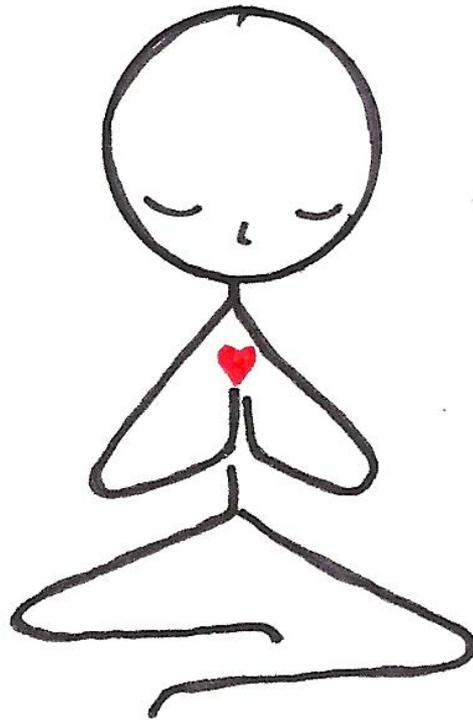


Compassion Fatigue: Secondary Trauma and Burnout

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“If your compassion does not include yourself, it is incomplete.”

~Buddha



Compassion Satisfaction

- Pleasure and satisfaction derived from working in helping profession and care giving roles.
- Feeling good about giving.
- Connection to the community , feeling like a part of the remedy. Working with colleagues, collaboration and feeling a sense of unity.
- Beliefs about self, “I am a giver/healer.” Identity.
- Altruism
- Life is ultimately self serving. It's ok!
- Do it because it makes you feel good, not to save the world.

Compassion Fatigue

When helping others hurts us...



Burn-out

- Helping to the point where it feels self-destructive
- Hopelessness
- Ineffectiveness. “Nothing I will do will help them.”
- Exhaustion. Over extending of self.
- Going through the motions, sometimes even resenting clients and staff.
- Gradual onset, may come and go.
- May show up as head-ache, mood swing or fatigue.

Secondary Trauma Stress

- Feeling Frightened
- Preoccupied with thoughts of the people you've helped
- Feeling trapped or intrusive thoughts
- On edge or hypervigilant
- Infected by others trauma "it's in my body"
- Inability to separate one private life and life of helping
- Depersonalization –numb
- Irrational fears
- Sudden Onset

Trauma and the Body

- Every event is recorded physiologically (somatically) and particularly stressful events create holding patterns in the body.
- Holding patterns are ways the body tries to protect itself through muscular armor (bracing), and similar reactions follow and increase.
- Listening to the body mindfully can lead to healing and the release of holding patterns (mindfulness meditation/body scan).
- Micro-motor movements and general posture say a lot about a person, as it is literally a psycho-somatic translation.
- Trauma is not defined by the event, but rather by the person's reaction and story they tell themselves as a result (the world is scary, I'm not good enough, etc..).

FIGHT

Sympathetic NS



- irritability
- anger
- aggression
- moving toward



FLIGHT

Sympathetic NS



What if...?

- anxiety & fear
- panic
- avoiding
- chronic worry
- perfectionism



TRAUMA RESPONSES

FREEZE

Dorsal Vagal



- stuckness
- collapse
- immobilization
- spacing out
- dissociation
- depression
- shame



FAWN*



- people-pleasing
- avoiding conflict
- prioritizing others needs over own
- difficulty saying "no"
- setting boundaries is hard



.....

What is Anxiety?

- The word *anxiety* comes from the the German root word *angst*.
- It is defined as the narrowing or chocking of the breathing passage ways.
- Experiential: Try tightening your stomach and throat and hold it for 2 seconds
- That's exactly what anxiety feels like.
- Becoming more aware of the breath and the tension in the body can relieve anxiety. Take a sweeping inventory of your body.
- Why would we tighten our breathing? It is a form of bracing for impact and overcoming adversity. Adaptation to danger. Perceived or real.

Tools for Personal Survival

- Acknowledge the impact of the stress. Come to terms. Being okay with not being okay is the first step.
- 2 minute rule: How long it takes for the body to activate cortisol into the blood, making it harder to redirect out of a low mood because the fatigue sets in. Then takes longer to flush out cortisol from the blood.
- Change of scenery/setting.
- Allowance of feelings. Don't resist what you feel.
- Perceptions and beliefs: Take a look at your what you are telling yourself. Stress: 80 % perception, 20% event
- Focus on what you can control. Stay self-focused. You can't change others.
- Let go of the need for people to be different. Respect their refusal to get well or be different. Dignity for all (fundamental).
- Be a role model of ease and wellness.



