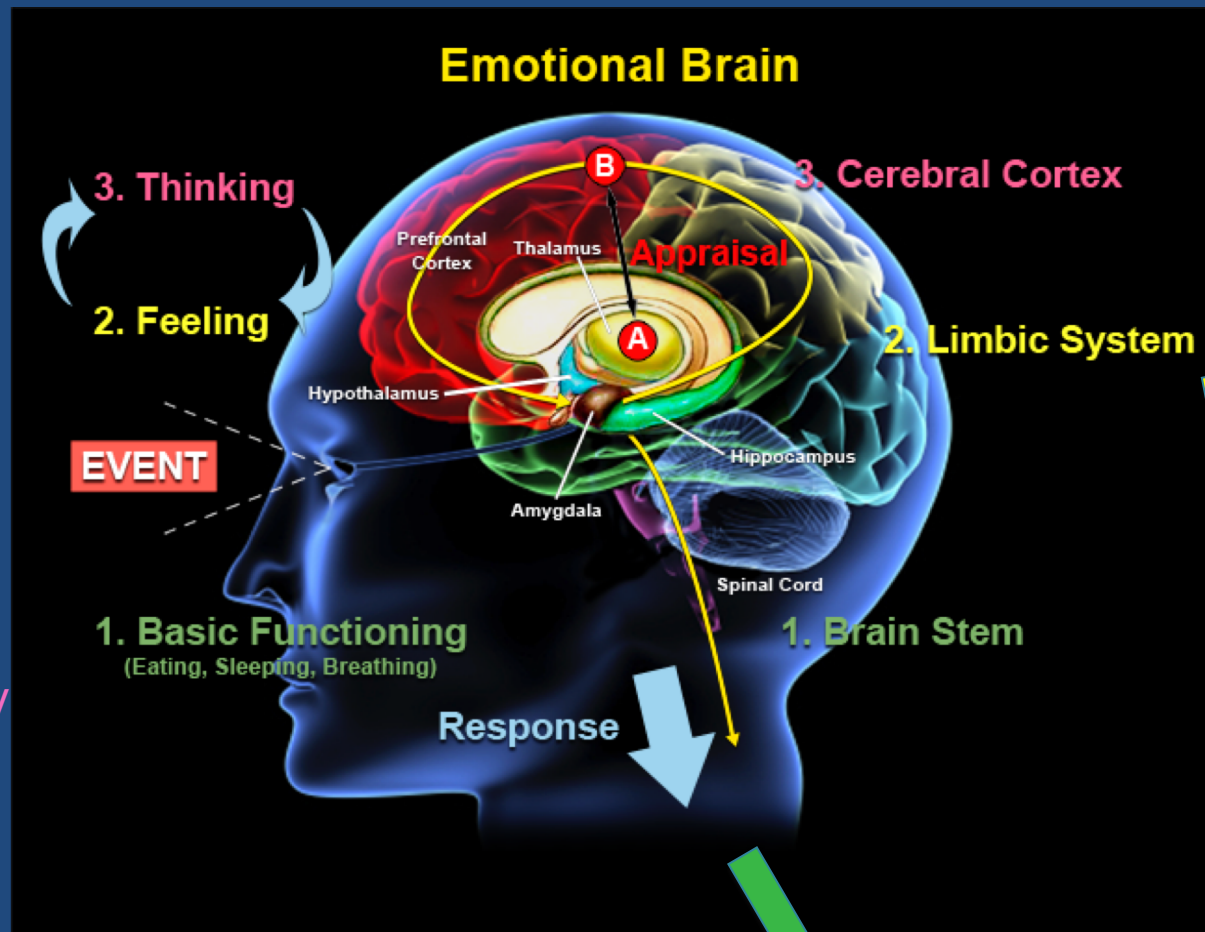
What is Mindfulness

- Inherent Human capacity
- End in itself and means to an end
- Process and Content
- How am I being while I am doing my doing ?



Basic Instruments of Being

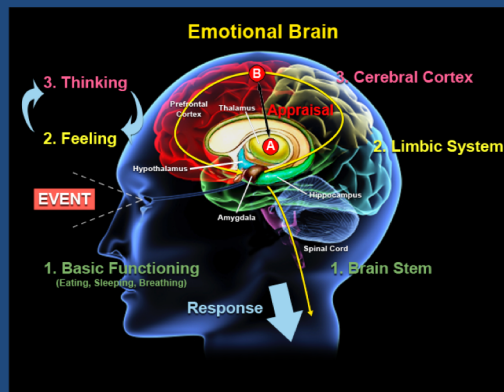
Alerting
Attention
Orienting
Creativity
Flexibility
Inhibition
Planning
Thinking
Organizing
Problem solving
Working memory



Memory
Processing
Friend or Foe

Fight, Flight, Freeze

The Orchestra of Mental Health



SOUL

SPIRIT

SOCIAL
(Others and Self)

MORAL(Good)

COGNITIVE
Reason

EMOTIONAL
Relate

BIOLOGY
Regulate



Meet your Emotions

JOY



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Burnout



- General term
- Any profession
- Boredom
- Cynicism
- Discouraged
- Unmotivated
- Lack of interest
- Lack of fulfilment
- Lack of enjoyment

