

Self-Care is Quality Care



The March of the Saintly Geniuses

The March



Coldspring Center
for Social and Health Innovation

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Coldspring Center for Social & Health Innovation

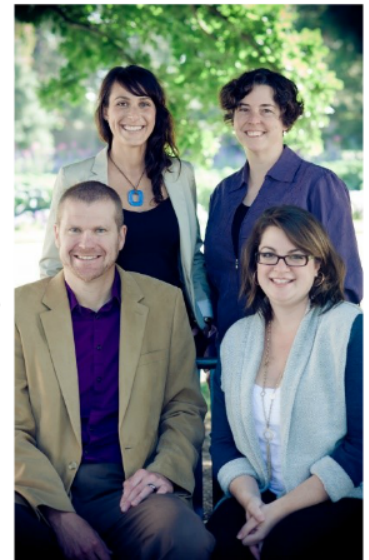
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Language & Approach to Training

Client/Patients (them) **and** Helper (us)

Informal and Interactive

Have fun!!

Stay Positive

Art: Alex Gray - alexgray.com

A Tool for Resiliency: Bilateral Stimulation

- Activating both sides of the brain facilitates the processing of new information
 - Impact of Bilateral Stimulation:
 - Helps to destabilize and rob past difficult memories of their power
 - Provides strength in a situation where we might feel powerless or weak
 - Helps to integrate new experiences into perception of self
1. Activate parasympathetic nervous system by using techniques such as deep breathing
 2. Bring to consciousness a resource memory, experience, concept, or figure
 3. Activate the sensory details of that resource until it or they are alive
 5. Begin to tap right-left, right-left 6 to 12 times. If the resource is continuing to strengthen and feels positive, continue to tap.
 6. Can tap as long as the resource remains positive

Parnell, 2008

Going Deep Early!! The Power of Passion

Self Reflection: Take 5 minutes to write a narrative about the passion that brought you to this work and keeps your motivation and energy focused on helping others heal

Bilateral Stimulation:

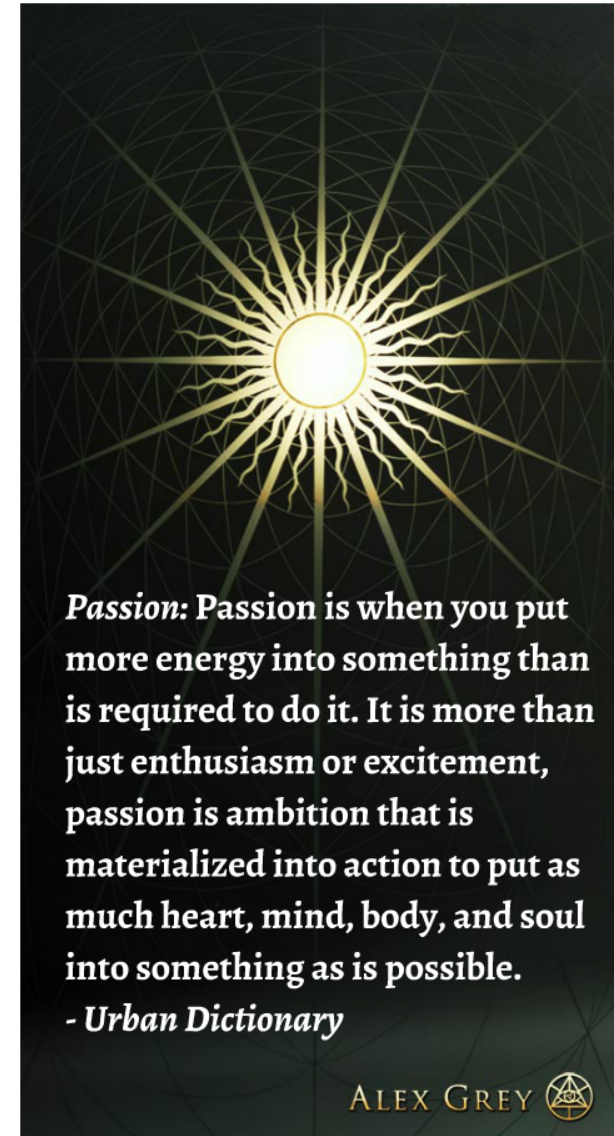
- Deep breaths
- Bring to mind the emotional connection (passion) you have for this work
- Take 2 minutes to "tap in" this feeling (stop if uncomfortable)

Small Group:

- Introductions: Name, position, organization, and location
- Discussion: Each person take about 2 minutes to share with the group: What drives your passion?

Large Group:

- Introductions: Name, position, organization, and location
- Tell us one thing that gives you energy and passion for this work



Passion: Passion is when you put more energy into something than is required to do it. It is more than just enthusiasm or excitement, passion is ambition that is materialized into action to put as much heart, mind, body, and soul into something as is possible.

- *Urban Dictionary*

Biology

The systems of the body and how they interact with one another

Sets the structure for the flow of energy and information throughout the body

Default Setting: Efficiency, Avoid Pain & Seek Pleasure



Psychology

Mental states and process

Mind - Regulates the flow of energy and information

Volition to control biology, including the brain



Social

Relationships - How energy and information is transferred from one person to another

Environmental

- Socioeconomic factors
- Culture
- Family/societal mindsets



The Biopsychosocial Paradigm

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The Biopsychosocial Paradigm

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Relationships and information from one person

- Environment
- Socioeconomic
 - Culture
 - Family/

Homeostasis

"The tendency towards a relatively stable equilibrium between interdependent elements, especially as maintained by physiological processes". - Google Dictionary



