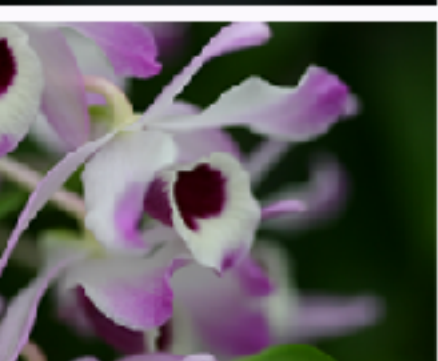
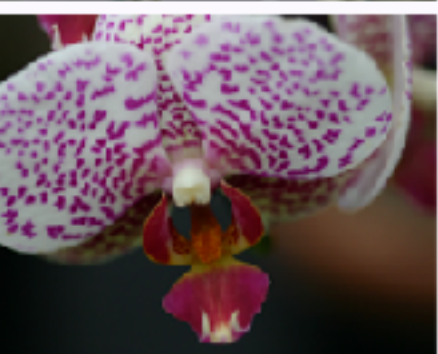


Self-Care as a DV/SA Advocate

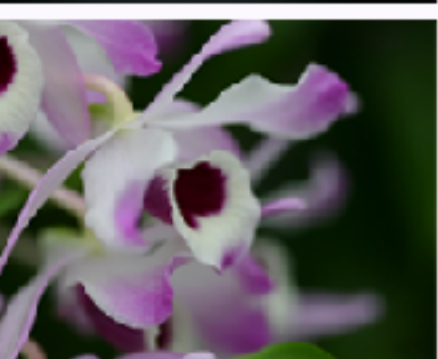
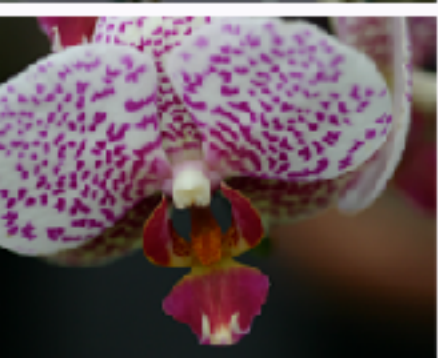


Libby Stanley, MA
Abused Deaf Women's Advocacy Services



Objectives

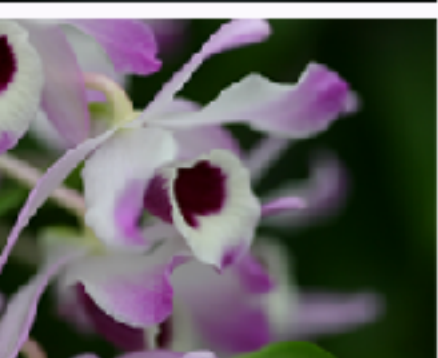
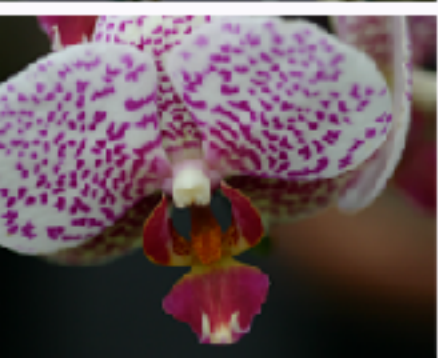
- Objective 1: To be able to differentiate between burn-out and trauma.
- Objective 2: Be able to identify various risk factors for vicarious trauma
- Objective 3: To know where your current level of vicarious trauma is
- Objective 4: To formulate an individualized plan for dealing with vicarious trauma in your line of work.

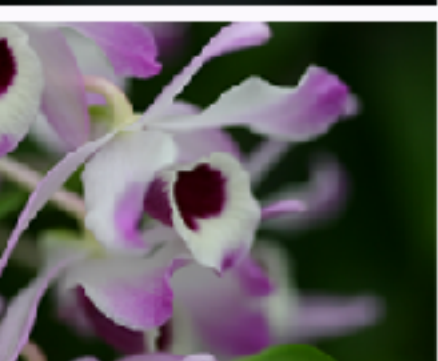
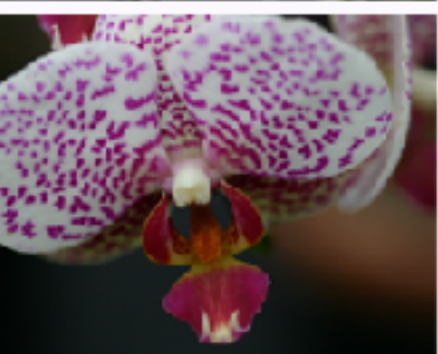


Working with trauma victims can have a deleterious effect on providers.