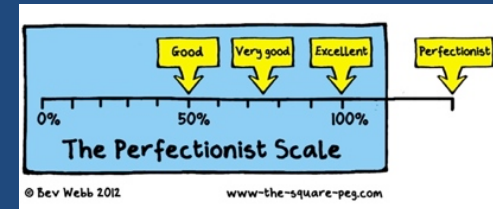
Clues

Compassion Fatigue

- Be with suffering
- Emotional component
- “I cannot hold the grief and suffering of the world “
- Arises when we...
 - Rescue fantasy and Perfectionism
 - No Self care

Rescue Fantasy

- It is my mission to fix and save everyone
- I am omnipotent, omniscient and have the ability to control everything all the time
- I am a failure if I cant
- It is my fault if others are not healed
- Perfectionism is unattainable = set up for failure = never feel good enough = give up or burn out trying



Vicarious Trauma

- Changes your view (“Frame of reference”) of humanity
- Beliefs, assumptions and expectations
- World is benign, life is meaningful, I am worthy and people are trustworthy, I am powerless, alienation
- Feel traumatized as if happening to me
- You start to act as if.....

Moral Distress

Moral distress

Knowing what is called for but not being able to do it

Boundaries

Recognizing who you are and being real

The Myth of Chiron



“The doctor is effective only when he himself is affected. Only the wounded physician heals.”

Carl Jung



<https://catherinenett.wordpress.com/tag/wounded-healer/>
Jean-Baptiste Regnault (1754- 1829)

Process and Content

- Finding balance in the Inner and Outer world
- Navigating tough stuff, not getting rid of it
- Integrate and transform the experiences
- Healing our own wounds
- Nourishing our garden
- Letting go



Risk and Resiliency Factors

Personal

- Development and trauma
- Calling
- Compulsive
- Perfectionistic
- Rescue fantasy with ambivalent results
- Boundaries
- Psychological health
- Non reciprocated giving and attentiveness
- Support systems
- Stress and coping skills

Risk and Resiliency Factors

Personal

- Countertransference – your unconscious or unresolved issues
 - “Your scars are rubbed anew”
 - “unconscious infection “
 - Judgmental, grief, horror, loss of control
 - Vulnerable
 - Retaliatory fantasies

Risk and Resiliency Factors

Professional

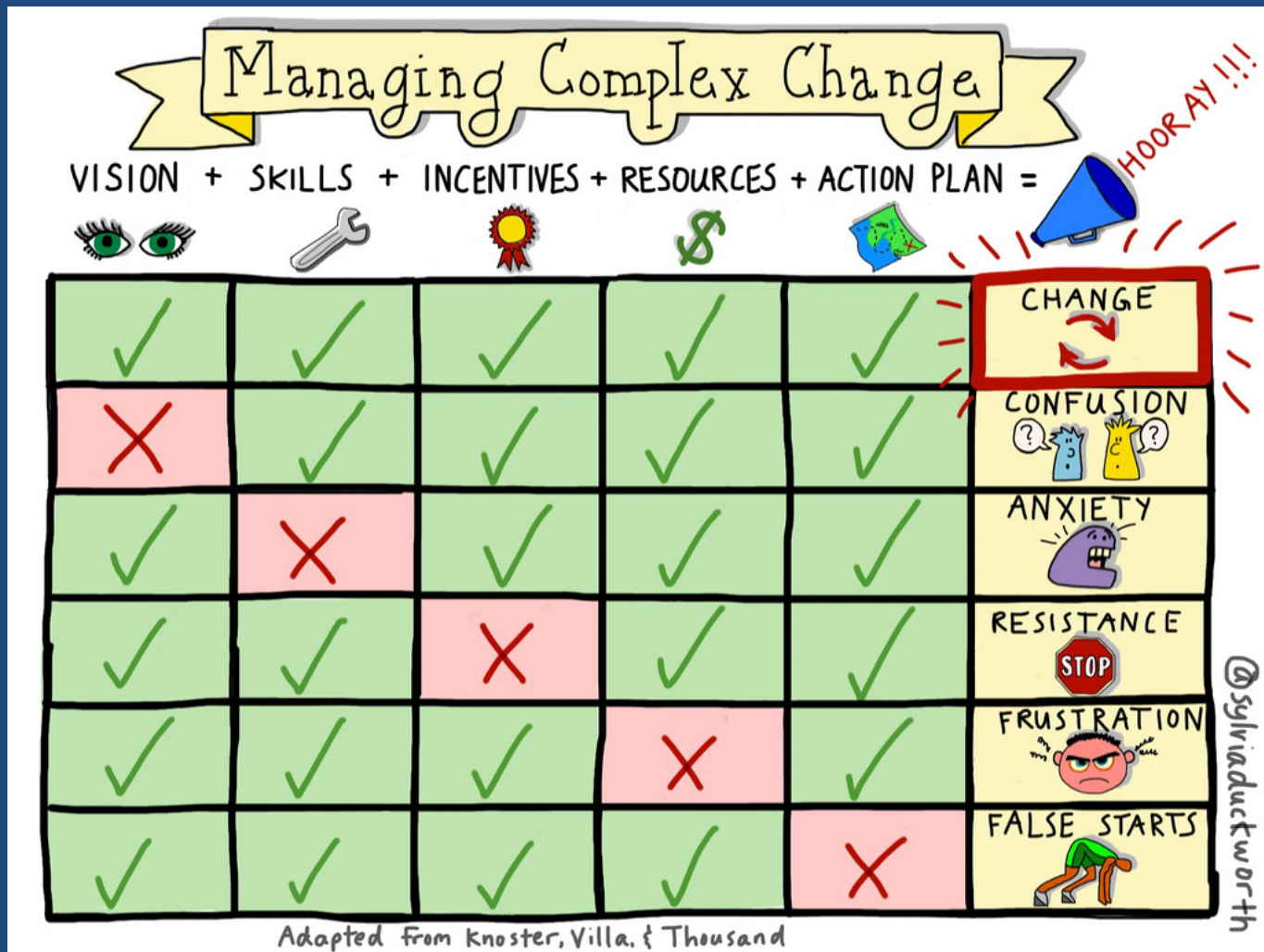
- Training (Depth, Breadth)
- Supervision
- Wellness of fit
- Learning opportunities
- Professional isolation

Work factors

- Long hours
- Volume of work
- Client population
- Opportunity for promotion
- Feeling valued and valuable

What energizes you and what drains you ?