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Social

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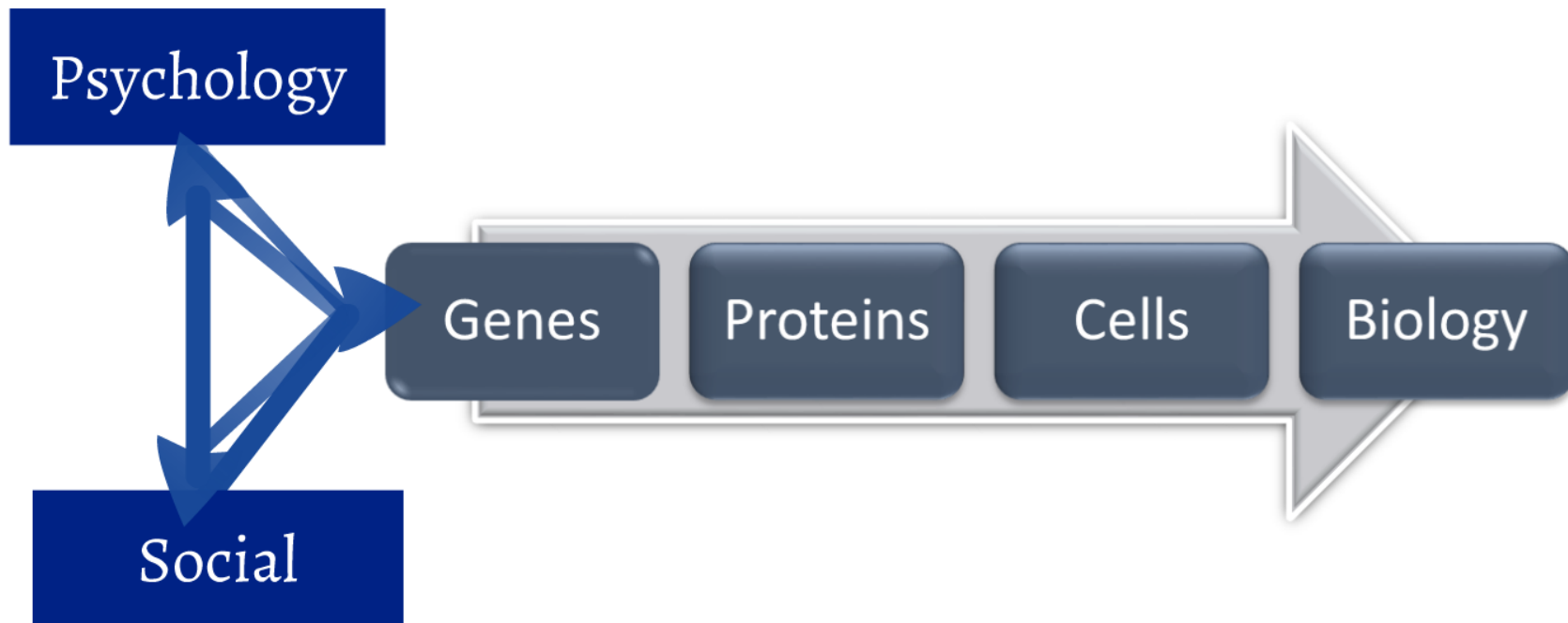
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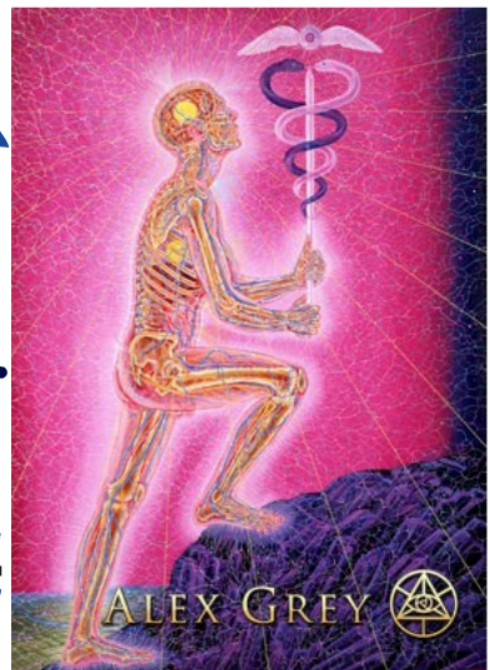


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A Deeper Understanding of the Work



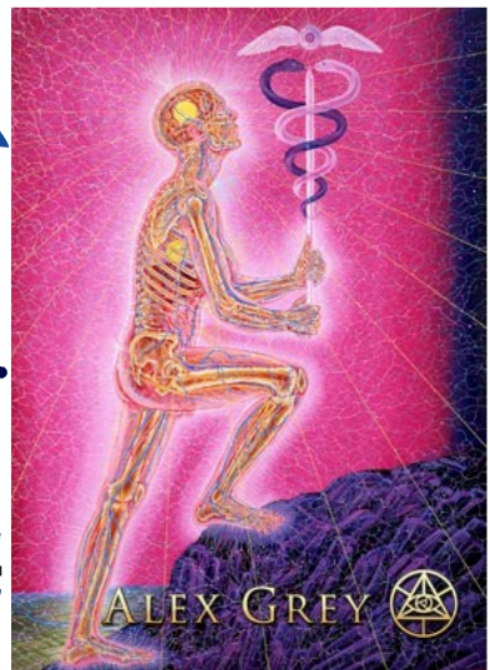
Choice vs. Force



YouTube

Choice vs. Force

A Deeper Understanding of the Work

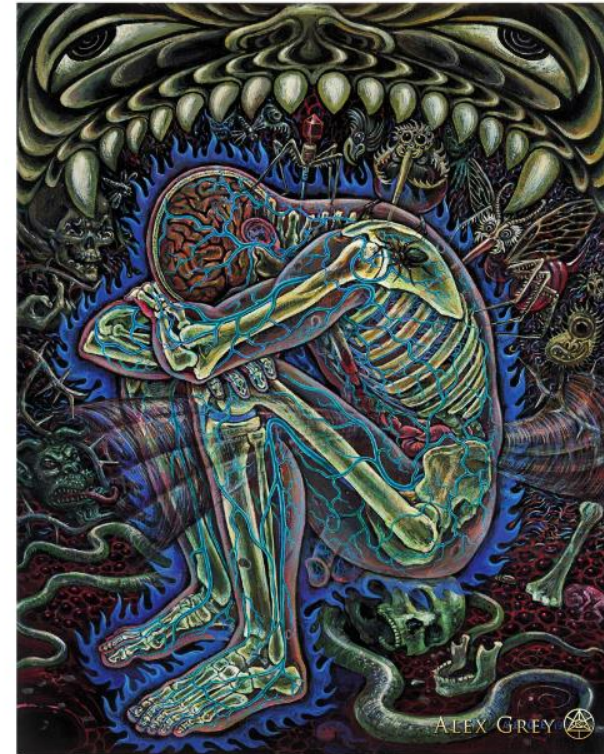


Traumatic Event

Trauma – Intense stress that overwhelms our biological, psychological, and social capacity, resulting in an existence dominated by the trauma

Passive Trauma – Being continuously overwhelmed by the trauma due to a lack of support needed to regain control