History of VT

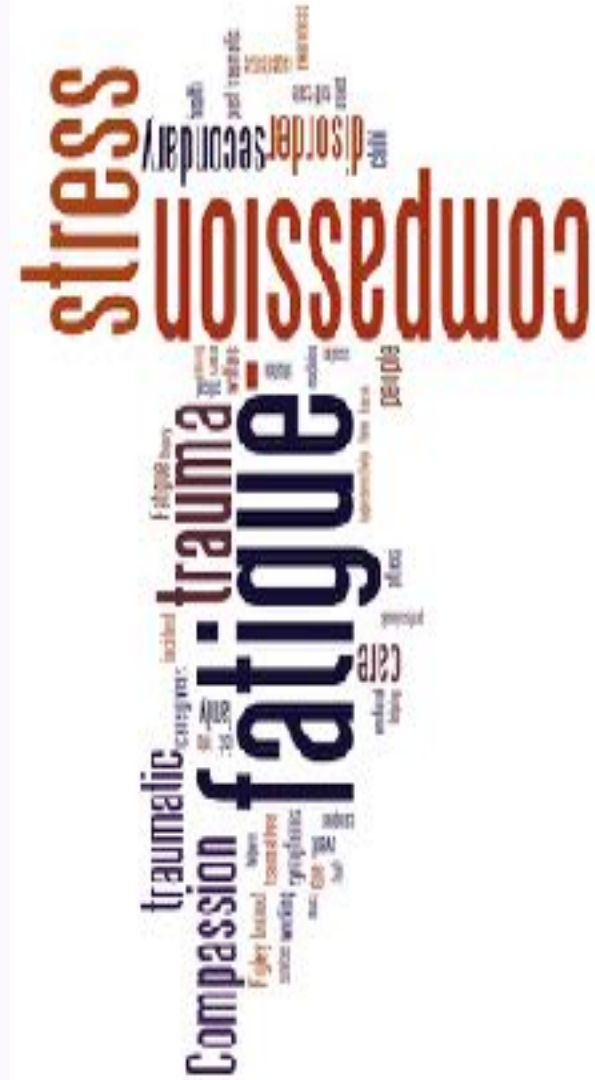
- Figley
- Punitive responses from bosses
- Run out of compassion?
- Trauma messes with your head!

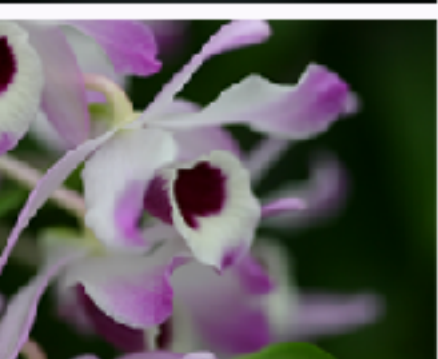
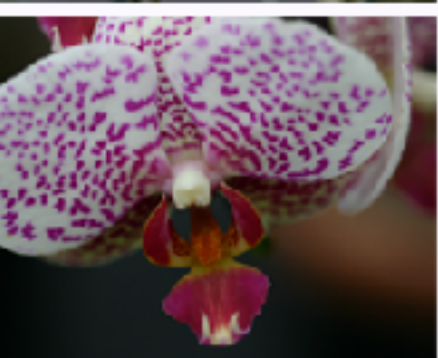




Evolving terms

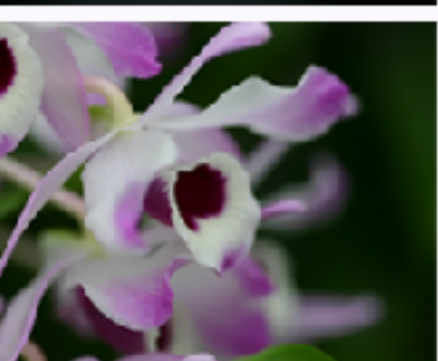
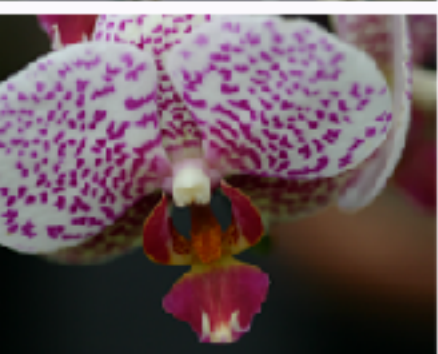
- Secondary trauma
- Compassion
Fatigue/Stress
- Vicarious Trauma





What's happening to
me?