Knoster, Villa & Thousand.(2000) A framework for thinking about systems change.

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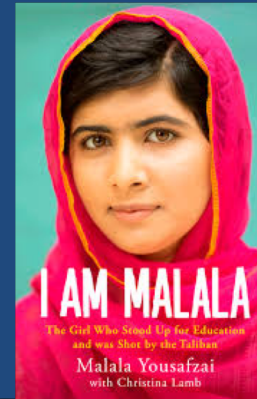
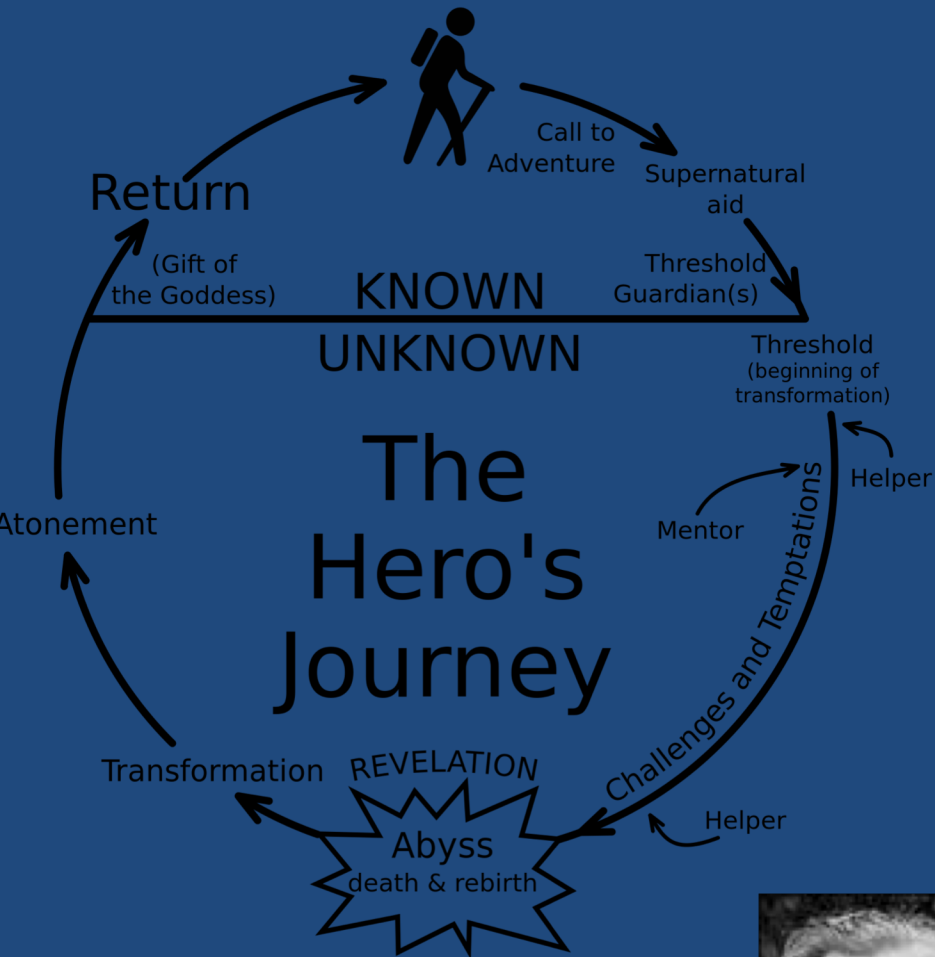
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Where do I begin ?

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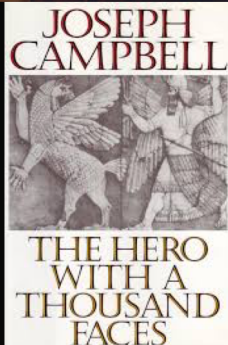


Hero's Journey : Joseph Campbell



"We must let go of the life we have planned, so as to accept the one that is waiting for us."

Joseph Campbell



Entering the forest



STOP & RAIN



Stop

Take a breath

Observe

Proceed



Recognize

Allow

Investigate

Natural arising

How do I know when I might be lost ?

When we have forgotten our Core Values :

- Stress
- Chaos
- Emptiness
- Spiritual hunger
- Meaninglessness
- Yearning for fulfillment
- Alienation and disconnection
- Vague discontent, depression
- Disillusionment with trusted institutions



Is this Emotionally sustainable ?

Numbness as a response to stress

“That we go numb along the way is to be expected. Even the bravest among us, who give their lives to care for others, go numb with fatigue, when the heart can take in no more, when we need time to digest all we meet. Overloaded and overwhelmed, we start to pull back from the world, so we can internalize what the world keeps giving us.....”

