




Future Proof Your Professional Self -Care

Personal and Professional Wellness in Practice



CONTRACT AND CARE

Breda Friel



11/14/2021

Plan

- Restorative reflection
- Learning from Lockdown
- Professional Self-care practice
- Your Signature Cycle – The Body
- Respond Don't React - Feelings
- Stinking Thinking – Thought Control
- Planning for Professional Self-Care

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Reflective Space

Clinkers
Capacity
Creativity
Confident
Competent



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REFLEXIVITY

FREEZE-FLEE-
FIGHT- FAINT
CAUGHT IN THE
THE DRIVEN
DOING



*TRYING TO MAKE THINGS
DIFFERENT THROUGH THOUGHT,
NOT ALLOWING THINGS TO BE AS
THEY ARE*

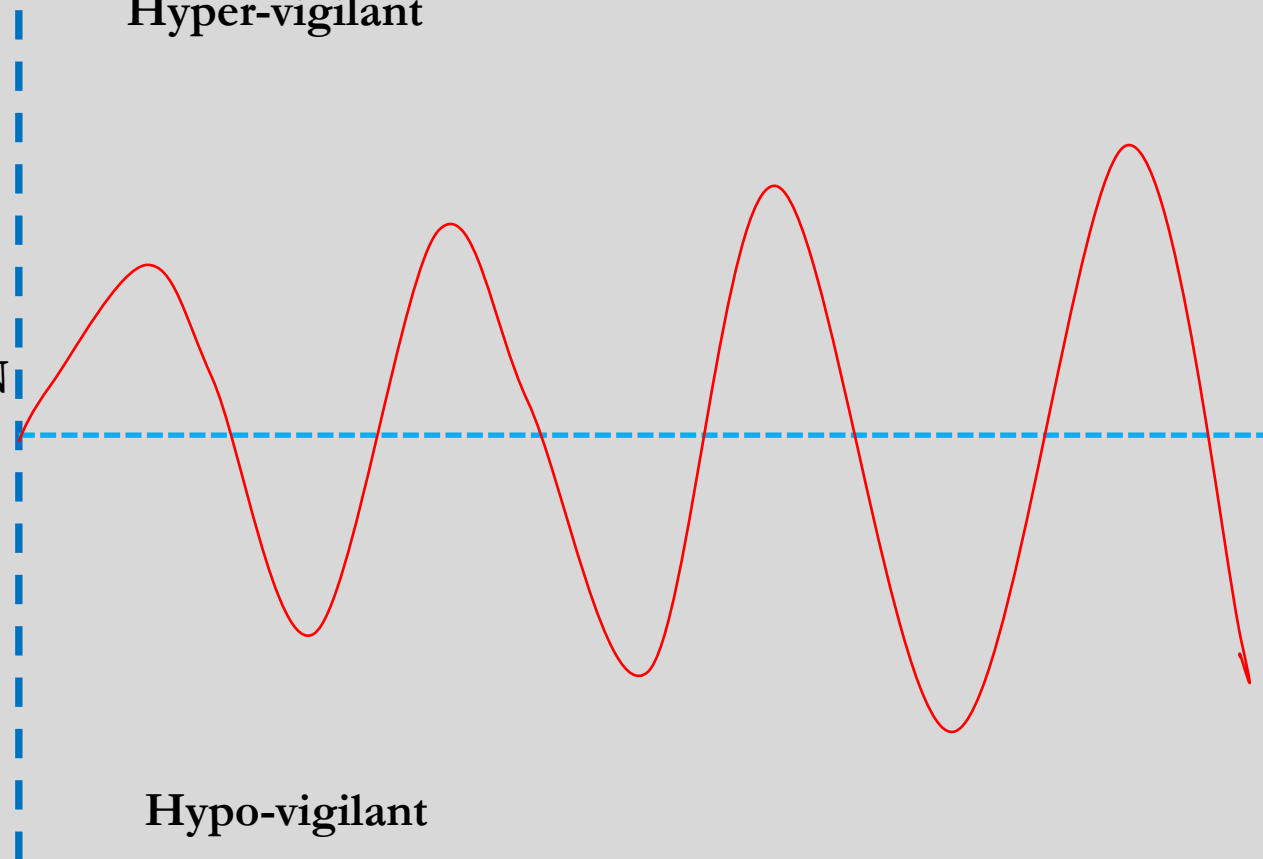


Súil Nua
Counselling Services

**OUR REACTION
TO STRESS**

Hyper-vigilant

Hypo-vigilant





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BUSTING THE MYTH BORN TO WORRY - NOT

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SENSES- coming to Your Senses

Sight (Vision)

Hearing (Auditory)

Smell (Olfactory)

Taste (Gustatory)

Touch (Tactile)

Movement (Vestibular): Movement and balance sense, e.g. helps us stay upright when we sit, stand, and walk.