*a smooth sea never made
a skilled sailor*



Self-Determination

- Honoring people's self-determination is an essential ethical principle in the helping profession.
- It is important to believe in the dignity and personhood of every being. Believing also instills faith.
- People are a lot more resilient than you think.
- Working harder than the patient/client robs their ability to exercise their strength.
- People can be uncanny and surprisingly resourceful. Paradox.
- You are not savior of the human race. Rather a collaborator.

Teacher, what does it mean
to work on yourself?

– It is to stop waiting
for the others to change.



Life occurs naturally in
sequence, with a beginning,
middle and end



Allowance

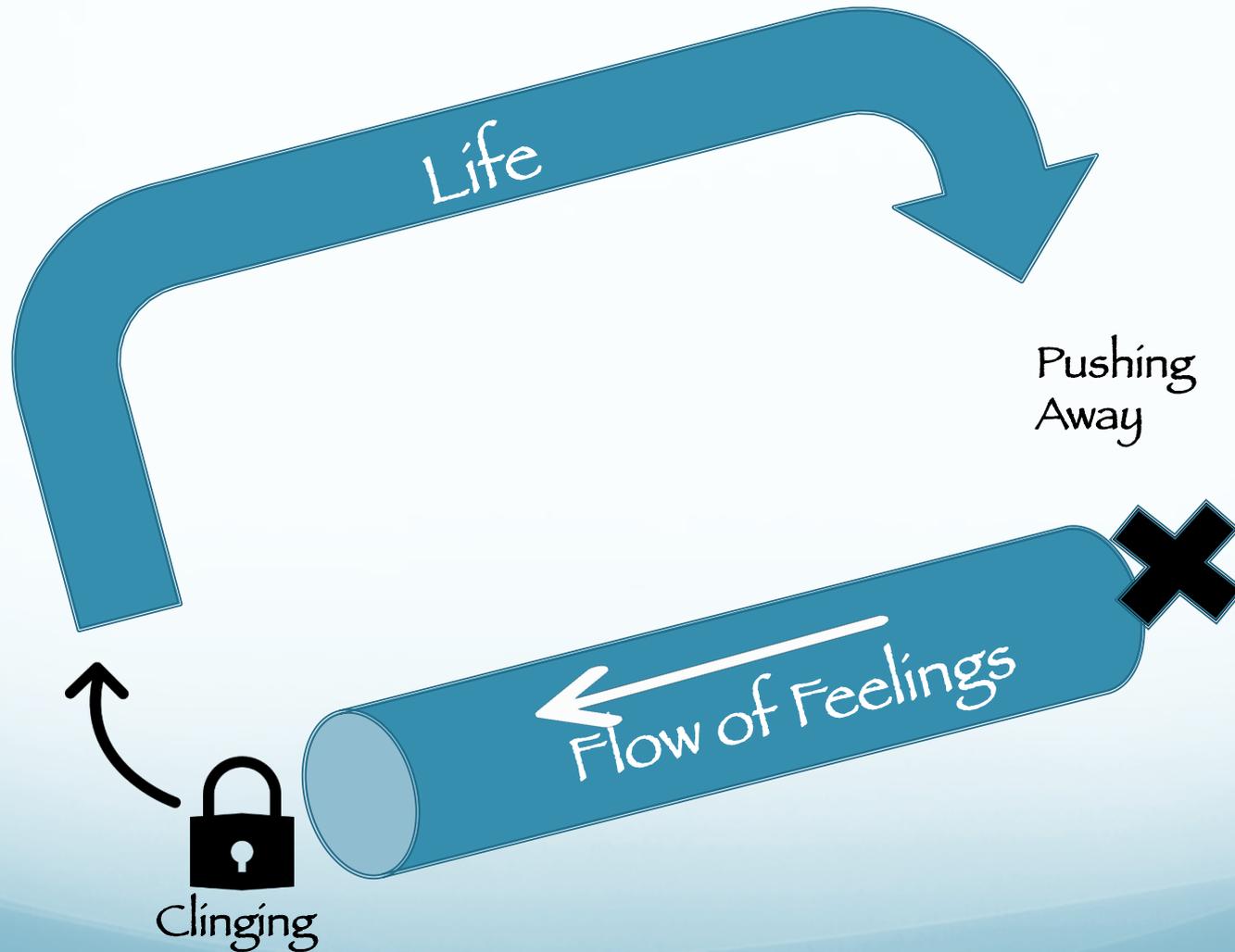
- Learning to allow life to unfold without fighting it or attempting to make it stay the same
- Allow your anxiety, low mood, feelings etc. Allow others to have their feelings and reactions.
- We do not need to fix or change things right away.
- Learning to validated our own feelings allows them to move through us. Instead of fighting them.
- Do you know what happens when you fight your anxiety?