Complex Trauma – Repeated systematic trauma that occurs over time



Trauma Symptoms

Psychological

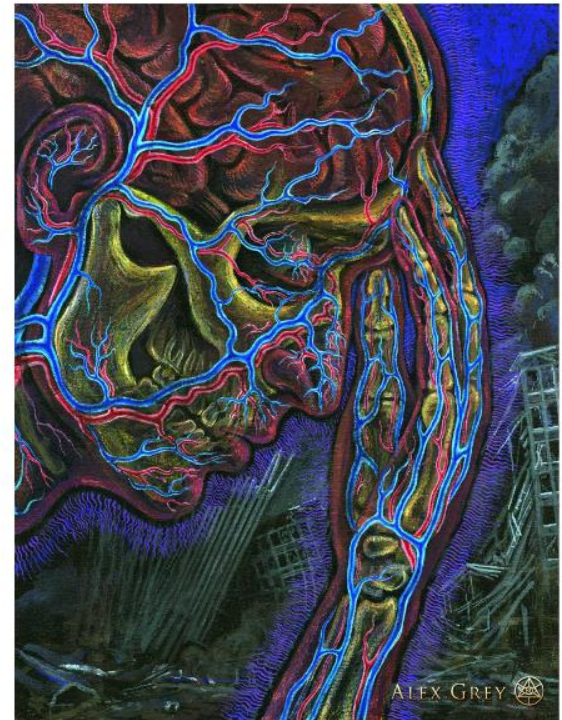
- Inability to focus
- Learning disrupted
 - Short-term memory
 - Verbal memory
 - Narrative memory
- Limited volition
- Emotional instability
- Nightmares
- Diminished interest in everyday activities
- Loss of positive point of view (self & world)
- Depression
- Suicide attempts
- Deregulated emotional states
- Disrupted personality development

Biological

- Constipation or diarrhea
- Somatic pain
- Disrupted sleep patterns
- Alcohol abuse & dependence
- Illicit drug use
- Smoking
- Ischemic heart disease (IHD)
- Fetal death
- Chronic obstructive pulmonary disease (COPD)
- Liver disease
- Decreased immune function
- Decreased health-related quality of life
- Fear & anxiety
- Anger & rage

Social

- Risk for intimate partner violence
- Multiple sexual partners
- Sexually transmitted infections (STIs)
- Unintended pregnancies
- Difficulty trusting others
- Concern about burdening others with problems
- Feelings of detachment
- Attachment issues
- Social withdrawal
- Isolation
- Lack of awareness of social cues



Acestudy.org, 2014, Levin, 2004, Herman, 1997

Disintegration

Biological fracturing

- Brain development and functioning
- Physical health and well-being

Psychological fracturing

- Losing one's mind and control of energy flow
- Loss of Personal Narrative

Social fracturing

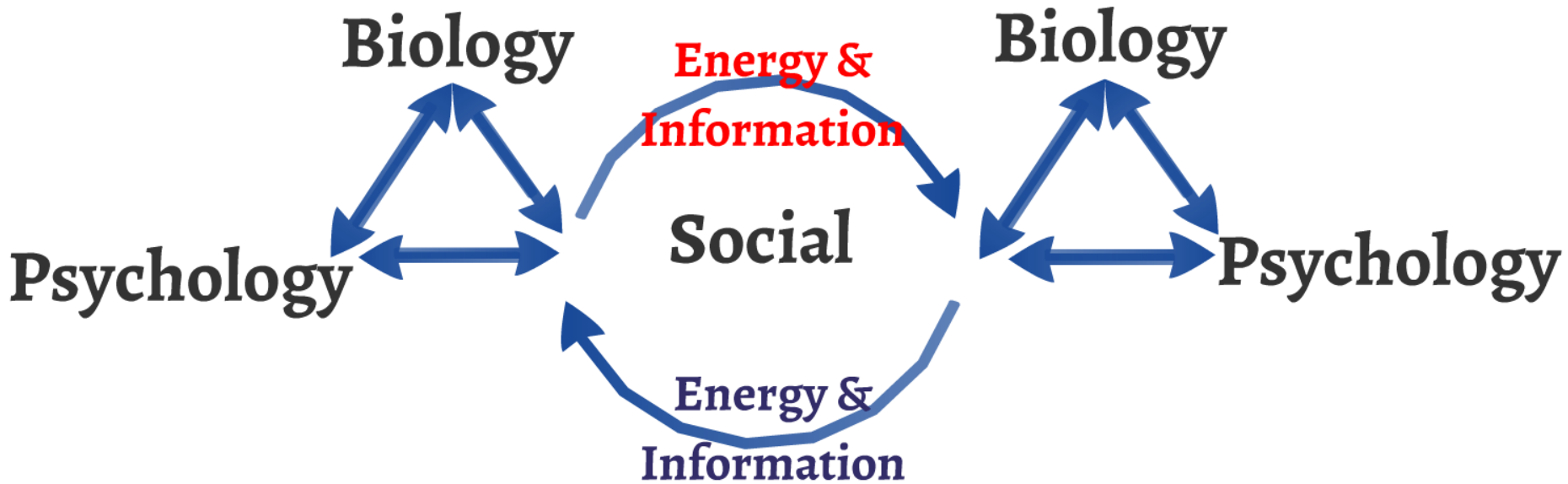
- Relationships often mirror traumatic experience
- “The core experiences of psychological trauma are disempowerment and disconnection from others.”
– Judith Herman

