

Burn Bright, Not Out

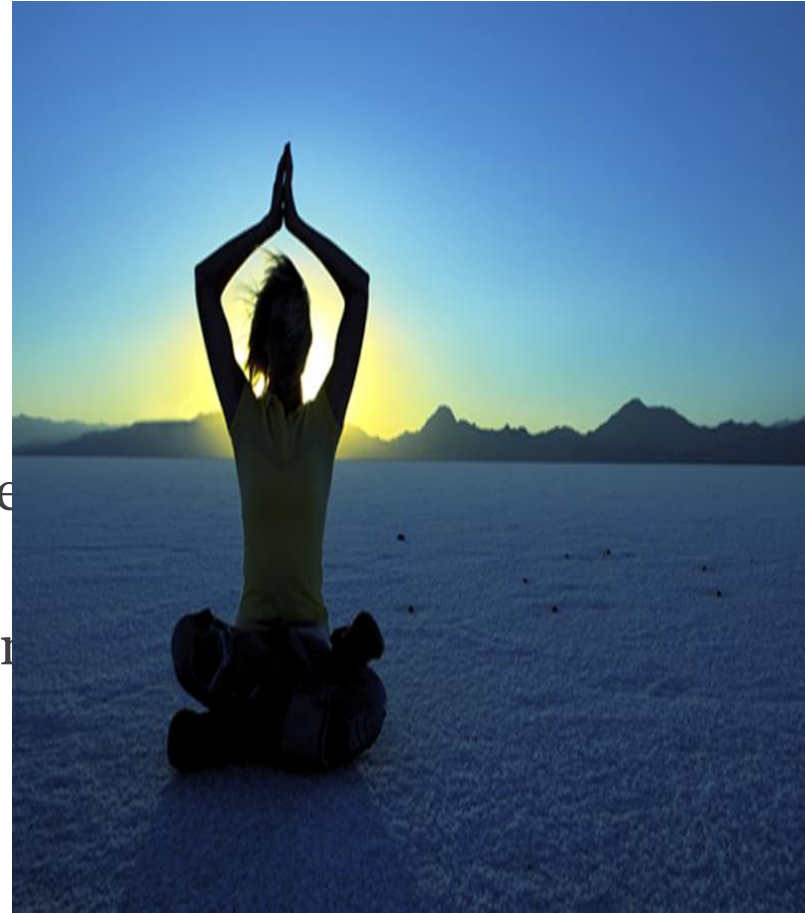


Rebirth and Renewal for the Helping Professional

- ▶ Trauma-Informed Lancaster County 2022 Conference
- ▶ Dr. Latinia M. Shell, LPC, NCC, CCMHC, ACS
- ▶ April 26, 2022

Agenda

- ▶ Introductions
- ▶ Stress Response
- ▶ Vicarious Trauma/Secondary Traumatic Stress
- ▶ Burn Out/Compassion Fatigue
- ▶ Self Care
- ▶ Differentiation/Self Regulation
- ▶ Mindfulness
- ▶ HIGO moment
- ▶ HIGO Book excerpt
- ▶ Q & A



Objectives

- ▶ Learn about stress as an individual response.
- ▶ Learn about the signs and symptoms of stress overload.
- ▶ Learn what vicarious trauma/secondary traumatic stress entail.
- ▶ Learn how to use differentiation/self regulation skills.
- ▶ Learn how burn out/compassion fatigue are manifested.
- ▶ Learn about self care and mindfulness coping strategies

Who is Dr. Latinia M. Shell

Doctor of Education in
Counseling Psychology- Argosy
University

Master of Education in
Counselor Education-
Millersville University

Bachelor of Science in
Psychology- Millersville
University

Author- “How I Got Over”

CEO, Diversity Works- C.S.C.T.,
LLC

Assistant Professor of
Counseling- Grand Canyon
University



Who's on Zoom

- ▶ Type in chat the type of helping professional you are: i.e. School Counselor, Therapist, Medical Doctor, Nurse, Medical Professional (Type)..., & the Organization that you work for...

WHAT IS THE STRESS RESPONSE?



The stress response is:



- A normal response to the demands and changes of life - both positive and negative



This response is:

- Individual
- Physiological
- Necessary for survival

WHAT ARE THE EFFECTS OF STRESS?