Say to your mind: Get
as depressed as you
want. I am only going
to observe you, but I
am not going to join
you.

Mooji

Universal Flow Perspective



Boundaries

- Boundaries are something we set for ourselves, not for other people
- If we set boundaries for other people, then we are dependent on them to follow through with the boundary. Then it's not really a boundary.
- If we need to depend on others to uphold our boundaries, then they are not really boundaries. Maybe requests or demands...
- Start with taking inventory of what you are available for and what you are not available for.
- Create boundaries that are based on universal principles and maintain them in the face of daily adversity. Example: "If someone raises their voice at me I will leave the room."

*The only people who get upset
when you set boundaries
are the ones who benefited
from you having none.*

- * Those of us who take responsibility and ownership for ourselves will be able to be free, to resolve our issues, and make changes.
- * As long as we have tried to make others responsible, we will be dependant on them changing before we can change. This is called a dependant relationship and enmeshment.
- * Owning is sometimes difficult for us to do, since it requires us to recognize the parts of ourselves for which we have not been owning or taking responsibility.
- * If you take responsibility for the client's successes, you must also take credit for their failures.

Being Responsible

- * We must take responsibility for ourselves only; Our thoughts actions perceptions, etc.
- * We are responsible for everything happening that originates from inside ourselves,
- * We are never responsible for the reactions of others to ourselves.
- * We are responsible for nothing that originates from outside ourselves.

Being Responsive

- * Responsive means that we can respond to ours or others' needs, desires, situations, etc.
- * We may choose to interact, participate, get involved, or help out of a desire, rather than from responsibility.
- * We can be responsive to others while not being responsible to or for others.

Projecting

No Selling.

- * We project onto self and others that which we are not willing to own for ourselves.
- * Once we have projected onto ourselves or others we no longer have to take responsibility for those projections. Without responsibility we can no longer own and take charge of transcending these projections.

Example:

Projected - You make me angry at you. You make me angry at me.
I make me angry at you. I make me angry at me.

Owned - I am angry.

Owned with responsibility - I have made myself angry at me/you.
I have used you to make myself angry at me/you.
I am making up a story that I am angry at me/you.

Transference is the same process as projection.

Counterprojecting

No Buying.

- * Counterprojections are our reactions to our own, and other's projections.
- * We counterproject onto ourselves when we take on the responsibility of other's projections.
- * Once we have counterprojected onto ourselves or others we no longer have to take responsibility for those counterprojections. Without responsibility we can no longer own and take charge of transcending these counterprojections.

Example:

Counterprojection - I am having a reaction to my/your projection.

Owned - I am choosing to have a reaction to my/your projection.

Owned with responsibility - I have created a reaction to my/your projection.
I have chosen to create a reaction to my/your projection.