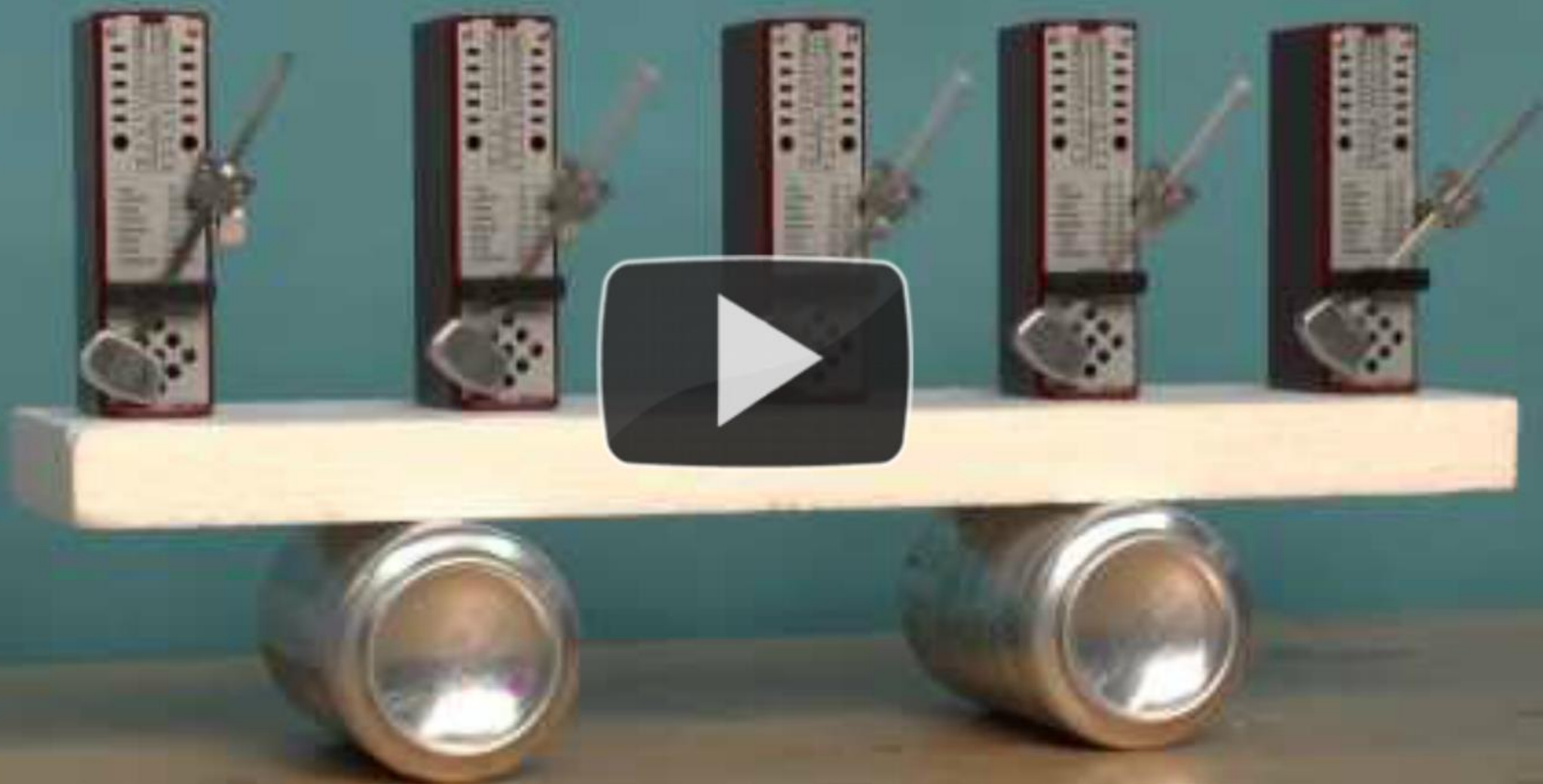


Reality of the Abyss



- Biological
 - Underdeveloped support for executive functioning and ability to make different choices
 - Addiction
 - Biological structure to continue to use
 - Increases severity of trauma symptoms
- Psychological
 - Lack of volition and free will
 - Biological structures to support mind are damaged or weakened
- Social
 - Environmental: Homelessness, poverty, danger
 - Social: Isolation, danger, stuck in harmful relational templates





“Recovery can take place only within the context of relationships; it cannot occur in isolation. In her renewed connections with other people, the survivor re-creates the psychological faculties that were damaged or deformed by the traumatic experience.” – Judith Herman

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"When I was a novice, I could not understand why, if the world is filled with suffering, the Buddha has such a beautiful smile. Why isn't he disturbed by all the suffering? Later I discovered that the Buddha has enough understanding, calm, and strength; that is why the suffering does not overwhelm him. He is able to smile to suffering because he knows how to take care of it and to help transform it. We need to be aware of the suffering, but retain our clarity, calmness, and strength so we can help transform the situation. The ocean of tears cannot drown us if karuna (compassion) is there. That is why the Buddha's smile is possible."

- Thich Nhat Hanh

The Chemical (Quantum) Soup

To understand the mind, we must understand the quantum reality from which it emerges!

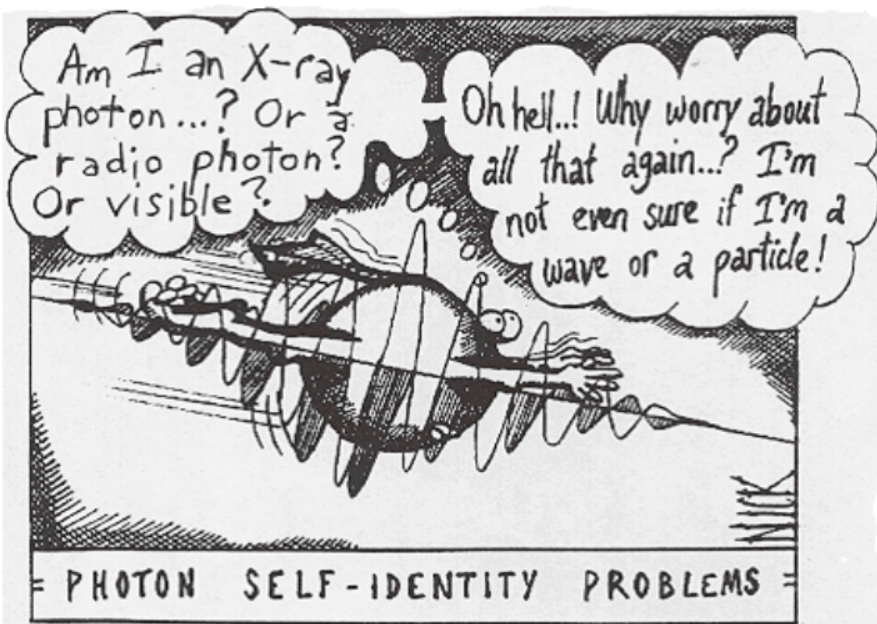
Biology (brain) and psychology (mind) rely on quantum ions to elicit certain brain states

- Attunement and regulation
- Strategically elicits brain states that support healing and change

Personal Narratives

- Mind - Author
- Brain - Paper
- Neurons - Pen
- Ions - Ink

Schwartz & Begley, 2002



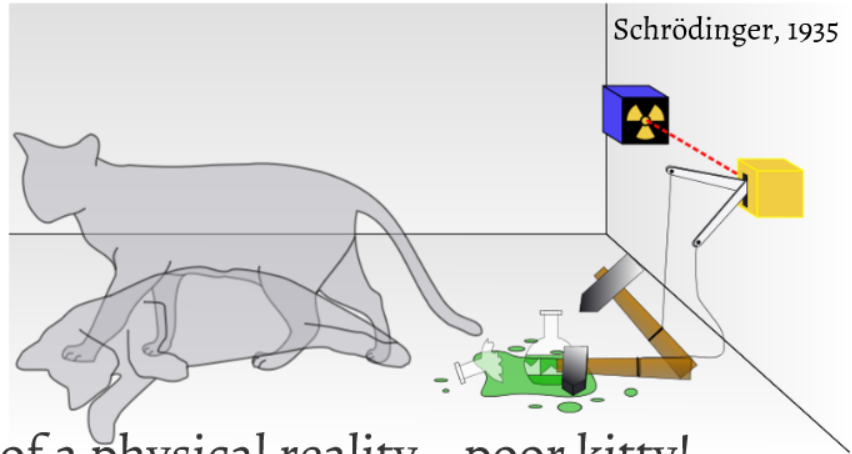
Schwartz & Begley, 2002

Quantum objects (including the ions of the action potential) have properties of both waves and particles

Without an observer, physical reality exists in a state of possibilities, or the wave function

When this reality is observed, it collapses the wave potential into one of the possibilities, or the particle function

Role of the Observer: "Quantum Zeno"



QM: The observer is critical to the creation of a physical reality – poor kitty!