Mark Nepo, Hearing the Cries of the World

Numbness as a response to stress and it's antidote

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*“Perhaps the noblest private act is the unheralded effort to return:
to open our hearts once they’ve closed,
to open our souls once they’ve shied away,
to soften our minds once they’ve been hardened by the storms of our day.”*

Mark Nepo, Hearing the Cries of the World

“As far as we can discern, the sole purpose of human existence is to kindle a light in the darkness of mere being.”

C.G Jung



Unhelpful Lies and beliefs

- You are not good enough... perfectionism
- You don't have what it takes to be perfect
- Keep pushing harder
- Your happiness is “out there in some other time and place”
- Mistakes are for losers
- Suck it up and move on
- Compassion
 - Sign of weakness
 - Let myself off the hook
 - Pity party

Inside

Outside

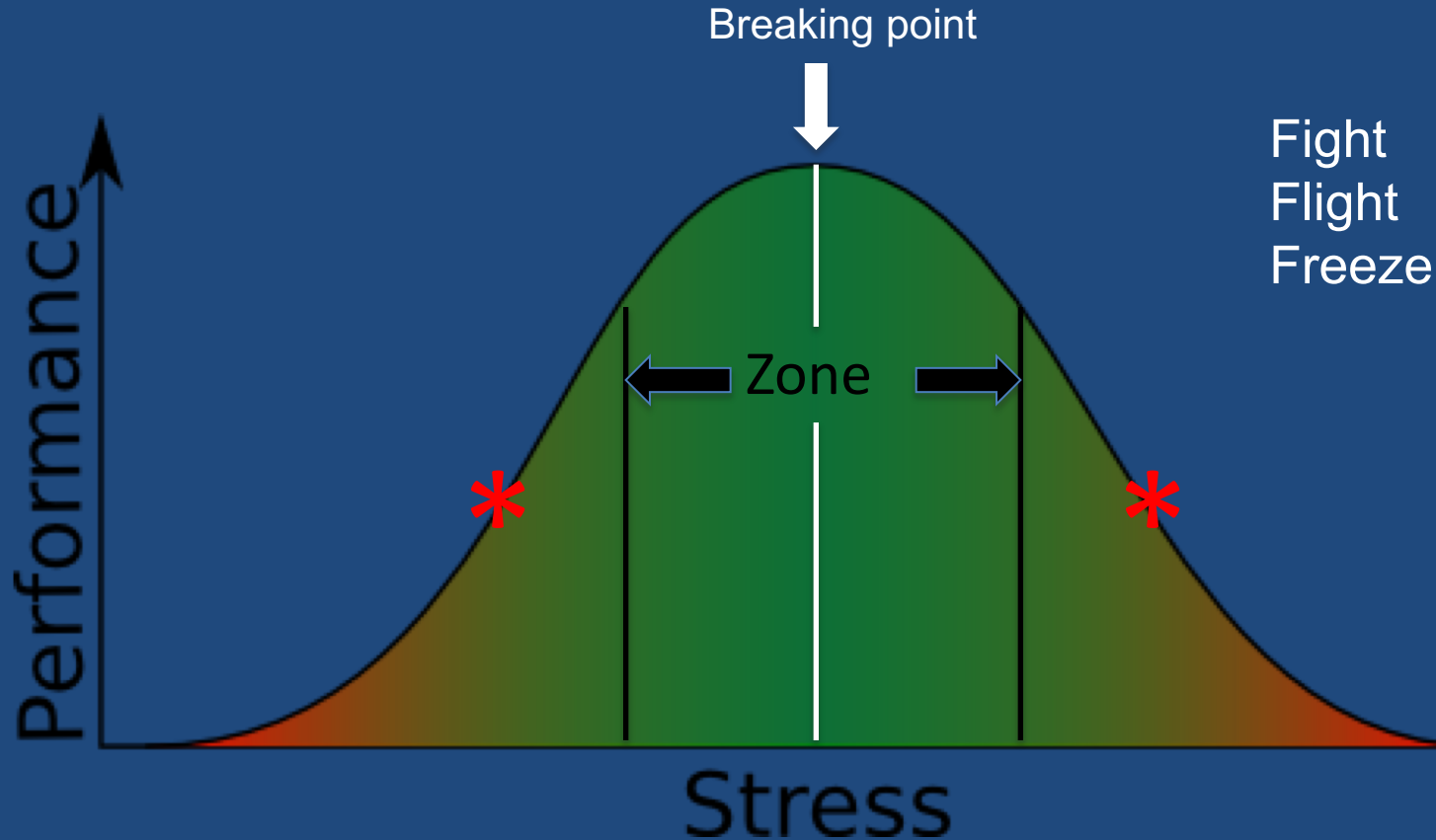
Misunderstandings about Stress

- Stress is a feeling
- Stress is bad for you
- If only I had a stress free life.....
- The solution is to Relax more
- When the stress is over, I can recharge
- We equate “demands” of the job with stress
- Not knowing and being confused is a bad thing