Stress becomes problematic when we are habitually confronted with chronic stressors



The effects of stress are experienced:

- Emotionally
- Mentally
- Physically



- Behaviorally

PHYSICAL SIGNS & SYMPTOMS



Headaches



Muscle tension



Shortness of breath



Fatigue



Changes in appetite



Changes in sleep patterns



Upset stomach

MENTAL SIGNS & SYMPTOMS

Trouble
thinking
clearly

Poor
concentration

Confusion

Negative self-
talk

Forgetfulness

Poor
judgment

EMOTIONAL SIGNS & SYMPTOMS



FEELING OUT OF
CONTROL



NERVOUSNESS,
ANXIETY



SADNESS



HOPELESSNESS



FEELINGS OF
WORTHLESSNESS



INCREASED
ANGER

BEHAVIORAL SIGNS & SYMPTOMS

- ▶ Aggression
- ▶ Excessive use of alcohol or drugs
- ▶ Inability to start or complete projects
- ▶ Compulsive gambling, sex or internet use



SOURCES OF STRESS

- ▶ Uncontrollable or unpredictable events
- ▶ Excessive workload demands
- ▶ Conflicting expectations
- ▶ Environmental conditions
- ▶ Insufficient resources - internal and external
- ▶ Relationships
- ▶ Health
- ▶ Finances
- ▶ Threats to safety