- Helper's compassion collapses brain states that promote hope and healing

Questions asked about a certain reality influence that reality

- Through Motivational Interviewing (and other interventions), healer helps elicit certain brain states that promote behavioral change

Repeated and closely-spaced observations can slow down or stop a quantum process

- Helping clients think about thinking allows them to gain control over their reactions/behaviors

The observer cannot interact with a system without changing it

- Both the helper and client are changed by their relationship and interaction

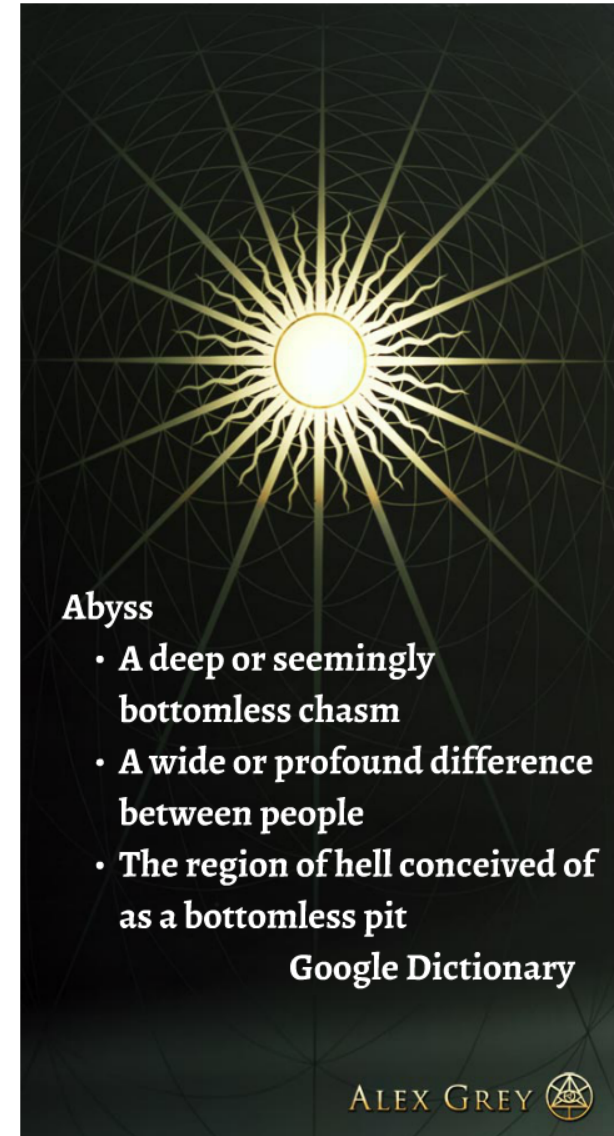
Going into the Abyss

Self Reflection: Take 5 minutes to write a narrative about how your work with those experiencing suffering, trauma, and homelessness impacts your view of yourself and the world.

Bilateral Stimulation:

- Deep breaths
- Bring to mind the strength and wisdom you have gained from dedicating your career/life to those experiencing homelessness and other suffering
- Take 2 minutes to "tap in" this feeling (stop if it gets uncomfortable)

Small Group: Discussion: Each person take about 2 minutes to share with the group: How has your work with those experiencing suffering, trauma, and homelessness impacted your view of yourself and the world?



Abyss

- A deep or seemingly bottomless chasm
- A wide or profound difference between people
- The region of hell conceived of as a bottomless pit

Google Dictionary

- Establishing Safety
- Awareness & Management of Arousal States

Internal Regulation

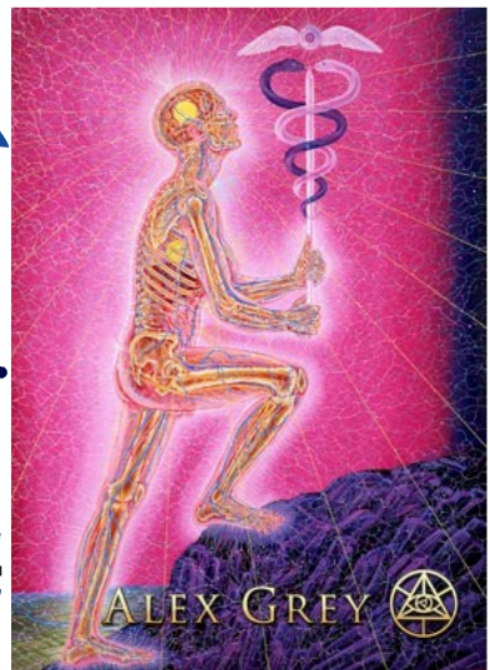
- Find Meaning
- Integration of Trauma into View of Self & World
- Maintain Safety

Integration

- Prevent Future Trauma
- Returning Stronger & Wiser
- Giving Back

Post Traumatic Growth

A Deeper Understanding of the Work



Self-Care is Quality Care



The March of the Saintly Geniuses

Surviving and Thriving In the Abyss

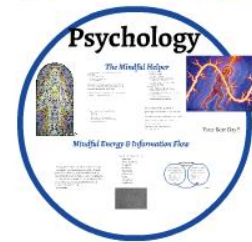
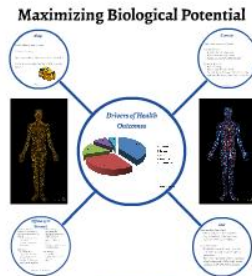
Intensity: Duration, Uncertainty, & Importance

Empathetic Intensity
The transfer of emotions and pain from a traumatized client to an empathetic helper