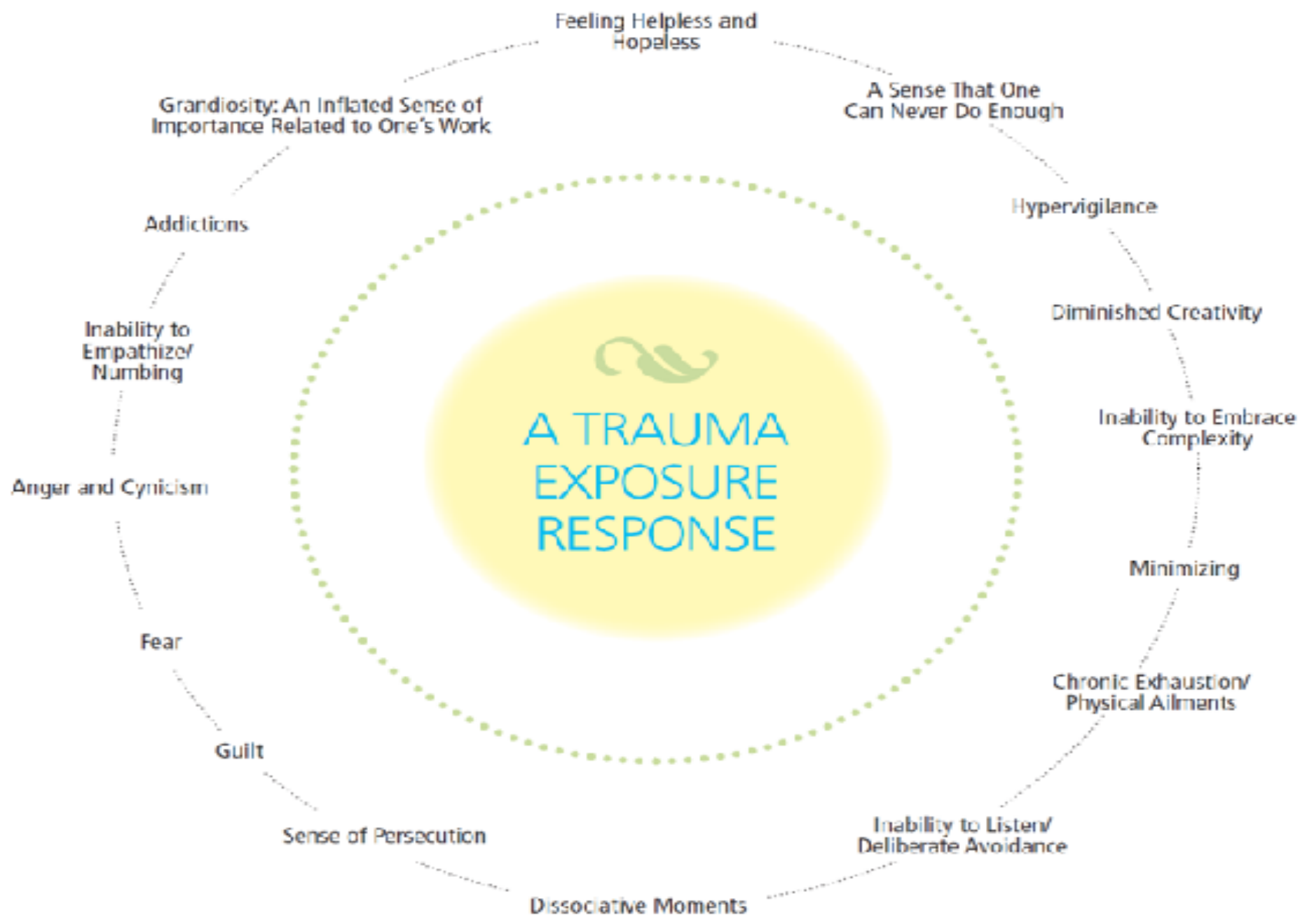
Is it burn-out or Vicarious
Trauma?