LEVELS OF STRESS

BASIC

Normal response to regular demands of daily living

DISTRESS

Prolonged or intense demands that exceed the normal routine of daily living

BURNOUT

Long-term excessive exposure to distress



STAGES OF STRESS- BASIC

Motivates, energizes



Protects, develops &



expands personal
resources

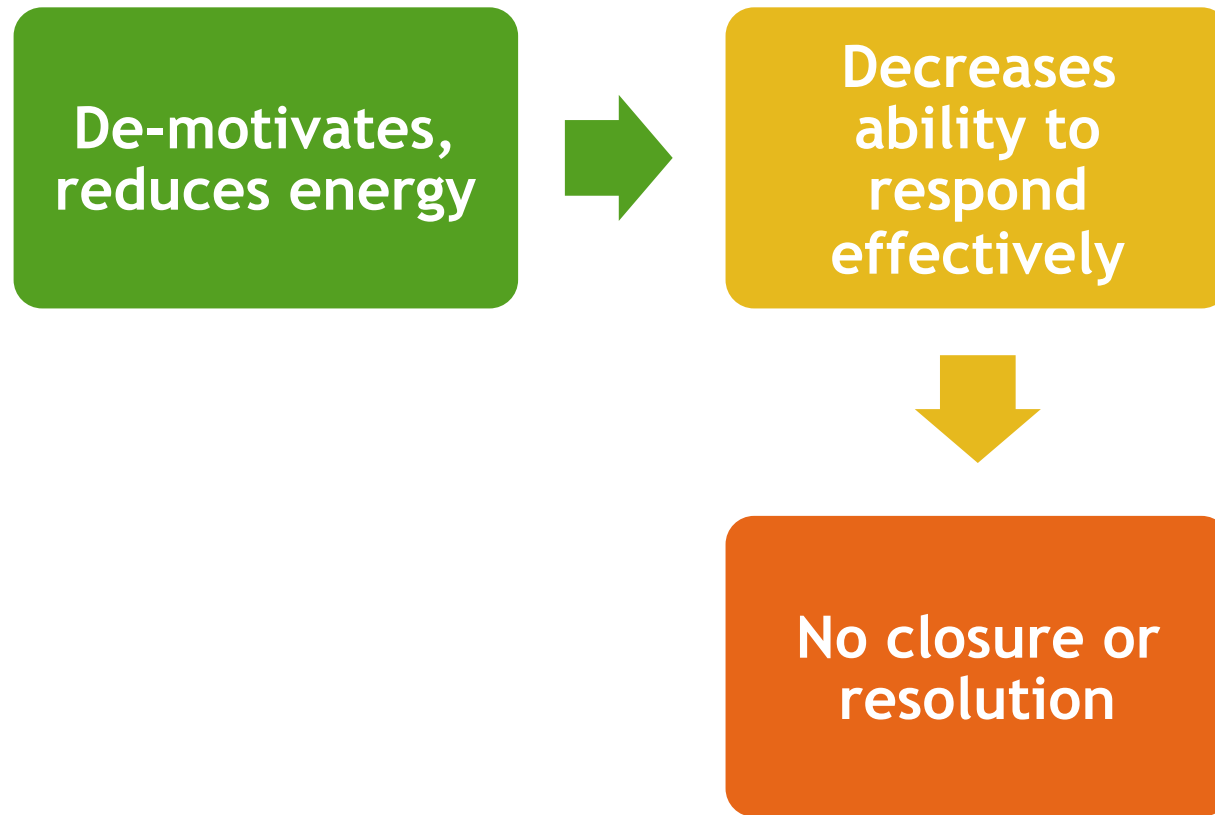


Typically results in



closure, resolution

STAGES OF STRESS- DISTRESS



STAGES OF STRESS- BURNOUT

Physical resources are exhausted

Coping strategies are depleted

Increased risk of stress-related illness

Destructive behavior or

emotional dysfunction



FOUR TYPES OF STRESS

Residual

Past traumatic events continue to effect present stress level

Situational

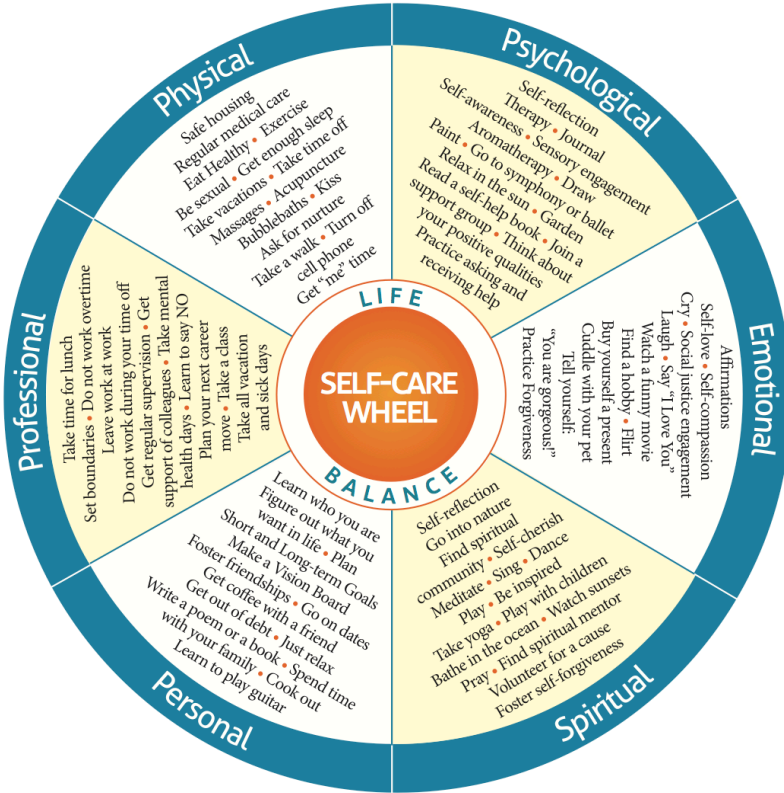
Immediate threats or challenges that demands attention right now

Chronic

Enduring situations such as illness, strained personal relationships, or difficult work situations

Anticipatory Caused by concern over a future event

SELF-CARE WHEEL



This Self-Care Wheel was inspired by and adapted from "Self-Care Assessment Worksheet" from *Transforming the Pain: A Workbook on Vicarious Traumatization* by Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996). Created by Olga Phoenix Project: Healing for Social Change (2013).

Dedicated to all trauma professionals worldwide.

www.OlgaPhoenix.com

Burn out prevention: Self Care Wheel

- ▶ Physical
- ▶ Psychological
- ▶ Emotional
- ▶ Spiritual
- ▶ Personal
- ▶ Professional

WHAT WE HAVE DISCUSSED SO FAR...