Body Position (Proprioception): the body awareness sense, which tells us where our body parts are relative to each other.

A group of horses running in a field. The foreground features a dark brown horse in profile, running towards the left. Behind it, a lighter brown horse and a grey horse are also running. The background is a soft-focus landscape with a blue sky and distant hills.

YOUR SIGNATURE CYCLE – OBJECT AND STORY

ONE IN
THREE
1 STORY
3 MINUTES





WHAT DID YOU NOTICE?

Memory

Knowledge

Skills

Impact

Breathing

Heart Rate

Tightening

Heat

Restless

Cold

Where specifically?



COFFEE

15 Minutes

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REFLEXIVE PRACTICE TRACKING EMOTIONS





Walking down the Street

- How we react
- Effectiveness in Practice
- Supervision
- Case Management
- PDP



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Respond Don't React Understanding Boundaries in Practice

- Feelings understood
- Landing place of practice
- Time
- Place
- Space
- Inner and Outer Reality
- Individual and Group
- Interpersonal
- Intrapersonal
- Legal
- Moral
- Ethical

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Feeling

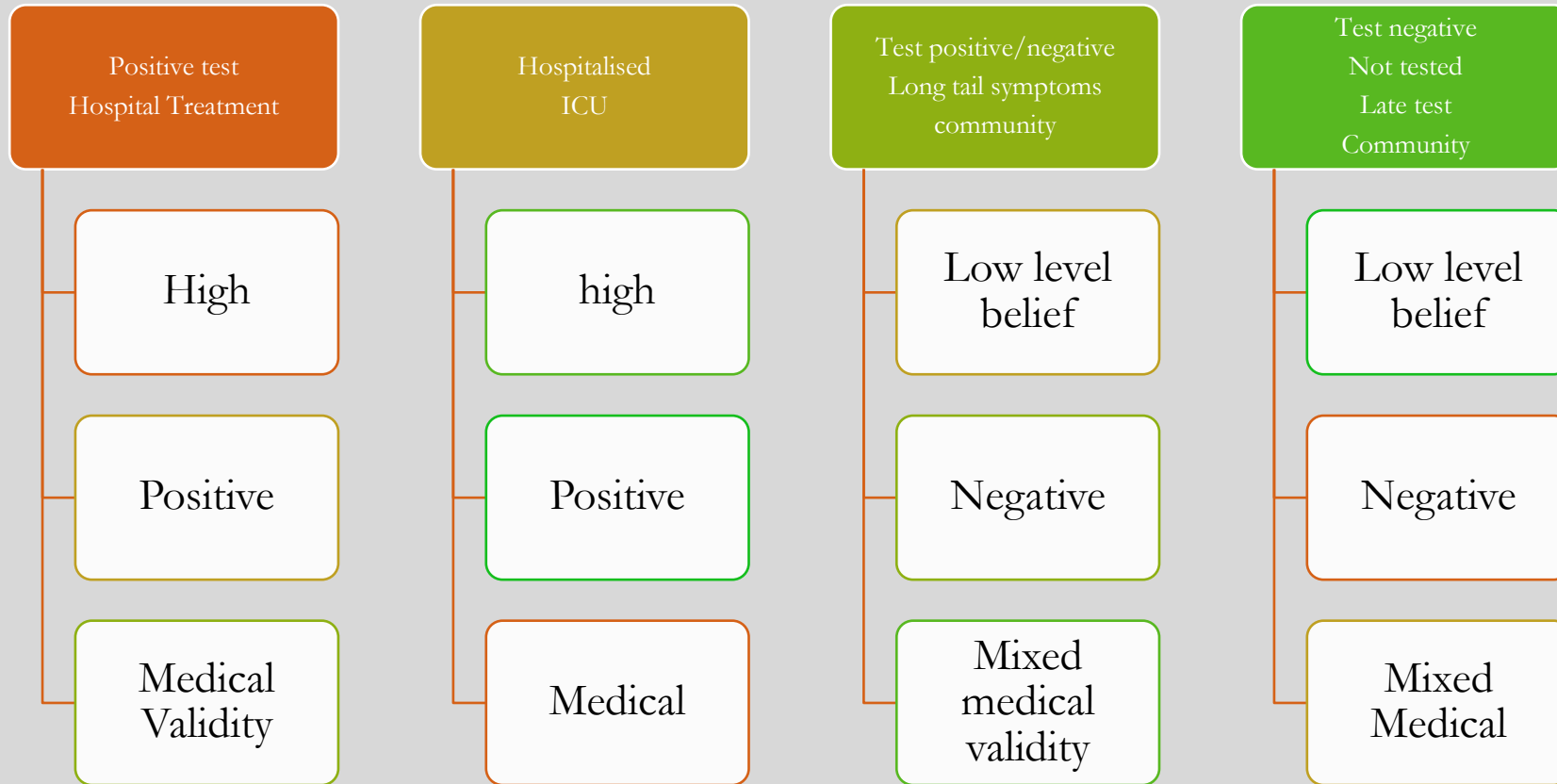
- Anxious feeling - worry
- Feeling low – rumination
- Feeling criticised – have to do something
- Feeling angry – self – criticism