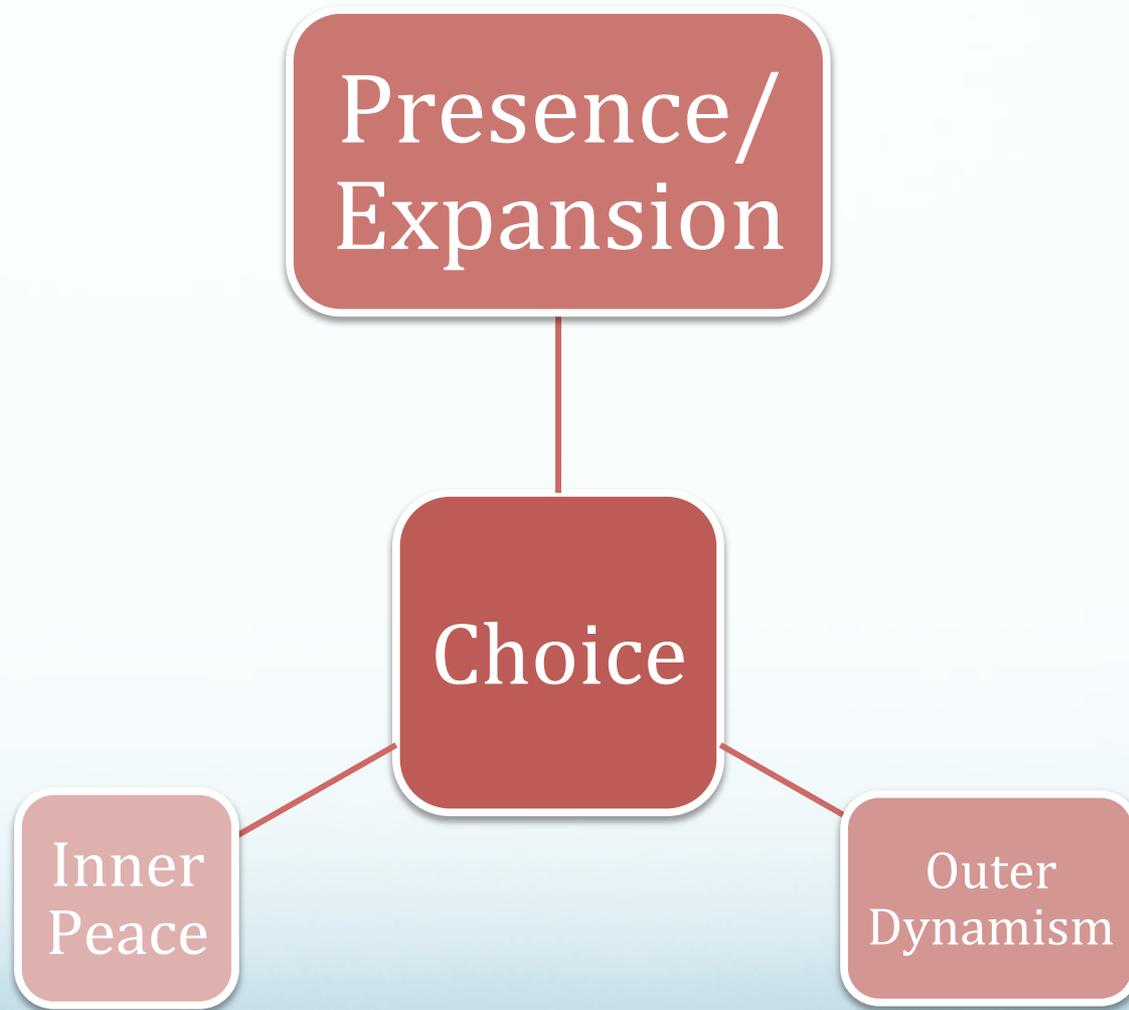
Counter-transference is the same process as counter-projection.

Recovering from Projection

1. Recognize that all projections as ours.
2. Take ownership of them. Take responsibility for them.
3. Find ways to release projections by embracing and surrendering to them.

