
Self care for Trauma professionals

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WHAT HAVE WE BEEN THROUGH

- September 11
 - Hurricane Katrina
 - Virginia Tech
 - Newton
 - Superstorm Sandy
 - Pulse nightclub
 - COVID-19
- This is only a partial list, but it is a roll call of places and events seared into public memory. The 21st century has provided helping professionals with many opportunities to exercise their skills. This list also represents trauma on a national level and for COVID-19 it is trauma on a worldwide platform.

WHY IS SELF CARE SO IMPORTANT?

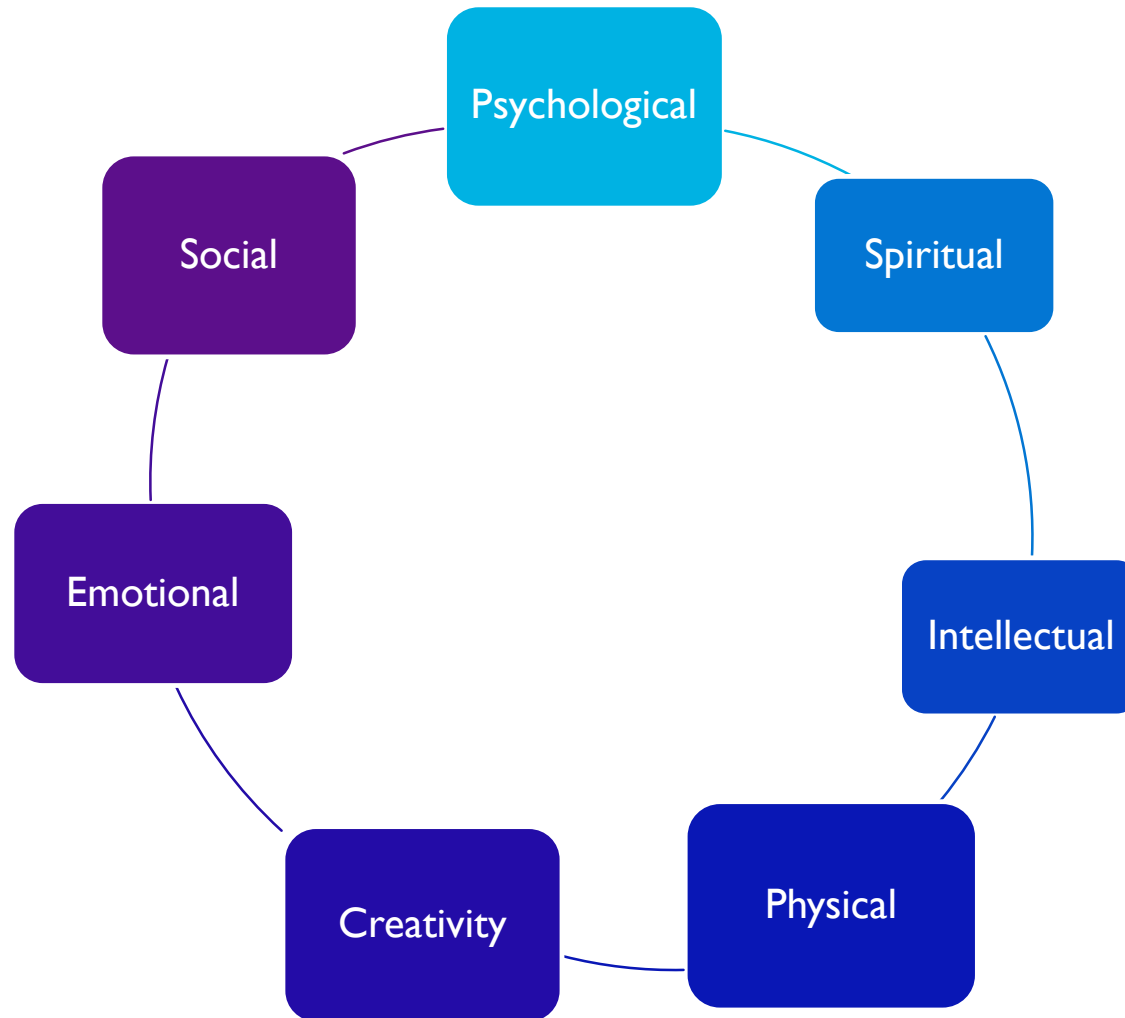
- BURNOUT
- VICARIOUS TRAUMA
- SECONDARY TRAUMA
- COMPASSION FATIGUE



WHAT IS SELF CARE?

- The World Health Organization defines self-care as: “the ability of individuals, families, and communities to promote health, prevent disease, maintain health, and to cope with illness and disability with or without the support of a healthcare provider.”
- According to this definition, self-care includes everything related to staying physically healthy — including hygiene, nutrition, and seeking medical care when needed. It’s all the steps an individual can take to manage stressors in his or her life and take care of his or her own health and well-being.

A WHOLE-PERSON APPROACH TO SELF CARE



A WHOLE-PERSON APPROACH TO SELF-CARE

- Psychological – Have friends/colleagues who you can meet with and debrief on a regular. Utilize consultation. Talk to a therapist or supervisor to help you process the issues raised by your work with clients.
- Physical – good nutrition, regular medical care, ample sleep and appropriate exercise. It is important to choose a few activities that suit your physical condition and temperament.
- Social – Understand your social needs and meet your social needs in a way that suits your personality. Not meeting your social needs outside of the workplace will leave you susceptible to meeting your needs at the workplace.

A WHOLE-PERSON APPROACH TO SELF-CARE CONT'D

- Emotional – have a few people with whom you can be emotionally honest and feel the safety of mutual support.
- Creativity – find a regular out for creativity that is completely separate from the creativity required when working with clients. Thinking outside the box in one area will enhance your creativity in the professional area, and investing energy into this kind of activity is thought to help rejuvenate you.
- Intellectual – Make some time to try something new or learn something new in the profession.
- Spiritual – Nurture this aspect of yourself through whatever discipline that is appropriate, whether it is observation of an established religion or spending adequate time for reflection, meditation, and quiet separateness from the busyness of life.

SOUNDS LIKE A LOT?

- We ask this of our clients, asking less of ourselves is not enough.
- This is the self care we want for our clients, our loved ones, our students, our colleagues, why not want it for ourselves.
- Imagine yourself well fed, well exercised, and well rested. You are regularly surrounded by supportive and insightful colleagues and have a safe place in which you explore your thoughts, feelings, and experiences. You enjoy regular, meaningful contact with people you love. You find your creativity blossoming in ways you may not have enjoyed since childhood (or maybe since you started working in a helping profession), your skills become rejuvenated. At the same time, a regular stream of new ideas and research help improve your helping skills.

PROGRAMS & SERVICES

Safety

- 24-Hour Helpline
- Emergency Domestic Violence Shelter
- Justice System Advocacy
- Safe & Sound Visitation Center
- Latina Domestic Violence Project

Healing

- Trauma Therapy
- Support Groups
- Canopy Child Advocacy Center

Breaking Cycles

- Domestic Violence Education Classes
- Prevention & Education Programs
- Professional Trainings
- Systems Change Advocacy

Call or Text

216.391.4357 (HELP)

Live Chat

Journeyneo.org



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