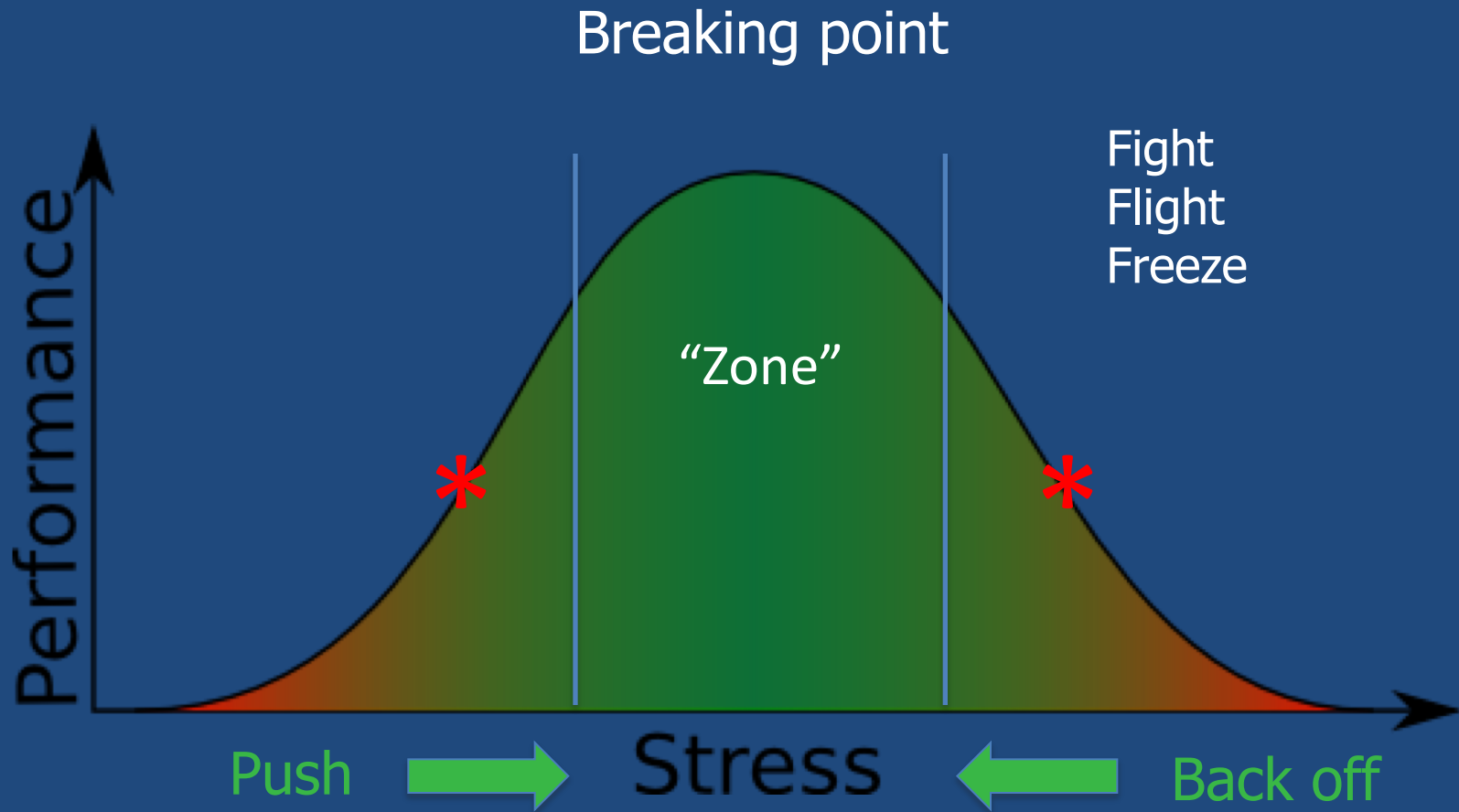
It is about the Coping, not the Stress

Stress is a challenge to the stability of a system



No stress	OK stress	Distress	MH problem	Disorder
Dead !	Coping well	Sweating	Straining	Trouble

How much do I push ?



The Wasteland exists because ..

- What I was not given or did not get enough of
- What I did not give myself
- What I have not done yet
- What I will regret if I do not do it