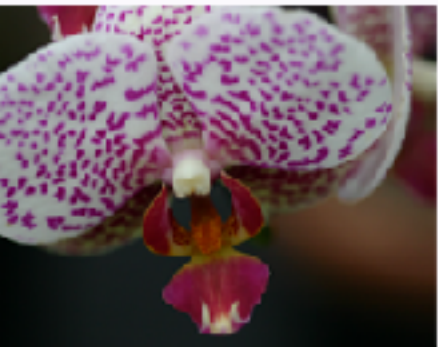
Vicarious Trauma

- PTSD and cognitive changes (now included in DSM5)





Self Assessment





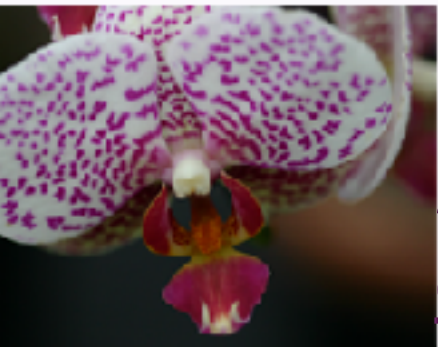
Self Assessments To Do at Home

1. ProQOL (Professional Quality of Life Scale)

proqol.org/uploads/
ProQOL_5_English_Self-
Score_7_2011.pdf

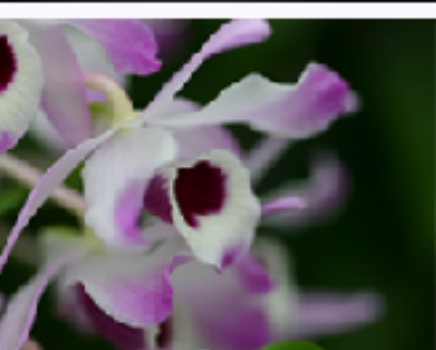
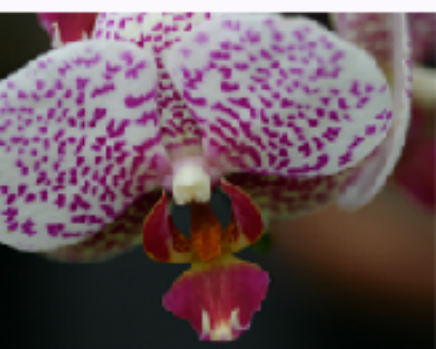


2. www.healthcentral.com/sleep-disorders/stress-test-3454-143.html



3. http://www.ecu.edu/cs-dhs/rehb/upload/Wellness_Assessment.pdf



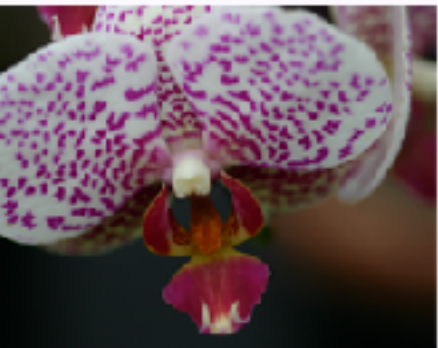


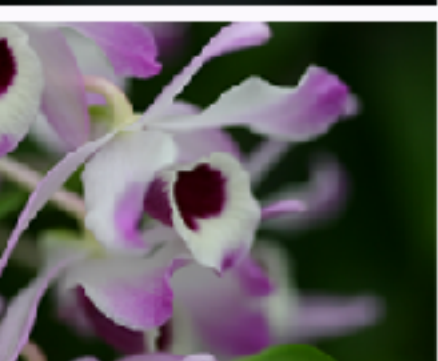
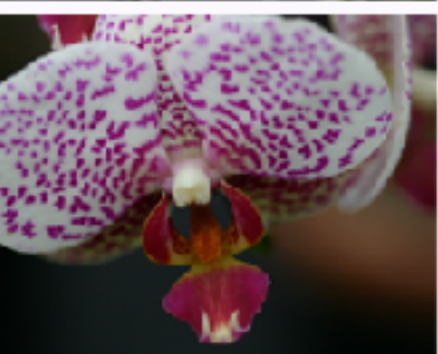
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Activity/strategy	Doing Fine	Like to do Better	Urgent to Change
Nutrition/balanced eating			
Exercise			
Rest			
Taking breaks and lunch			
Social connections outside work			
Social connections at work			
Setting personal goals			
Hobbies and interests			
Taking a vacation			
Spending time with family			
Spending time with friends			
Doing something nice for self			
Having fun			
Time management			
Doing volunteer work			
Laughing			
Delegating			
Being able to say no/set limits			
Asking for help			

Intrusive symptoms

- Re-experiencing
- How to recognize
- Sleep





Avoidance Symptoms

- Thinking
- Feeling
- Locations
- Describing our job
- Especially applicable in the Deaf community

