



Healing for Healers

Exploring Covid-19 as a Gift to Connect with Our
Healing Potential

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Disclosure

The content of this presentation does not relate to any product of a commercial entity.

A wooden boardwalk winds through a grassy dune landscape under a cloudy sky. The boardwalk is made of light-colored wooden planks and curves through the terrain. The dunes are covered in green grass and some purple flowers. The sky is overcast with grey clouds.

Reflection

“And time for reflection with colleagues is for me, a lifesaver; it is not just a nice thing to do if you have time. It is the only way you can survive.”

Margaret J. Wheatly, *Leadership and the New Science*

A few reminders...

We have just seen how much impact focusing on improving quality of care has had on infants and families

This is happening, in spite of the challenges that Covid presents to the care for families, and it is amazing

And also, this work is stressful and caring for families affected by PSE is complicated by the impact of covid

Take care of yourself in this moment

Objectives

1. Explore the relationship between the effects of COVID-19 on health care professionals and the patient experience, including the risk of trauma to each
2. Identify common experiences in the collective journey of the unknown and how to name and validate those experiences for the self, colleagues and patients
3. Experience a sense of peace and wellbeing through a creative, mindfulness practice
4. Identify at least one new strategy to use in practice to feel a sense of peace and wellbeing and to facilitate healing in yourself and others

Trauma Definitions

- Individual trauma results from an event, series of events, or set of circumstances experienced by an individual as physically or emotionally harmful or life-threatening with lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being. (Substance Abuse and Mental Health Services Administration, SAMHSA)
- A disordered psychic or behavioral state resulting from severe mental or emotional stress or physical injury (Websters)
- Trauma is not an event, it is the response to an event

Compassion Fatigue

“A condition characterized by emotional and physical exhaustion leading to a diminished ability to empathize or feel [compassion](#) for others, often described as the negative cost of caring. It is sometimes referred to as **secondary traumatic stress (STS)**. According to the Professional Quality of Life Scale, burnout and secondary traumatic stress are two interwoven elements of compassion fatigue” Wikipedia

Compassion Fatigue

- I believe I have experienced or am experiencing compassion fatigue:
 - T
 - F



3 Ways of Knowing and the Great Unknown

- Modern Knowing (L brain)
- Knowing the Self
- Primal/Intuitive Knowing (R brain)

- Humans have always dealt with the unknown, mystery
 - Birth, death, life

Practicing Ways of Knowing

- Self Reflection
- Trigger metaphor
(Gabor Mate)
- Hero's Journey Map
- Practicing Presence
- Decision making
acronym



What is it about caring for families affected by PSE during covid that is a problem for me?
Bothers me the most?
Is most difficult?

- And what about that is a problem for me?
- And what about that is a problem for me?
- And what about that is a problem for me? (if you haven't already, begin the sentence with "I" ...)
- And what about that is a problem for me? (One more sentence that starts with "I" ...)

What is it about caring for families affected by PSE during Covid that is a problem for me?

- That I can't facilitate a prenatal group for the moms-to-be and gather them all together in one place
- They are not getting their needs met and are alone and isolated
- They will not have what they need to be successful parents
- I feel like I am not doing enough to make it better
- I can't fix it, feel powerless and hopeless

Brainstorm/share - Ideaboardz

How Covid makes the health care experience difficult, stressful, traumatic for the patient

How Covid makes the experience of delivering health care difficult, stressful, traumatic for the health care professional

Gabor Mate – trigger metaphor

- Triggers – people, things, situations, events etc.
- What triggers you in the Covid world?
- What might be triggers for other people?

**"STOP GETTING
EMOTIONALLY
TRIGGERED"**

DR. CADDIX MATE



Pause and Reflect

- Write down 2 or 3 responses to what you just watched/heard
- How does it relate to your own life, work, responses to stress?
- How does it relate to the work you do with families?
- What is one new thing that you are aware of now, that you had not considered before when you think about stress, trauma, covid, PSE?

One Framework for Being in the Unknown: The Hero's Journey

- Pam England
 - Inanna
 - Diane Wolkstein
- Joseph Campbell
- Modern stories

A Hero's Journey

- A call into the unknown
 - Refusal of the call
 - Answering the call
- Leaving "home"
 - Preparing for the journey
 - Abandoning the "temples"
- Crossing the Threshold, the journey, "the gates"
 - Being stripped of our attachments
- The Ordeal, the underworld
 - Death/destruction of who/what we thought/believed
- The Return
 - New meaning, new medicine



Mapping Your Covid Hero's Journey



Practicing Presence

- Mindfulness
- Stillness
- Breath
- Presence
- Somatic experience
- Being – in the body

Coping with
Compassion
Fatigue:
If You Can't Be
Compassionate,
Can You Be
Curious?

- Its ok to be/feel
 - Frustrated
 - Annoyed
 - Disappointed
 - Discouraged
 - Angry
 - Ineffective
- It doesn't mean you are doing anything wrong
- Reflect on what it is about the situation that is a problem for you, hard for you, or what are you telling yourself it means about you (often it is a sense of powerlessness)
- Take time to process with colleagues

BRAIN – decision making acronym



B – Basics and Benefits



R – Risks



A – Alternatives



I – Interval & Insight



N – Next Best Thing

Share



Reflect on what is new



Unmute and share, share in the chat, or write it for yourself



Resources



- Harm Reduction Coalition - <https://harmreduction.org/>
- Johann Hari – “Chasing the Scream” 2015

TED Talk

https://www.ted.com/talks/johann_hari_everything_you_think_you_know_about_addiction_is_wrong?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare

- National Council for Behavioral Health - <https://www.thenationalcouncil.org/areas-of-expertise/trauma-informed-behavioral-healthcare/>
- SAMHSA’s Concept of Trauma and Guidance for a Trauma-Informed Approach - <https://store.samhsa.gov/sites/default/files/d7/priv/sma14-4884.pdf>
- Substance Abuse and Mental Health Services Administration (SAMHSA), Clinical Guidance for Treating Pregnant and Parenting Women with Substance Use Disorder - <https://store.samhsa.gov/sites/default/files/d7/priv/sma18-5054.pdf>
- Trauma Informed Care Project - <http://traumainformedcareproject.org/>

Resources

- Gabor Mate – On addiction https://www.youtube.com/watch?v=ys6TCO_oIOc
- Trauma and the Brain https://www.youtube.com/watch?v=ZLF_SEy6sdc
- Brenne Brown – Compassion and Boundaries
<https://www.youtube.com/watch?v=5U3VcgUzqil>

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“Out beyond the
ideas of wrong-
doing and right
doing, there is a
field, I’ll meet
you there.”
Rumi