Burnout & Trauma Impact on Well-being

- | | | |
|--|---|---|
| <p>Biological Health</p> <ul style="list-style-type: none"> Cardiovascular Disease Stroke Type II Diabetes Musculoskeletal disorder Cancer Physical fatigue Sexual issues Gastrointestinal problems Headaches Physical illness Back problems | <p>Psychological Health</p> <ul style="list-style-type: none"> PTSD reactions Negative worldview Hopelessness Feeling of incompetence and doubt Negative attitude Memory loss Cognitive decline Mental illness Sleep problems Shame Mental fatigue Anxiety & irritability Depression Guilt Aggression | <p>Social Health</p> <ul style="list-style-type: none"> Social isolation Relationship issues Poor performance Absenteeism Tardiness Theft Dehumanization of clients Turnover (at least 40% is stress related) Client & Employee-filid grievances Litigation low job satisfaction Disruption of relationships Blurred boundaries |
|--|---|---|

Tools of the Healer



Pick 3 Goals



Values: Our True North

Self Reflection: Take 5 minutes to complete the values worksheet

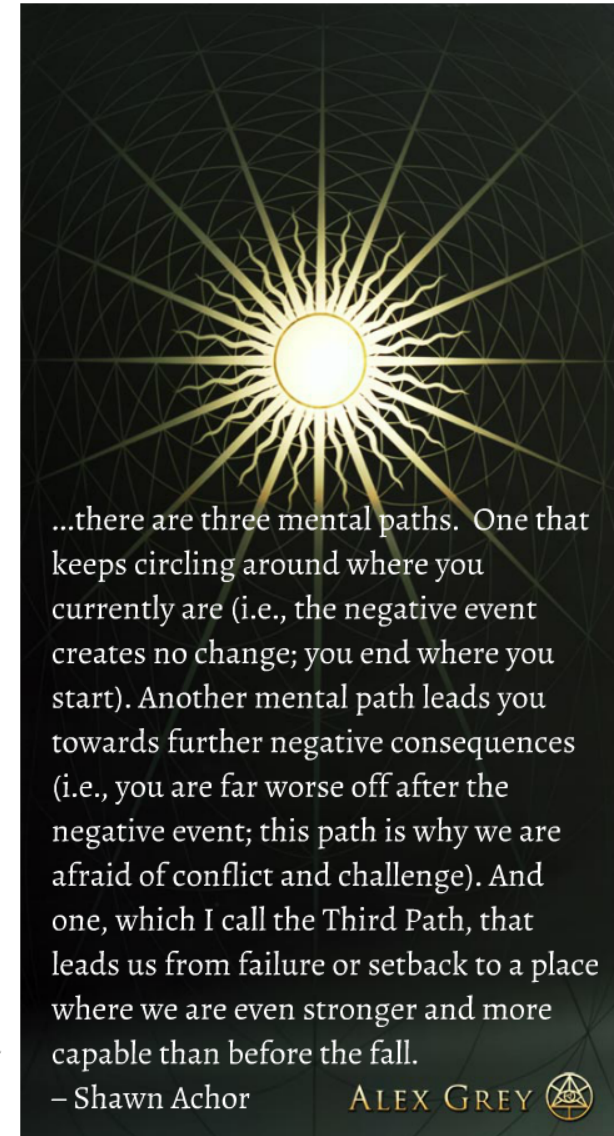
- Take a moment to review the values list
- Identify your values – limit to around six
- You have 100 points to assign to these values – distribute among your list reflecting the power they have in your life

Bilateral Stimulation:

- Deep breaths
- Bring to mind how your values have impacted your career and dedicating your work life to the service of others
- Take 2 minutes to "tap in" this feeling (stop if it gets uncomfortable)

Small Group:

- Introductions: Name, position, organization, and location
- Discussion: Each person take about 2 minutes to share insights on how increased focus on self-care aligns with your values



...there are three mental paths. One that keeps circling around where you currently are (i.e., the negative event creates no change; you end where you start). Another mental path leads you towards further negative consequences (i.e., you are far worse off after the negative event; this path is why we are afraid of conflict and challenge). And one, which I call the Third Path, that leads us from failure or setback to a place where we are even stronger and more capable than before the fall.

– Shawn Achor

ALEX GREY 

Resiliency: Levels & States

States

- Capacity of stress/trauma an individual can hold
- Increased by: Healthy lifestyle, healthy relationships, resiliency & self-confidence
- Decreased by: Illness, diet, weather, time of day, bad relationships & trauma and long-term burnout

Levels

- Level of stress and trauma within the individual's capacity
- Cognitive and social capacity = space between water and top of cup
- Water overflowing = crisis



Window of Tolerance

Hyperarousal Zone (Flight/Fight): Increased sensation; emotional reactivity; hypervigilance; disorganized cognitive processing

Rigidity

Chaos



Window of Tolerance: Flexible; adaptive; coherent; energized; stable

Rigidity

Chaos

Hypoarousal Zone (Freeze): relative absence of sensation; numbing of emotions; disabled cognitive processing; reduction of physical energy

Empathetic Intensity

The transfer of emotions and pain from a traumatized client to an empathetic helper

Witnessing a client's traumatic experience and the resulting empathetic intensity
Cost of walking through hell with someone

Secondary Trauma
When empathetic helpers engage in powerful work involving in the helper's personal life
Involvement shows the helper's personal connection
The result is that the trauma is passed down along the helper in a very real way

Four Stages of Burnout
1. Enthusiasm
2. Disillusionment
3. Self-Denial
4. Emotional Exhaustion, and Cynicism

Burnout & Trauma Impact on Well-being

Empathetic Intensity

The transfer of emotions
and pain from a
traumatized client to an
empathetic helper

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Support
where so support!

Intensity: Duration, Uncertainty, & Importance



- Capacity of stress
- Increased by:
 - Resiliency & social support
 - Decreased by:
 - Relationships & social support
- Levels
 - Level of stress
 - Cognitive and emotional
 - Water overflow

Compassion Fatigue
 When empathetic intensity fills up the helper's robustness capacity
 Gradual filling of your cup with clients' traumatic stories and life experiences
 Often present with burnout

Vicarious Trauma
 Witnessing a client's traumatic experience and the resulting empathetic intensity
 Cost of walking through hell with someone

Secondary Trauma
 When empathetic intensity triggers a powerful countertransference reaction that overwhelms the helper's capacity
 Something about the client's trauma connects with something in the helper's personality or past experience
 The result is that the trauma is passed from client to helper in a very real way

Four Stages of Burnout

1. Exhaustion
2. Shame and Doubt
3. Cynicism and Callousness
4. Failure, Helplessness, and Crisis

Empathetic Intensity
 The transfer of emotion and pain from a traumatized client to empathetic helper

Values: Our True North

Self Reflection: Take 5 minutes to complete the

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Bilateral Stimulation:

- Deep breaths
- Bring to mind how your values have impacted your life, dedicating your work life to the service of others
- Take 2 minutes to "tap in" this feeling (stop when uncomfortable)

Small Group:

- Introductions: Name, position, organization
- Discussion: Each person take about 2 minutes to share how increased focus on self-care aligns with their values

Important

Compassion Fatigue

When empathetic intensity fills up the helper's robustness capacity

Gradual filling of your cup with clients' traumatic stories and life experiences

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Trauma

Vicarious Trauma

Witnessing a client's traumatic experience and the resulting empathetic intensity

Cost of walking through hell with someone

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f Burnout:
sweet!!