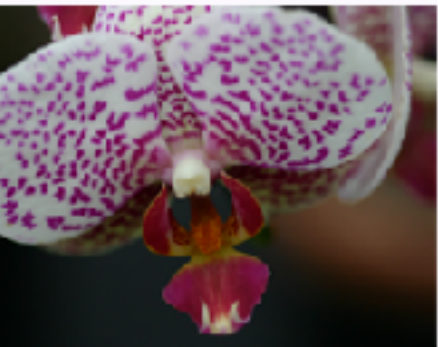


Arousal Symptoms

- Sleep
- Emotional regulation
- Hypervigilance
- Startle response

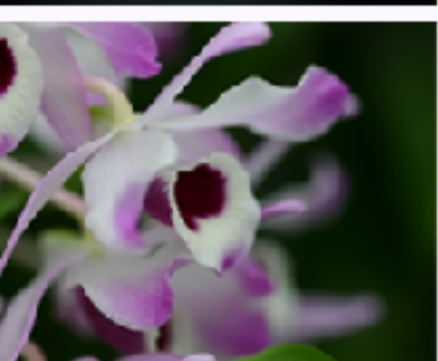
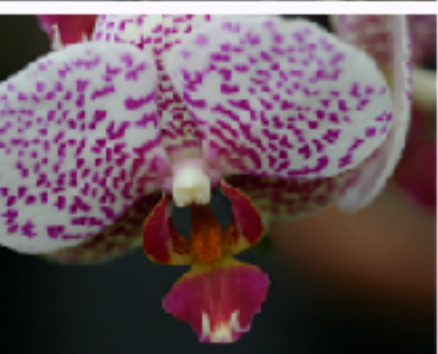


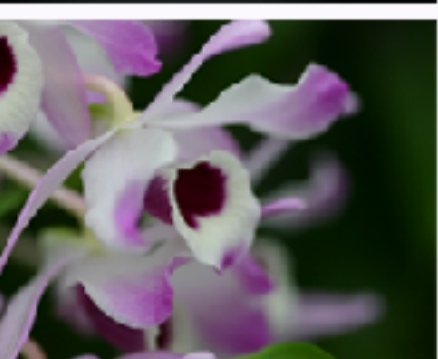
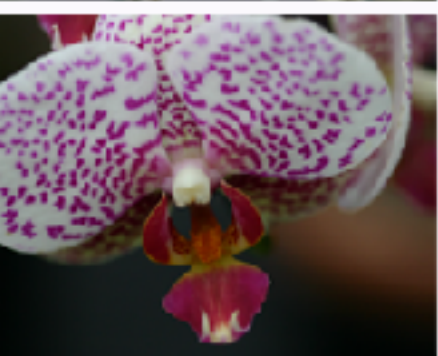
Cognitive Changes



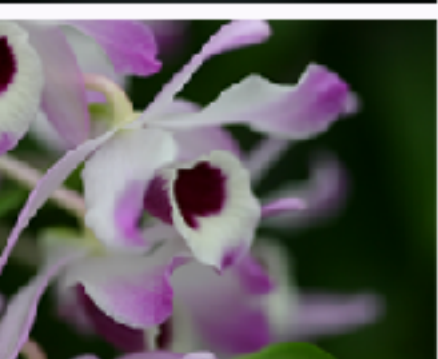
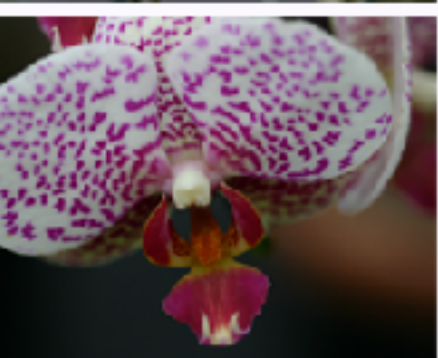
- Safety
- Esteem
- Intimacy
- Power
- Independence
- Frame of reference

Continuum





It is unethical not to attend to your self care as a service provider, because sufficient self care prevents harming those we serve.



What to do about it

- Educate
- Reduce the risk
- Monitor symptoms
- Early intervention
- Set a plan



Lack of experience



Caseload heavy on difficult survivors



Hearing stories of trauma, abuse, and oppression



Inadequate supervision and consultation



Signs of progress are few and far between



Not holding strong boundaries

What you tell the survivors you work with, apply it to yourself.



The greatest gift you can give to somebody is
your own personal development.

I used to say, 'If you will take care of me,
I will take care of you.'

Now I say, 'I will take care of me for you,
if you will take care of you for me.'