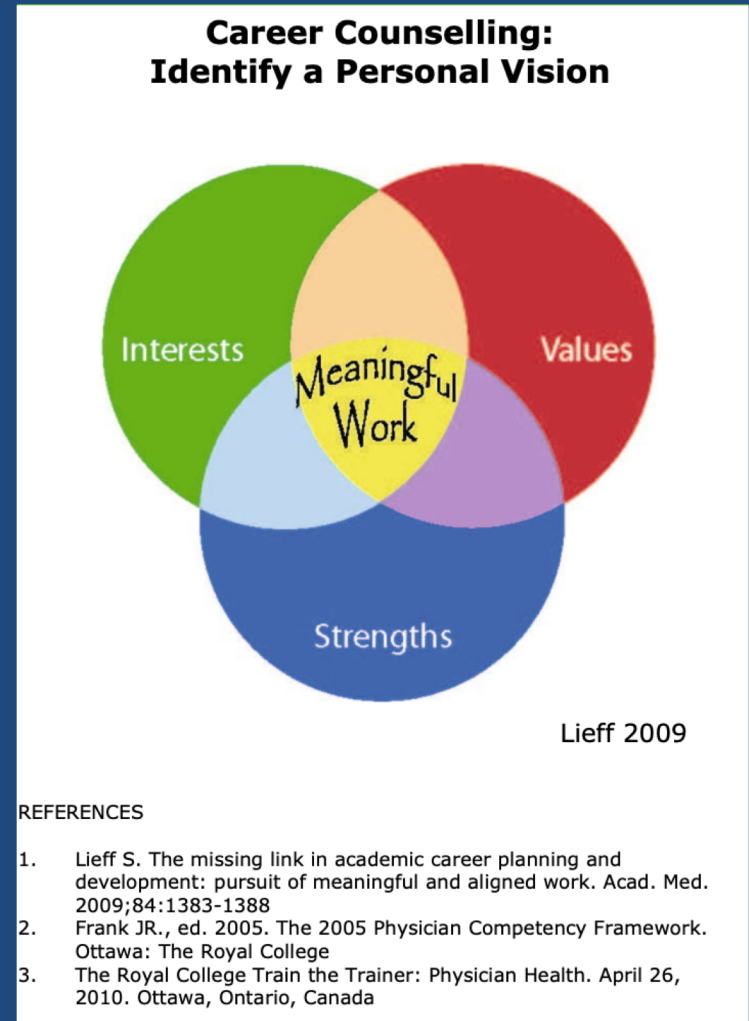


Turning Wasteland into Garden

- What I do, to make up for things I missed
- What I give myself now
- What I do for, by and to myself now and in the future
- What I do now so as to have as few regrets as possible

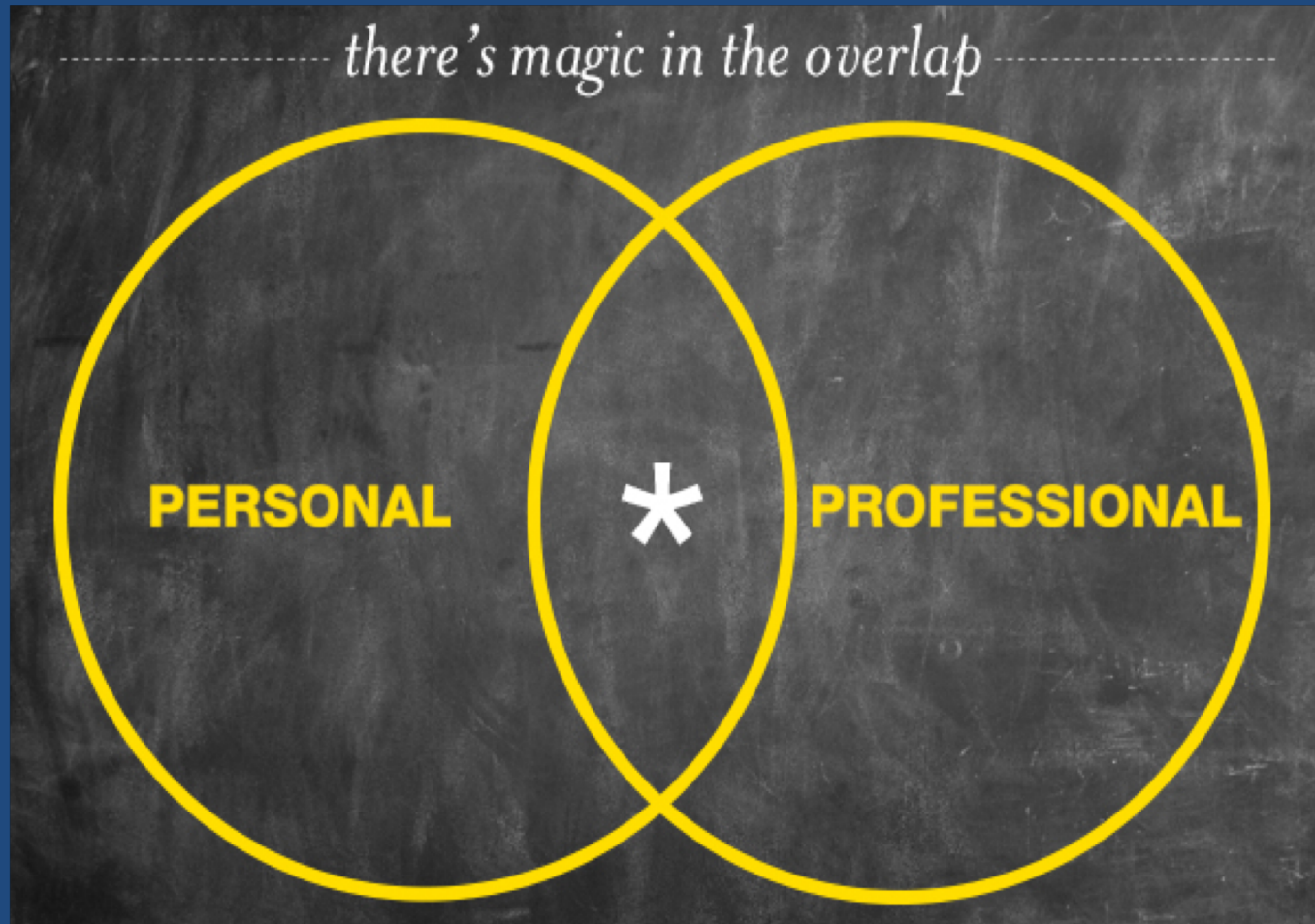


Meaningful Work



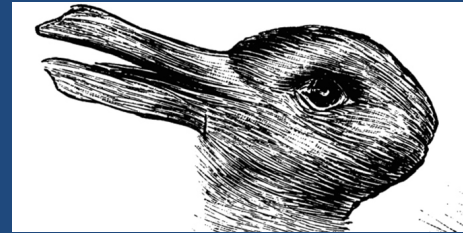
Lieff SJ. Perspective: the missing link in academic career planning and development: pursuit of meaningful and aligned work. Acad Med. 2009;84:1383

Personal and Professional experiences



Being comfortable with ambiguity

- We are Nothing / Everything
- Inside / Outside
- Imminence / Transcendence
- Constancy / Change
- Fitting in / being Yourself
- Being / Doing
- Universal / Particular
- Time / Space



<https://news.vanderbilt.edu/2015/10/07/interpreting-ambiguous-visual-information-is-surprisingly-low-level-brain-function/>

Knowing I can be comfortable feeling uncomfortable : Balance is a verb



Balancing

Moment to moment, on purpose, non judgmentally by paying attention

A Nourishing recipe

How do I **fully** manifest
myself in my work ?