Signs and symptoms



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graph TD; A[Signs and symptoms] --> B[Levels of stress and their effects]; B --> C[Types of stress as it occurs across time]; C --> D[Sources of stressors and burnout prevention]; D --> E[Now let's discuss Vicarious Trauma and Burnout];
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Levels of stress and their effects

Types of stress as it occurs across time

Sources of stressors and burnout prevention

Now let's discuss Vicarious Trauma and Burnout

Vicarious Trauma/Secondary Trauma

- ▶ Vicarious trauma (VT) and Secondary Traumatic Stress (STS) are frequently used interchangeably to refer to the *indirect* trauma that can occur when we are exposed to difficult or disturbing images and stories second-hand.
- ▶ This can occur by viewing graphic news reports, gruesome or frightening television shows and various other media, hearing a detailed traumatic story from another person, viewing crime scene evidence, working in a court room, attending a debriefing or a conference where disturbing images are described or shown, and many other ways in which we can be indirectly affected by the content or visuals of some other living creature's suffering.
- ▶ The term **Vicarious traumatization** (VT) was coined by Pearlman & Saakvitne (1995) to describe the profound shift in world view that occurs in helping professionals when they work with individuals who have experienced trauma: helpers notice that their fundamental beliefs about the world are altered and possibly damaged by being repeatedly exposed to traumatic material. A domestic violence shelter worker may stop being able to believe that any relationship can be healthy. A child abuse investigator may lose trust in anyone who approaches their child. Again, examples of this abound and vary based on the type of work that we do.
- ▶ **Secondary Traumatic Stress** (STS) is a concept that was developed by trauma specialists Beth Stamm, Charles Figley and others in the early 1990s as they sought to understand why service providers seemed to be exhibiting symptoms similar to Post Traumatic Stress Disorder (PTSD) without having necessarily been exposed to direct trauma themselves.

Video- Dr. Ashley Anne- Vicarious Trauma/Burnout

- ▶ Colleague who I work with at GCU
- ▶ Professor of Counseling- specializes in Trauma and Life Coach
- ▶ <https://www.youtube.com/watch?v=n-nlYSozsno>
- ▶ <https://www.drashleyanne.com/>

Dr. Ashely Anne- Differentiation

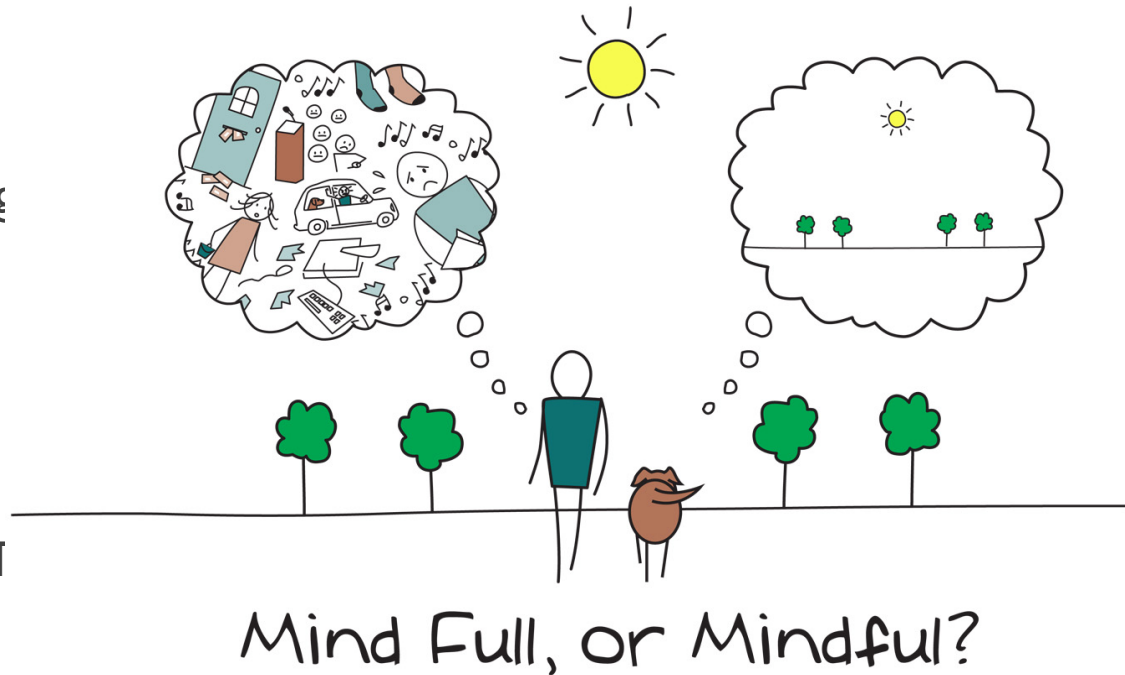
► Differentiation- 3 step self regulation intervention for mitigating burn out

1. Feeling- Reacquainted with the body (i.e. naming sad feeling and locating heaviness in the chest).
2. Sharing- Communicating with other people. (i.e. discussing issues/concerns with supervisor, colleague, or journaling).
3. Action- Resolving things for self by releasing sensations from the body (i.e. Act of practicing mindfulness).

