

Self-Care on the Stormy Seas: Self-care for the Chaplain

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“Burnout”



- ✦ The High cost of caring
- ✦ Definition of “Burnout”
 - ✦ is a state of physical, emotional, and mental exhaustion caused by involvement in situations that are emotionally demanding, accompanied by disillusionment and negative feelings.

“Burnout”



✦ Signs of “Burnout”

Fatigue, irritability, somatic complaints, feeling that life is less fun, decreased empathy, and reduced sense of accomplishment. Burnout usually begins gradually, and over time takes a toll on your psyche and health.

“Compassion Fatigue”

- ✦ Coined by Charles Figley, leader in research on compassion fatigue.
- ✦ Compassion Fatigue: is a type of burnout that comes from exposure to people’s suffering, particularly those exposed to traumatic events. This is secondary stress.
- ✦ Exposure to another’s traumatic material can cause Post Traumatic Stress Disorder (PTSD). Charles Figley, Compassion Fatigue, coping with secondary traumatic stress (1995).

Vicarious Traumatization



- ✦ Coined by McCann and Pearlman (1990)
- ✦ VT is the accumulation of memories of clients material that affects the therapists perspective of the world, particularly safety, trust, power and control. The Hallmark of VT is a disrupted frame of reference of ones identity and worldview. Unlike burnout, which emerges gradually, and is a result of emotional exhaustion, secondary traumatic Stress can emerge suddenly and without warning.

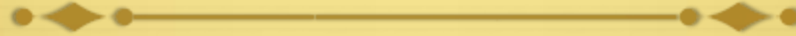
Vicarious Traumatization



Effects of Compassion fatigue or Vicarious Traumatization include:

Adopting a more negative worldview, diminished sense of safety and trust, helplessness, reduced sense of control, and disrupted personal relationships.

✦ What are some ways you take care of yourself as a chaplain?



Addressing and Transforming VT



- ✦ 1. Self-care
- ✦ 2. Transforming Despair
- ✦ 3. Self-care is not Selfishness

Bible Talks about self-care

- ✦ Philippians 2:4 : "Each of you should look not only to your own interests, but also to the interests of others."
- ✦ Galatians 6:2–5: "Carry each other's burdens, and in this way you will fulfill the law of Christ. If anyone thinks he is something when he is nothing, he deceives himself. Each one should test his own actions. Then he can take pride in himself, without comparing himself to somebody else, for each one should carry his own load."

Bible Talks about self-care

- ✦ Luke 2:49 “Didn't you know I needed to be in my Father's house?”
- ✦ Luke 5:15–16: "Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. But Jesus often withdrew to lonely places and prayed.”
- ✦ Mark 1:35-38 “Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place where he prayed....disciples went to look for him...they exclaimed, ‘Everyone is looking for you!’”

ABCs of addressing VT



✦ Awareness

✦ Balance

✦ Connection:

Self-care tools



- ✦ Cue-2-Do
- ✦ 3-B-C
 - ✦ Emergency 3-B-C
 - ✦ Preventative 3-B-C

Credits



Oasis in the Overwhelm: 60-second strategies
for balance in a busy world.

By Millie Grenough.