— Jim Rohn

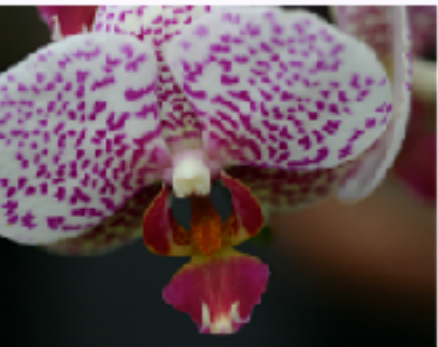


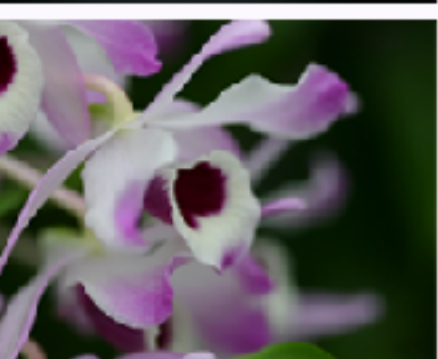
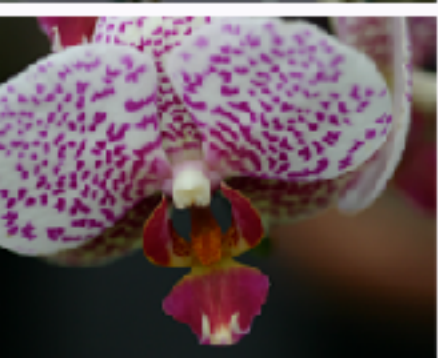


Breathe In; Breathe Out



- <http://imgur.com/n5jBp45>





Domains of Self Care

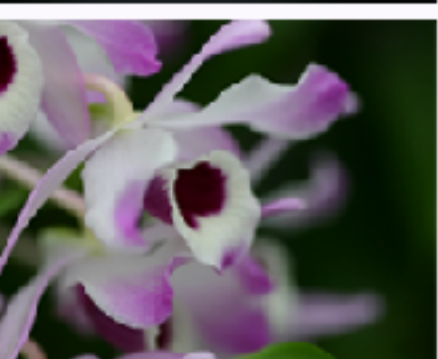
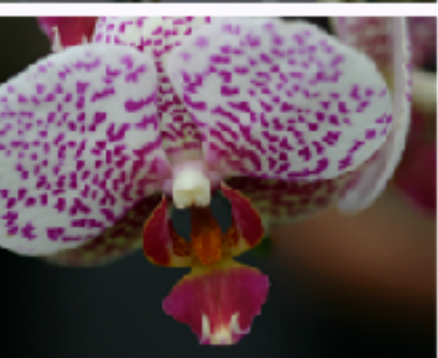
Physical

Spiritual

Emotional

Social

Cognitive



What social workers and other people don't often tell you is that self-care can be completely terrible. Self-care includes a lot of adult-ing, and activities you want to put off indefinitely. Self-care sometimes means making tough decisions which you fear others will judge. Self-care involves asking for help; it involves vulnerability; it involves being painfully honest with yourself and your loved ones about what you need. - Mawiya Patten



Physical

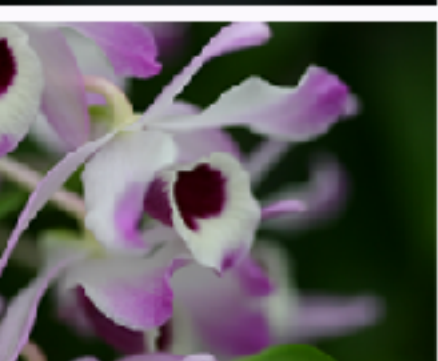
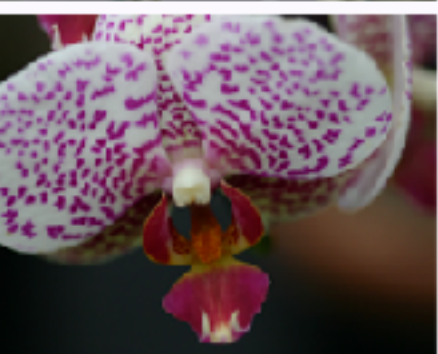
1. Body work

2. Effective sleep

3. Nutrition

4. Medical check up's & follow through

5. Pay your bills



Spiritual

FAITH

GUIDANCE FOR
LIVING

HIGHER
POWER

NATURE

MEANING

SERENITY
PRAYER



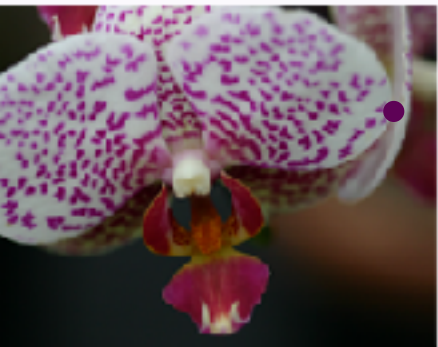
Social/Interpersonal

- Various people for various purposes:

- Emotional, informative, instrumental, companion



- Help:
 - Professional and informal



- Social activism



Cognitive

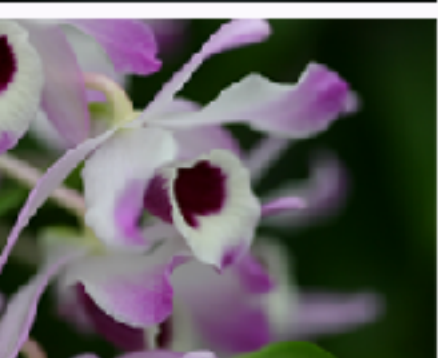
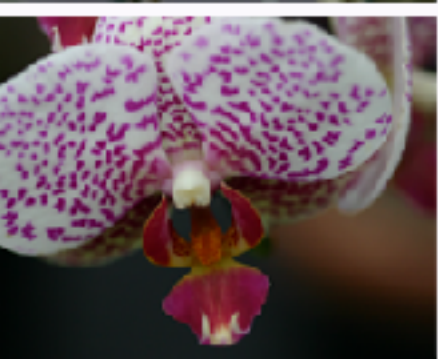
- Cognitive restructuring
- Utilizing positive self-talk





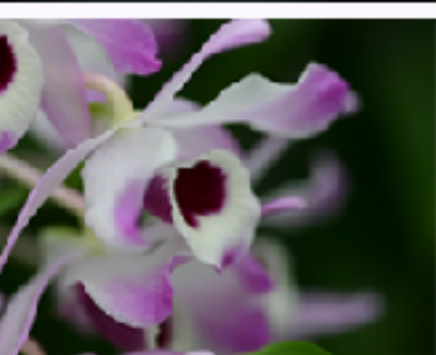
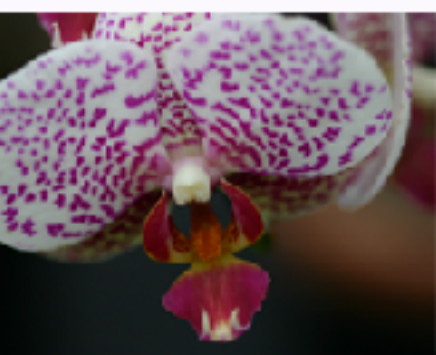
Professional Self-Care Practices

- Balance between work and home
- Boundaries/limit setting
- Dealing with multiple roles
- Support and resources from your organization