Which of these needs to
show up in a different way ?

SOUL

SPIRIT

SOCIAL
(Others and Self)

MORAL(Good)

COGNITIVE
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A Nourishing recipe :

How do I **fully** manifest
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Which of these needs to
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3 really Important Questions

- What 3 things am I doing today that I **still want** to be doing in 5 years time ?
- What 3 things am I doing today that I **do not want** to still be doing in 5 years time ?
- What 3 things am I **not doing** today that I **want to be** doing in 5 years time ?

Hero's Journey : Walking the path



*"In the stillness of the quiet,
if we listen,
we can hear the whisper of the heart ..."*

Howard Thurman

Joy
Love
Trust
Humility
Gentility
Attention
Curiosity
Empathy
Patience
Vigilance
Kindness
Creativity
Presence
Letting Go
Awareness
Acceptance
Non Striving
Forgiveness
Compassion
Not Knowing
Engagement
Non Judgment
Beginner's Mind
Non Attachment

How do I live a Quality life ?

- Academic
- Behavior
- Emotional
- Family
- Friends
- Physical
- School
- Screens
- Social
- Spiritual
- Volunteer
- Work



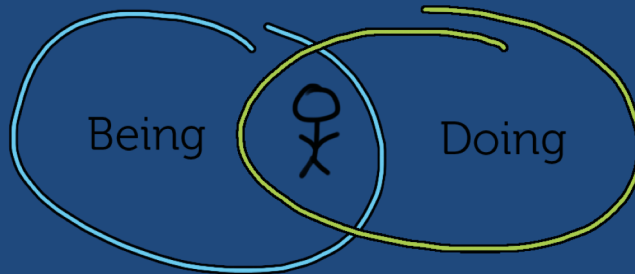
What pie have I got ?
What kind of pie do I want ?

Learning Objectives:

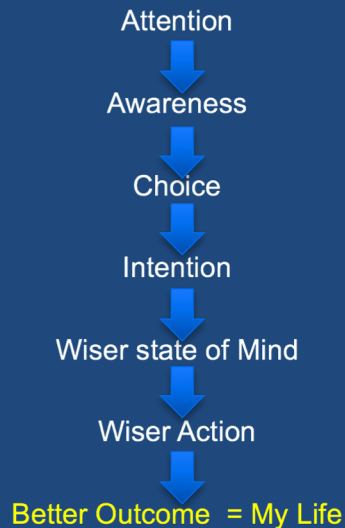
At the end of this workshop participants will :

- Appreciate that Mindfulness is the foundation of our Human Curriculum.
- Have an understanding of what Mindfulness is and is not.
- Use Mindfulness to explore Mental and Spiritual health factors related to nursing (Burnout, Compassion Fatigue, Rescue Fantasy, Vicarious Trauma, Moral distress)
- Practice a Mindfulness based model to turn Stress from adversity into an ally.
- **Learn a simple and effective Mindful practice.**

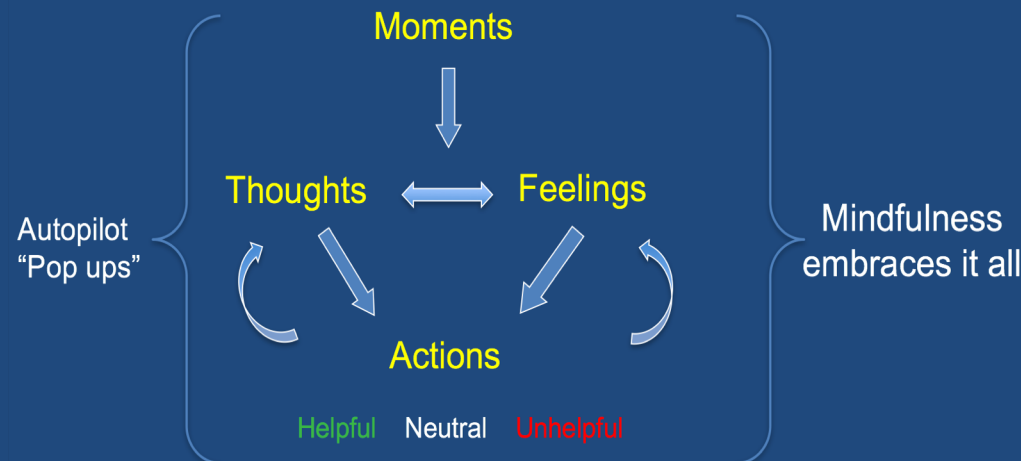
Being while I am doing



Mindfulness : A platform for the Human Curriculum



Life is simple...not easy (Content)



Warrior's approach

"The warrior's approach is to say 'yes' to life: say 'yea' to it all.

Participate joyfully in the sorrows of the world.

*We cannot cure the world of sorrows, but we can choose to live in joy.
When we talk about settling the world's problems, we're barking up the
wrong tree.*

*The world is perfect. It's a mess. It has always been a mess. We are not
going to change it.*

Our job is to straighten out our own lives."