Transference & Countertransference

Nature of the helping relationship produces intense emotional responses for both the helper and client

Transference: Past experiences of the client projected onto the helper

Countertransference: Projections of the helper placed on the client

- Being aware when our past impacts the helping relationship
- Courage to deal with our past

Traumatic Transference

Terror

- Most trauma entails abuse by someone with power over the client
- The nature of the helping relationship mirrors this power dynamic
- The traumatized client will transfer many of their feeling about their abuser onto the helper
- This brings about hyperarousal (terror) with high levels of rigidity and chaos

Hopelessness

- In most circumstances, no one was able (or chose not) to come to the aid of the traumatized individual
- The helper becomes seen as an omnipotent rescuer
- Client idealizes the helper and places expectations on them that no one could (or should) fulfill

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Countertransference & Secondary Trauma

- Being empathetic during trauma transference often puts the helper in the role of savior or abuser
- Within the dynamics of the relationship, something about the client's story or actions trigger a "towards" response (fight) or "away" (flight) response from the helper
- Helper is left:
 - Feeling hopeless in their ability to save or fix client or their situation
 - Feeling angry, ready to give everything they possibly can to save or fix the client or situation

Secondary Trauma Reactions

**Over
Identification**



Avoidance

- Uncertainty
- Vulnerability
- Unmodulated affect
- Empathetic enmeshment
- Loss of boundaries
- Over involvement
- Reciprocal dependency

- Denial
- Distancing
- Empathetic withdrawal
- Blank screen
- Intellectualization
- Misperception of dynamics

Example of Secondary Traumatization



YouTube

Four Stages of Burnout

1. Exhaustion

2. Shame and Doubt

3. Cynicism and Callousness

**4. Failure, Helplessness, and
Crisis**

Maslach & Leiter, 1997

Example of Burnout:

If only our clients were so sweet!!



YouTube

Burnout & Trauma Impact on Well-being

Biological Health

Cardiovascular Disease
Stroke
Type II Diabetes
Musculoskeletal disorder
Cancer
Physical fatigue
Sexual issues
Gastrointestinal problems
Headaches
Physical illness
Back problems

Psychological Health

PTSD reactions
Negative worldview
Hopelessness
Feeling of incompetence and doubt
Negative attitude
Memory loss
Cognitive decline
Mental illness
Sleep problems
Shame
Mental fatigue
Anxiety & irritability
Depression
Guilt
Aggression

Social Health

Social isolation
Relationship issues
Poor performance
Absenteeism
Tardiness
Theft
Dehumanization of clients
Turnover (at least 40% is stress related)
Client & Employee-filed grievances
Litigation
Low job satisfaction
Disruption of relationships
Blurred boundaries

Surviving and Thriving In the Abyss

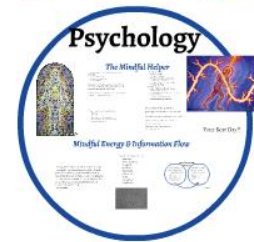
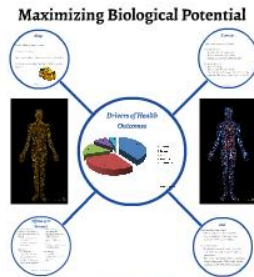
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Tools of the Healer



Pick 3 Goals



Maximizing Biological Potential

Sleep

Lack of Sleep vs. Drunkenness

Sleep and Learning

Lowers creativity and increases number of mistakes

Lack of sleep – Weight Gain/Type 2 Diabetes/Early Death



Schwartz, 2010

Exercise

Directly decreases stress chemicals

Cognitive Benefits

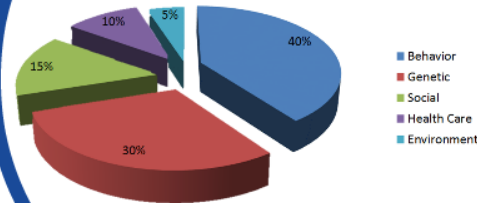
- Boosts the brain's neurogenesis
- Improves learning and memory
- Protects the brain from aging and injury

Emotional Benefits

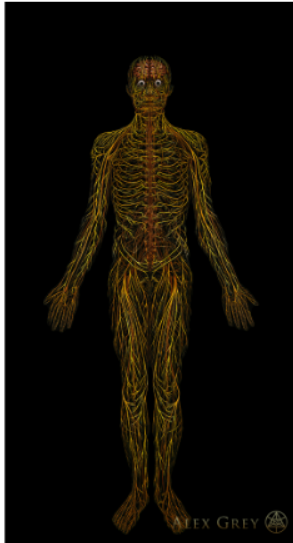
- Increased energy
- Improves overall mental health
- Vigorous exercise for 30-45 minutes up to 6 days a week works for lowering depression as drugs do

Rock, 2010

Drivers of Health Outcomes



McGinnis, Johnson



Efficiency & Burnout

Brain is only 2% of body weight, yet consumes 18% of oxygen and glucose taken in by the body

• Take a break every 90 to 120 minutes

- Sleep multi-tasking (cut's productivity loss)

Distractions

- On average, we are distracted every 11 minutes and it takes 15 minutes to return to the task
- Eat up hours (ca. 1 day) and brain power (ca. 102 points)

Individual Strategies

- Find your rhythm
- Take breaks/change energy
- Prioritize the tasks
- Turn off e-mails
- Turn off or silence your phone
- Disconnect from the internet
- Don't live in chaos

Team Strategies

- Do not discuss signs
- Schedule in time for social connections
- Play!