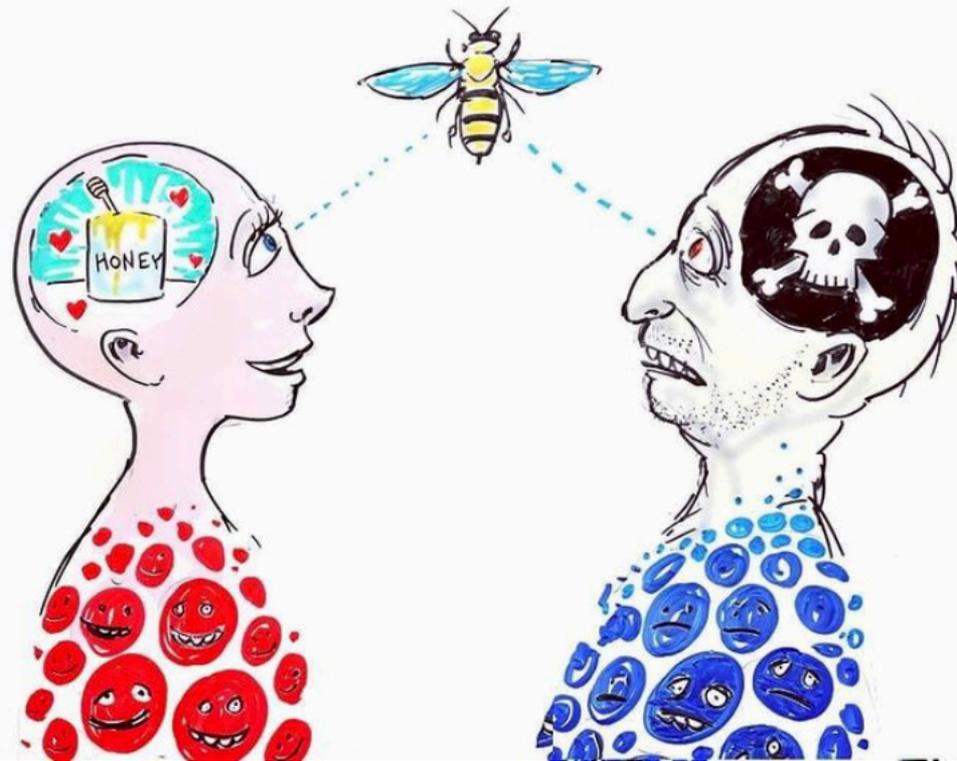
Recovery from Counterprojection

1. Recognize the counterprojection as ours.
2. Release ownership of them. Let go of any responsibility to them.
3. Find ways to release the counterprojections by embracing and surrendering to them.



The moment you change your perception,
is the moment you rewrite the chemistry
of your body.

- Dr. Bruce Lipton

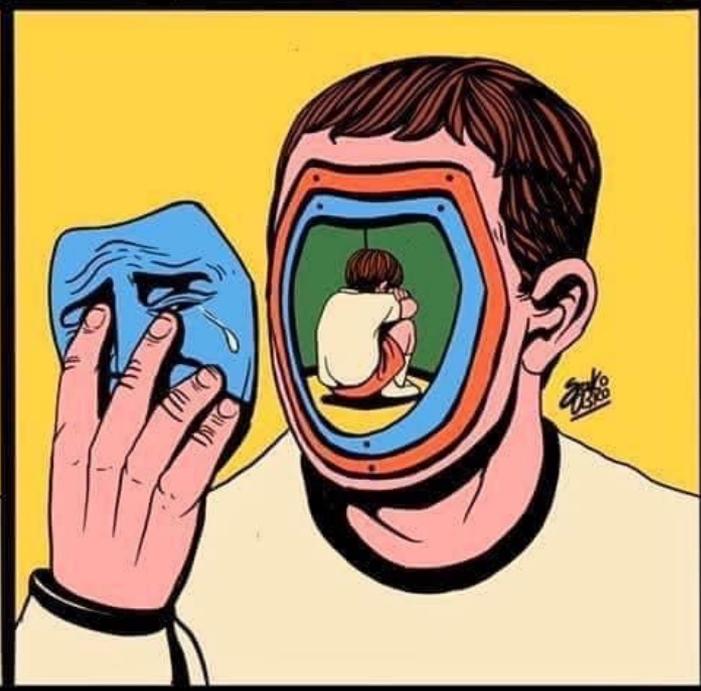


Ownership of Feelings

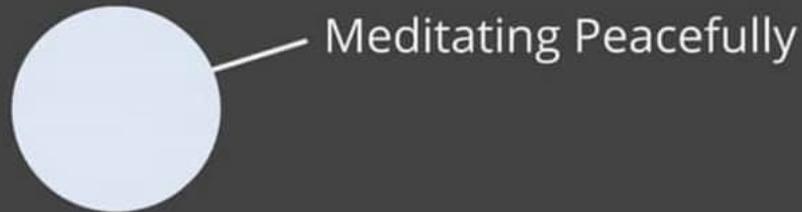
- It is natural to have feelings or reactions to life.
- Sometimes we can look for opportunities to change how we respond to people and circumstances.
- If we experience anger or sadness, we have to be careful not to necessarily blame or attribute the action of the other person or the situation as the cause of those feelings. The feeling is yours.
- Ownership/responsibility is liberating and freeing, and gives you more control. This way we don't project...
- Start by identifying what you are feeling and how you are reacting to the moment.