Joseph Campbell



Contemplations

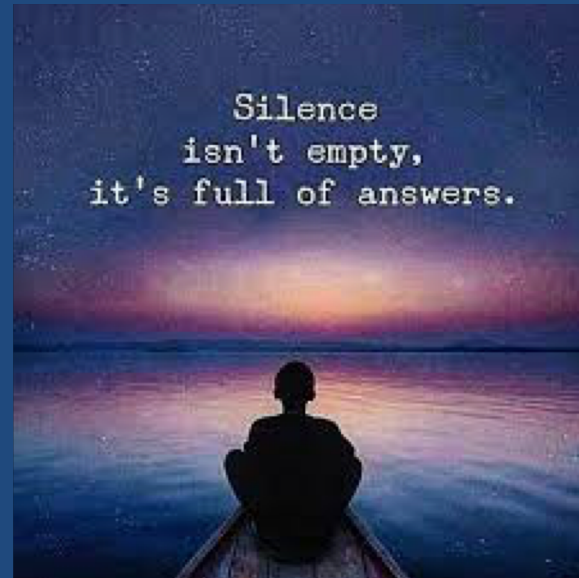
1. What **manifestations** of Burnout, Compassion Fatigue, Rescue Fantasy, Vicarious trauma, Moral distress or do you see in your life ?
2. What **Risk and Resiliency** factors are at play ?
3. **STOP and RAIN**
4. How can you grow **your garden** ?
5. Are you doing **meaningful work** ?
6. What **ingredients** are missing in **your Pie** ?
7. What are your **action items** ?

3 Minute Breath



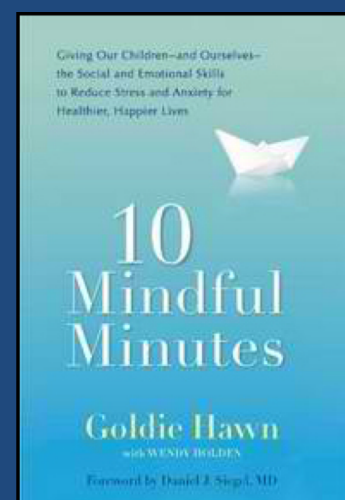
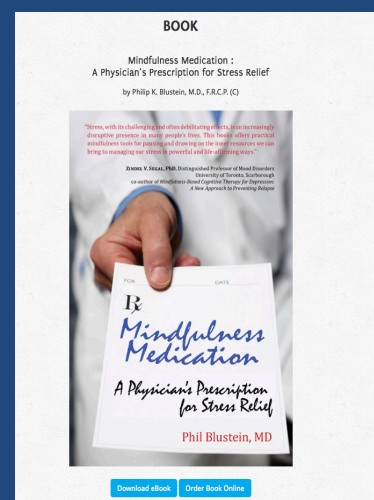
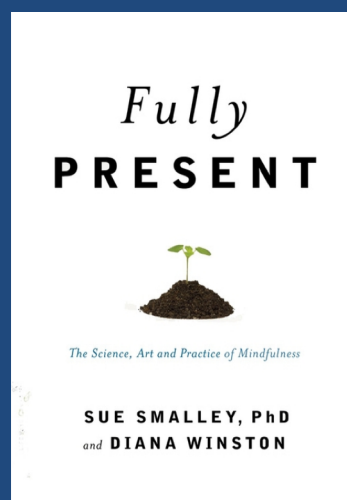
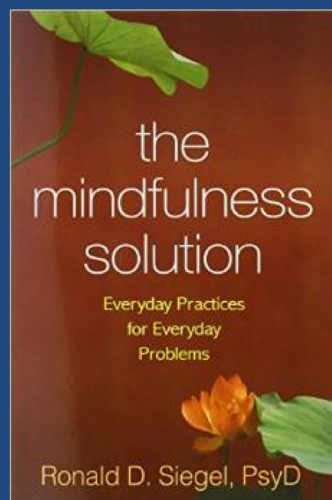
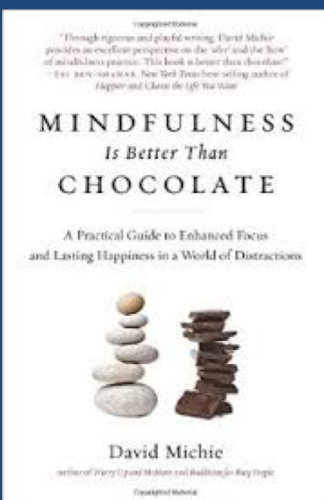
Often neglected resources

- Heart
- Love
- Soul
- Spirit



Where to start

- Anything by Jon Kabat Zinn (books, Cds audio downloads, you tube videos)
- *Mindfulness is better than Chocolate.* David Michie
- *The Mindfulness solution. Everyday practices for everyday problems.* Ronald Siegel.
- *Fully Present: The Science, Art, and Practice of Mindfulness .* Susan Smalley, Diana Winston
- <http://thebreathproject.org/about/book/>
Phil Bluestein (free pdf download)
- *10 Mindful Minutes.* Goldie Hawn



References



- Vicarious traumatization: A Framework for Understanding the Psychological Effects of Working with Victims. McCann & Pearlman
https://www.researchgate.net/publication/225251549_Vicarious_Traumatization_A_Framework_for_Understanding_the_Psychological_Effects_of_Working_with_Victims. Accessed on the internet July 18 2017
- Understanding and addressing Moral Distress. Epstein and Delgado. Online Journal of Issues in Nursing. Accessed on Internet July 18, 2017