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RESEARCH PRACTICE



Validating Experience



Research

- Disaster Management Theory
- WHO –Psychological First Aid (PSA)
- Crisis Management Models (CISM) (Mitchell)
- Positive Psychology Theory
- Classification of Strengths (Peterson, Seligman)
- Crisis Management Recovery and Learning (Pearson and Mitroff)
- Interventive Relationship
- Applied Interventions (PCP, SFBT)
- Hope Theory (Hellman)
- Growth Mindset



Themes for Practice

- What is wrong with you? To What has happened to you!
- Trauma Informed - Reframing
- Hope
- Process not Task
- Psychological Holding
- Allowing and Managing
- Validation/acknowledge
- Community Recovery
- Relational Based Practices
- Psychoeducation
- Narrative and Storytelling



PROFESSIONAL SELF-CARE PLANNING



Essential Elements - Self

Characteristics impact
client

Contribution to
relationship rivals that
of person

Disciplined Use of
Genuine Self -
remarkable and
satisfying results

Growth in young person

Emanuel Tropp
necessary components -
compassion, mutuality,
empathy, humility,
respect, and *openness*

Rogers (1961)

Fundamental
component of mental
life is the self concept

An entity that develops
under the influence of
conditional and
unconditional positive
regard



MANAGING THE MIND TAMING THE BUSY

Thought

IMAGINING

CATASTROPHISING

GENERALISING

BLACK-WHITE THINKING

MIND READING

FORTUNE TELLING

ALL OR NOTHING THINKING

"What If"

“Thought is not our friend, it is simply the activity of a busy mind”

◦ (Friel, Beavis:2021)



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TIME TRAVELLING – WORRY AND REGRET



Themes for Practice

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THE SANDBAGS AND THE BALLOON

WHAT ARE YOUR
SIGNATURE OBSTACLES
TO PROFESSIONAL SELF-
CARE

THE SANDBAGS THAT
KEEP US STUCK





Strengths and Goal Setting

Baby Goals for Now

TT(p) A of Stress
(Trigger – Thought
– (pause) Action)
(Friel:2019)

Strengths Mapping
and Strengths
Based Goal Setting

Relational Based
Methods

Every engagement
is an intervention

Relationships

Meaning and
Accomplishment

Hope =
Goal/agency
(Motivation and
Resources)



Growth Mindset

Opportunity for growth

New learning

Use best qualities

Personal/Work -Priority

Create Mind Map – Weekly game changer

Daily Focus and Structure

Be Specific – real- manageable –IN THE PRESENT
(circumstances)

Stand Down Strategy is....

Connectedness Strategy is....



Worker Needs

Embed CISM
Features

Stand down
procedures -
demobilisation,
diffusing

Critical incident
debriefing

Process is
Outcome

Efforts recognised
– staff valued

Support to re-
integrate into new
“normal” practice
(subjective)

Validation

Acknowledgement

Narrative

Professional Care
Planning

Personal Care
Planning



Self care plan – what do I need to help me

- Be kind to yourself
- Be kind to your body
- Engage in enjoyable activities
- Notice your barriers to pleasure
- Do something that gives satisfaction, achievement, control
- Baby goals
- Baby hopes
- Watch your over-high standards “it should be different”
- I should be able to do/put up/control everything



REVIEW AND REFLECT

Thank you...