*“Every time I judge someone else, I reveal
an unhealed part of myself.”*

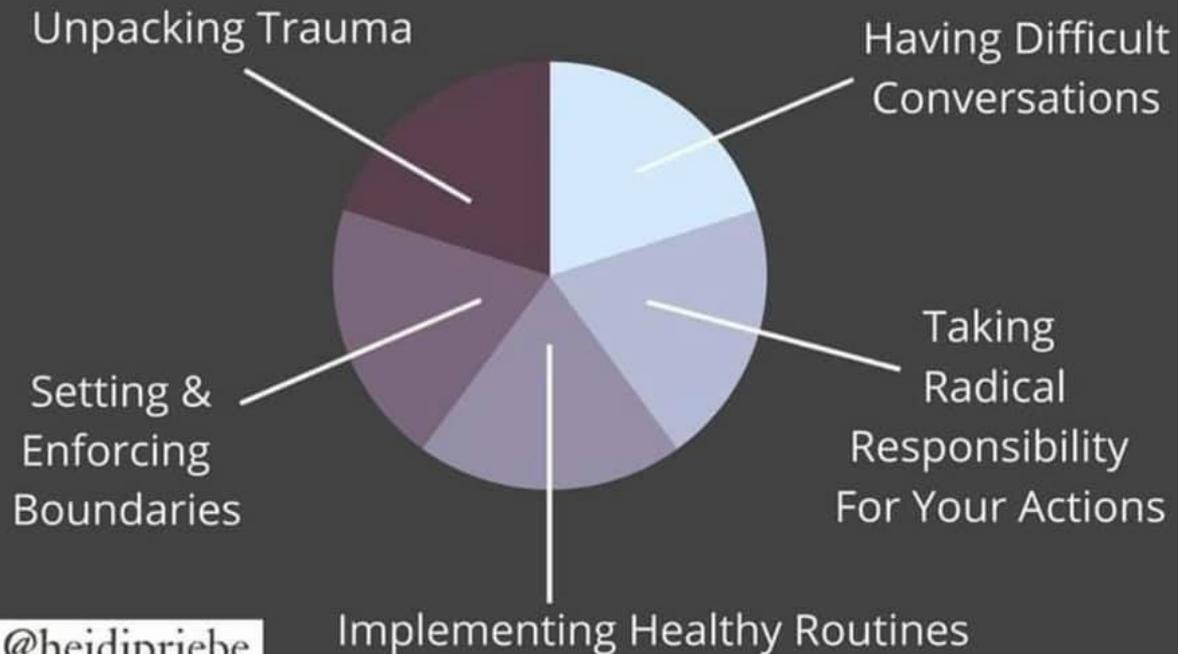
- DON MIGUEL RUIZ



WHAT WE THINK HEALING WILL LOOK LIKE:



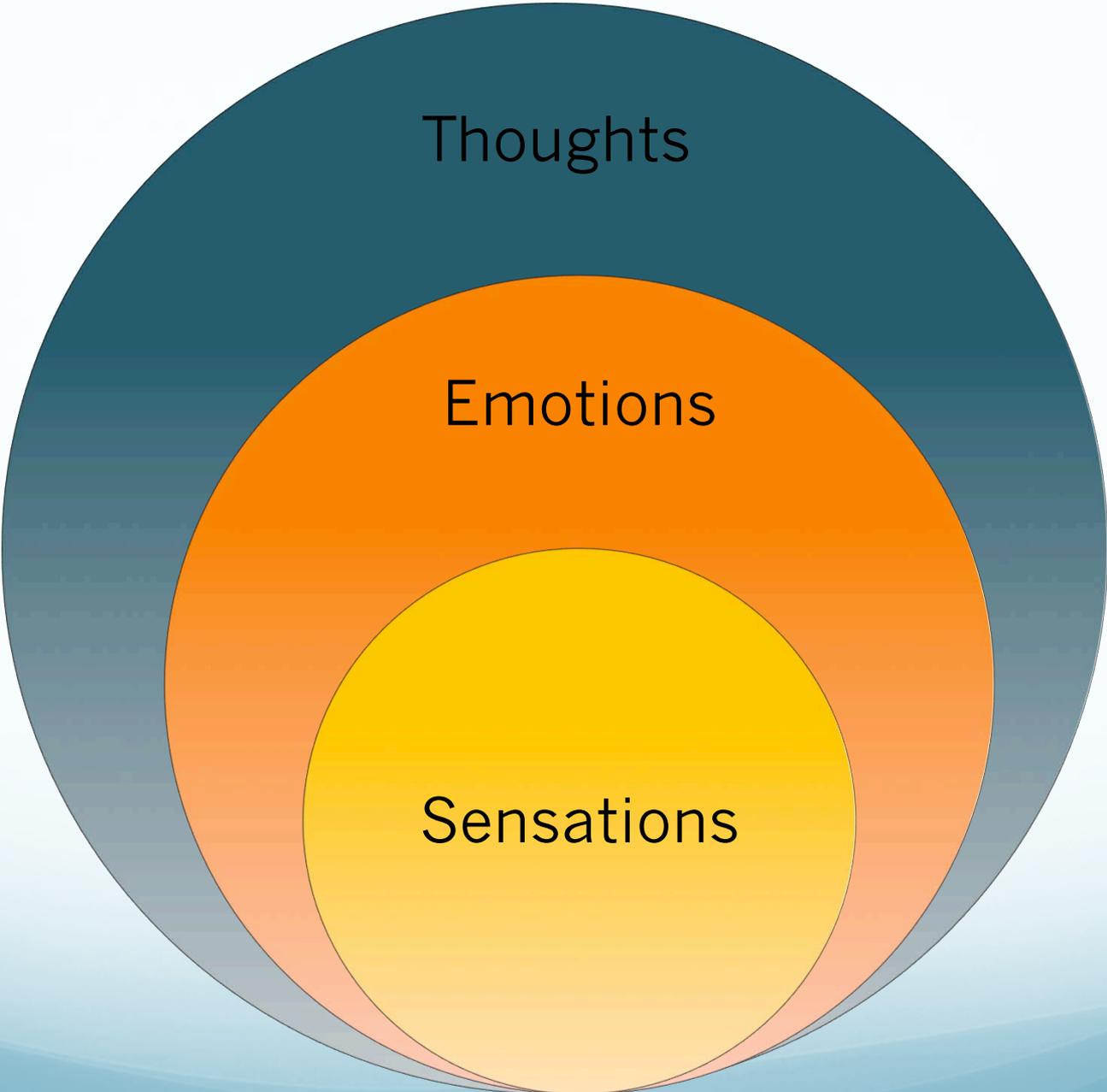
WHAT HEALING ACTUALLY LOOKS LIKE:



By @heidipriebe

Hands experiential

- Be passive: You don't get what you need. Being too available and over-extending. (Experiential: put both hands out)
- Be aggressive: You may get what you need but you still lose and won't feel good about it. Self absorbed and not available. (Experiential: Put both hands on the chest)
- Be assertive: You get what you need and the other person is also supported. Taking care of yourself while still being available for the other person. (Experiential: Put both hands on the chest).



Thoughts

Emotions

Sensations

Using Mindfulness to create distance from thoughts:

I'M NOT GOOD ENOUGH

I NOTICE THAT

I'M HAVING A THOUGHT THAT

I'M NOT GOOD ENOUGH



mindowl

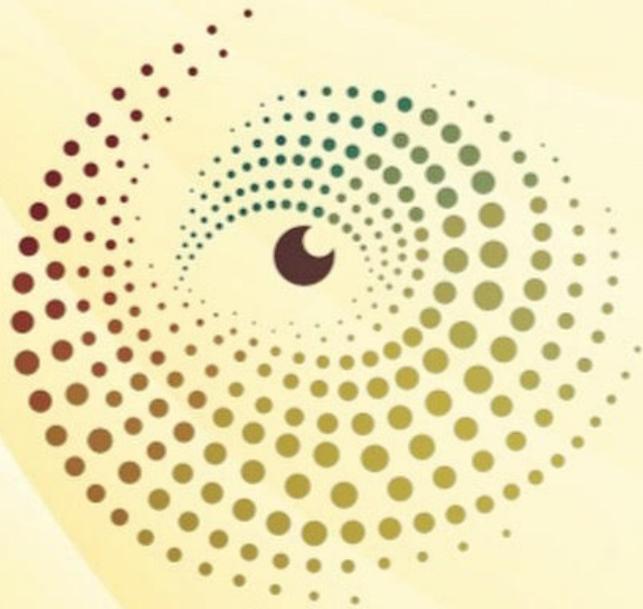
Secondary Signal



Mindful & Somatic

- Thoughts are subject to distortion
- Assumptions can be damaging
- Our Bodies tell us the truth and keeps the score with memories.
- Develop an immediate felt sense in the body
- Find your own peace, independent from the external environment
- Dance, yoga, and getting a massage can lead to peace.

Body Scan



Spiral Process Therapy

Holistic Psychotherapeutic Services

www.spiralprocess.com

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