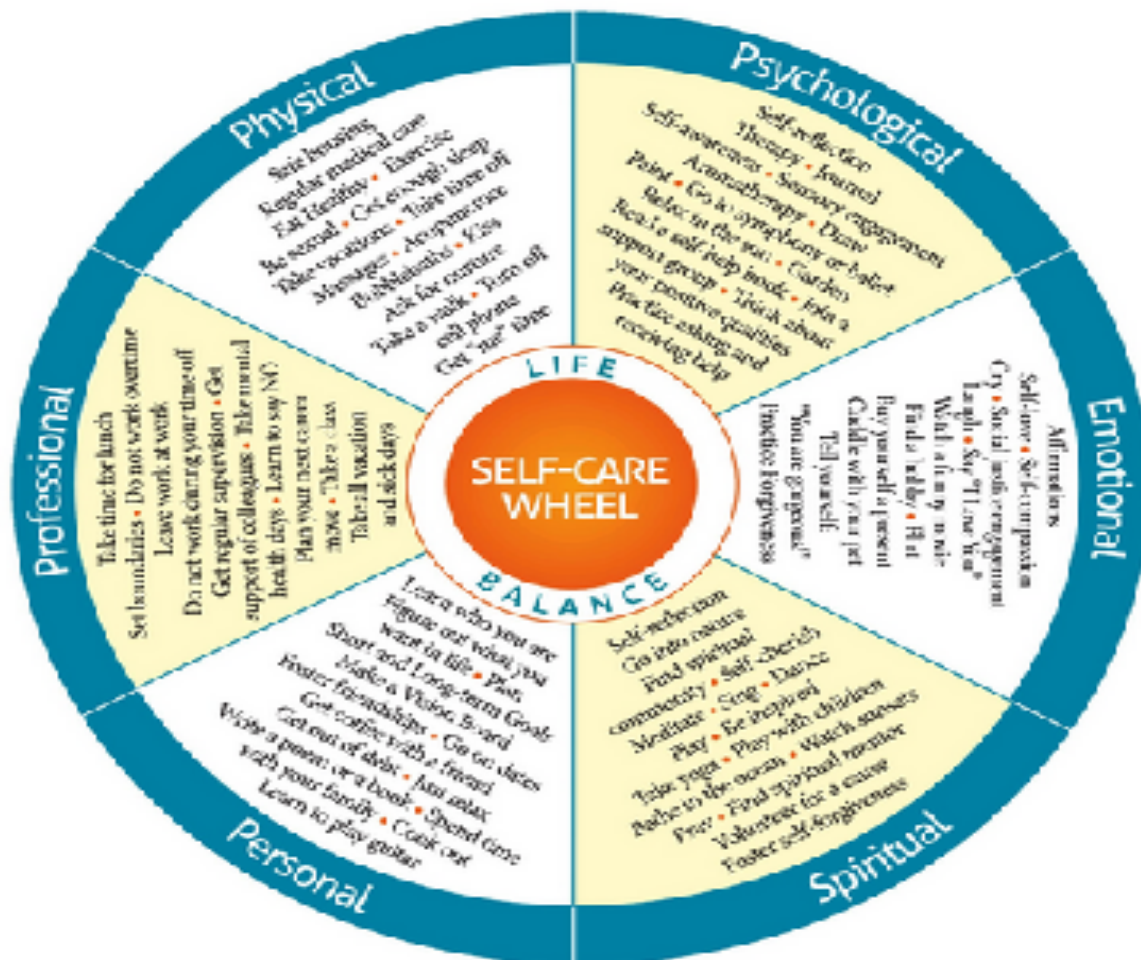


Getting support/help at work

- Peer support
- Supervision, consultation, therapy, collaboration, EAP
- Role models/mentors
- Create a plan



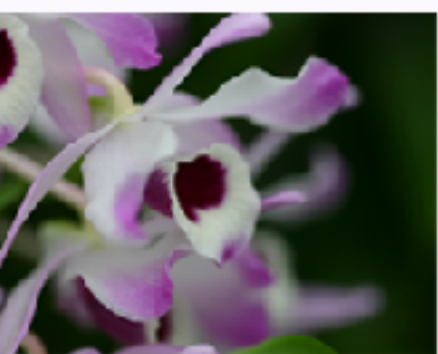
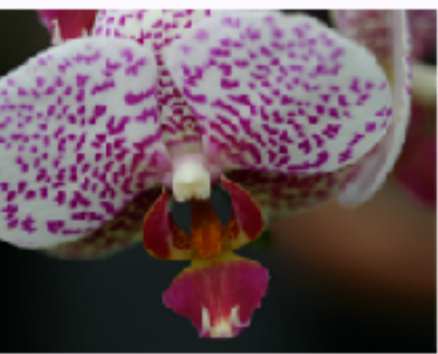
SELF-CARE WHEEL



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

Dedicated to all trauma professionals worldwide.

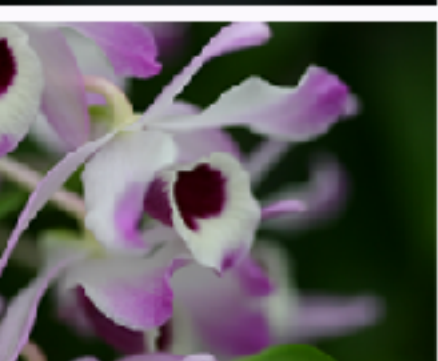
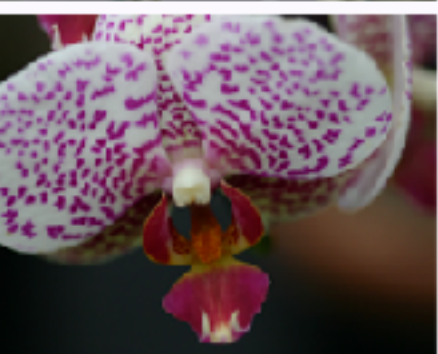
www.OlgaPhoenix.com



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COMMUNICATIONS
and DESIGN

Create your own
SELF-CARE WHEEL





Generate Work Satisfaction :

- Noticing and remembering the joys and achievements of the work.





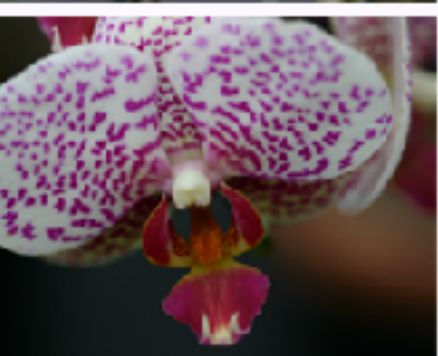
Questions & Comments



Contact:

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DeafTA@vera.org