Compassion Cleanse results in being: Happy, Wealthy, & Free

Mindfulness- Defined

- ▶ The quality or state of being conscious or aware of something
- ▶ A mental state achieved by focusing one's awareness on the **present moment**, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations
- ▶ a Therapeutic technique e.g.. CBT



Benefits of Mindfulness

- ▶ Reduces Stress
- ▶ Reduces Anxiety
- ▶ Can Decrease Pain
- ▶ Can Decrease Depression
- ▶ Improves sleep
- ▶ Decrease job burnout
- ▶ Improves diabetes control
- ▶ Reduces HBP
- ▶ Preliminary research indicates that can help with asthma and fibromyalgia
- ▶ Can help balance thoughts and emotions through greater acceptance
- ▶ Improves attention
- ▶ Declutter the mind

Examples



Pay attention- Perfect time during halt of C-19. Take time to experience your environment with all of your senses – touch, sound, sight, smell and taste. e.g., notice your surroundings, your interactions, yourself inside, yourself outside



Live in the moment- Try to intentionally bring an open, accepting and discerning attention to everything you do. Find joy in simple pleasures.



Accept yourself- Treat yourself the way you would treat a good friend.



Focus on your breathing. When you have negative thoughts, try to sit down, take a deep breath and close your eyes. Focus on your breath as it moves in and out of your body. Sitting and breathing for even just a minute can help.

Examples

- ▶ Try some more structured mindfulness as meditation exercises:
- ▶ **Body scan meditation-** Lie on your back with your legs extended and arms at your sides, palms facing up. Focus your attention slowly and deliberately on each part of your body, in order, from toe to head or head to toe. Be aware of any sensations, emotions or thoughts associated with each part of your body.
- ▶ **Sitting meditation-** Sit comfortably with your back straight, feet flat on the floor and hands in your lap. Breathing through your nose, focus on your breath moving in and out of your body. If physical sensations or thoughts interrupt your meditation, note the experience and then return your focus to your breath.
- ▶ **Walking meditation-** Find a quiet place 10 to 20 feet in length and begin to walk slowly. Focus on the experience of walking, being aware of the sensations of standing and the subtle movements that keep your balance. When you reach the end of your path, turn and continue walking, maintaining awareness of your sensations.



Examples

- ▶ Power down technology, sit and gaze
- ▶ Pet your pet
- ▶ Gaze at the sunrise, sunset, the night sky, the moon, the stars
- ▶ Hum and/or sing
- ▶ Eat a meal or a piece of fruit
- ▶ Color, doddle, draw



Mindfulness Video

<https://www.youtube.com/watch?v=ABK0SYFxyEY>

After Presentation:

- ▶ Implement Differentiation plan
- ▶ Try at least one
- ▶ self care/mindfulness activity learned today
- ▶ Keep It Simple!
- ▶ Trust the Process!
- ▶ Disclaimer- Tips are FYI, not to replace or substitute your Mental/Life Coach/Healthcare Provider
 - ▶ **EAP Provider**
 - ▶ **Individual insurance plan**
 - ▶ **Health Care Provider**
 - ▶ **Professional Life Coach**



How I Got Over Activity:

- Think of a time when you were able to get over a stressful situation as a Helping Professional
 - What resources did you utilize to help you get over your difficult situation?
 - What advice/suggestions would you give a fellow colleague experiencing a difficult situation?

Excerpt from book



Book chapter- from the projects to the professoriate

Personal Story of Stress and Burnout
Masters/Doctoral Program

Personal experiences pgs. 93-94

Conclusions and closing thoughts pg.
95-96.

Dear Self Reminder Poem

I am electric.

I represent all things light,

Love and peace.

I take pride in my self-care practice,

Therefore, I am well.

I am whole.

To be whole is to be complete.

To be complete is to be full.

I am full.

Filled with an abundance of blessings.

I am self-care.

Therefore, I am well.

For I am well

I am whole.

To be whole is to be complete

To be complete is to be full.

I am full.

Full of wealth that exceeds monetary value.

I am whole.

I am full.

I am self-care

-Author Ashley Renee

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Questions & Comments

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