Schwartz, 2010; Rock, 2010

Diet

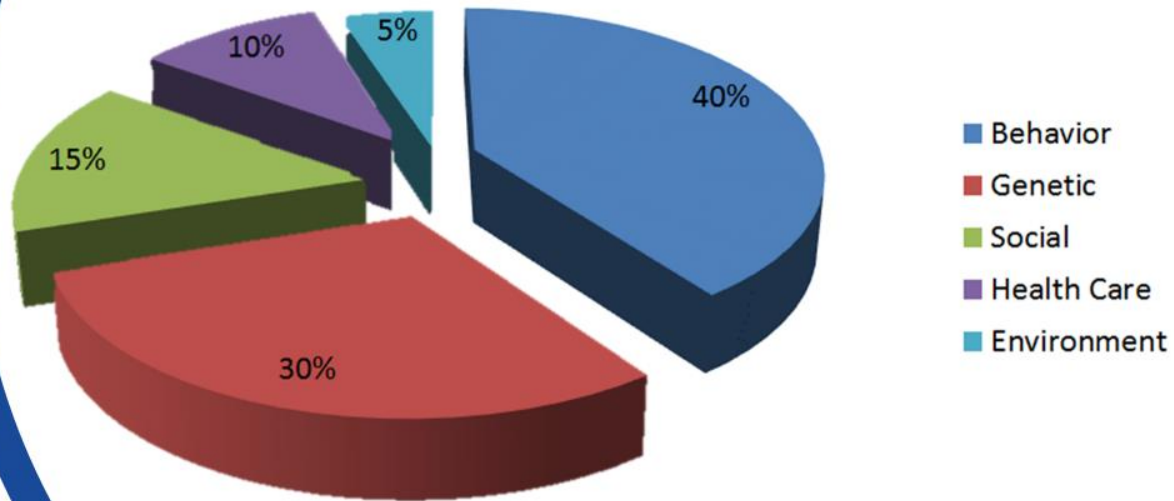
Keep your blood sugar level

- Glucose is the main fuel of our brain
- High or low levels of glucose leads to decreased efficiency and sickness

A few suggestions...

- Eat breakfast - you will work faster, with fewer mistakes, and have more vigilance around tasks
- Eat something every three hours - decreases overall caloric intake, lowers body fat, and increases energy levels without crashes

Drivers of Health Outcomes



McGinnis, JM et al

Sleep

Lack of Sleep vs. Drunkenness

Sleep and Learning

Lowers creativity and increases number of mistakes

Lack of sleep = Weight Gain/Type 2 Diabetes/Early
Death



Schwartz, 2010

Exercise

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Efficiency & Burnout

Brain is only 2% of body weight, yet consumes 25% of oxygen and glucose taken in by the body

- Take a break every 90 to 120 minutes
- Stop multi-tasking (90% productivity loss)

Distractions

- On average, we are distracted every 11 minutes and it takes 25 minutes to return to the task
- Eat up hours (2.1 a day) and brain power (10 IQ points)

Individual Strategies

- Find your rhythm
- Take breaks/change energy
- Prioritize like tasks
- Turn off e-mails
- Turn off or silence your phone
- Disconnect from the internet
- Don't live in chaos

Team Strategies

- Do not disturb signs
- Schedule in time for social connections
- Play!!

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Distractions

- On average, we are distracted every 11 minutes and it takes 25 minutes to return to the task
- Eat up hours (2.1 a day) and brain power (10 IQ points)

Individual Strategies

- Find your rhythm
- Take breaks/char
- Prioritize like tas
- Turn off e-mails
- Turn off or silenc phone
- Disconnect from
- Don't live in chaos

Team Strategies

- Do not disturb sig
- Schedule in time connections
- Play!!

Burnout

% of body
consumes 25% of
glucose taken in by
the brain
Take every 90 to
15 minutes
multitasking (90%
productivity loss)

When we are
overworked every 11 minutes
we lose 25 minutes to
recovery
the task
costs 2.1 hours a day and
reduces IQ (10 IQ points)

Individual Strategies

- Find your rhythm
- Take breaks/change energy
- Prioritize like tasks
- Turn off e-mails
- Turn off or silence your phone
- Disconnect from the internet
- Don't live in chaos

Team Strategies

- Do not disturb signs
- Schedule in time for social connections
- Play!!

Pick 3 Goals

Psychology



The Mindful Helper

Focusing attention to consciously regulate energy and information:

- Feedback from others
- Awareness in the moment
- Capacity building

Focusing attention to what is happening in your mind allows you to recognize when you are struggling with the trauma and burnout associated with helping others

Being "present" with the clients allows you to bring the right energy into the helping relationship

Transforming Trauma Through Mindfulness

- Find a space
- Find a time
- Start small...3 to 5 minutes a day
- Find the right exercise (Active vs. Empty)
- Practice throughout day

Helper-Specific Benefits

- Promotes empathy
- Increased compassion
- More attentive and attuned with clients
- Decreased stress and anxiety
- Increased social and emotional intelligence
- Increased self-efficacy

General Benefits

- Higher levels of physical health, immune functioning, and healing
- Increased FACES: Flexible, Coherent, Energized & Stable
- Improved cognitive functioning
- Increased relationship satisfaction

Matt's Mindfulness Method

Focus with an intention (time a change, bringing you back off the work, or another experience during your life)

Look forward and take a deep breath while observing nothing...keep your attention on forward

Look to the left and then using an intention for a breath, say left, then only

Look to the right for observing nothing

Look right and once done by to while staying right, then

Focus and it's right now!



Your Best Day!!

Mindful Energy & Information Flow

Positive Mindsets increase

- Learning
- Problem solving
- Creativity
- Resiliency
- Well-being
- Endurance
- Mood
- Energy level
- Confidence

"This growth mindset is based on the belief that your basic qualities are things you can cultivate through your efforts. Although people may differ in every which way...they believe that a person's true potential is unknown (and unknowable); that it's impossible to foresee what can be accomplished with years of passion, toil, and training."

-Carol Dweck



©Dweck, 2006

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Matt's Mindfulness Method

Start with an intention about a change, bringing your best self to work, or another important thing in your life

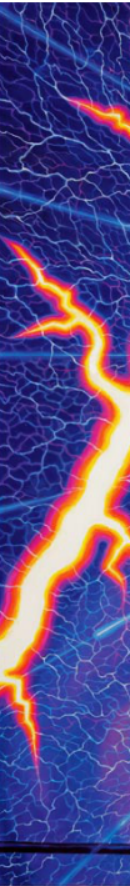
Look forward and take a deep breath while alternating tapping - keep your intention in our mind

Look to the left and hum (song or mantra) for a breath, tap left knee only

Back to middle for alternating tapping

Look right and count down by 5s while tapping right knee

Repeat until fully enlightened!!



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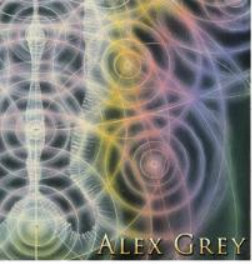
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ALEX GREY 

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Your

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Fixed Vs. Growth Mindsets



Dweck, 2006

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Your Best Day!!



Fixed Vs. Growth Mindsets

Fixed Mindset

- Focused on being judged
- Increased depression in face of hardship
- Belief that some people are born superior
- Missed opportunities for growth and development

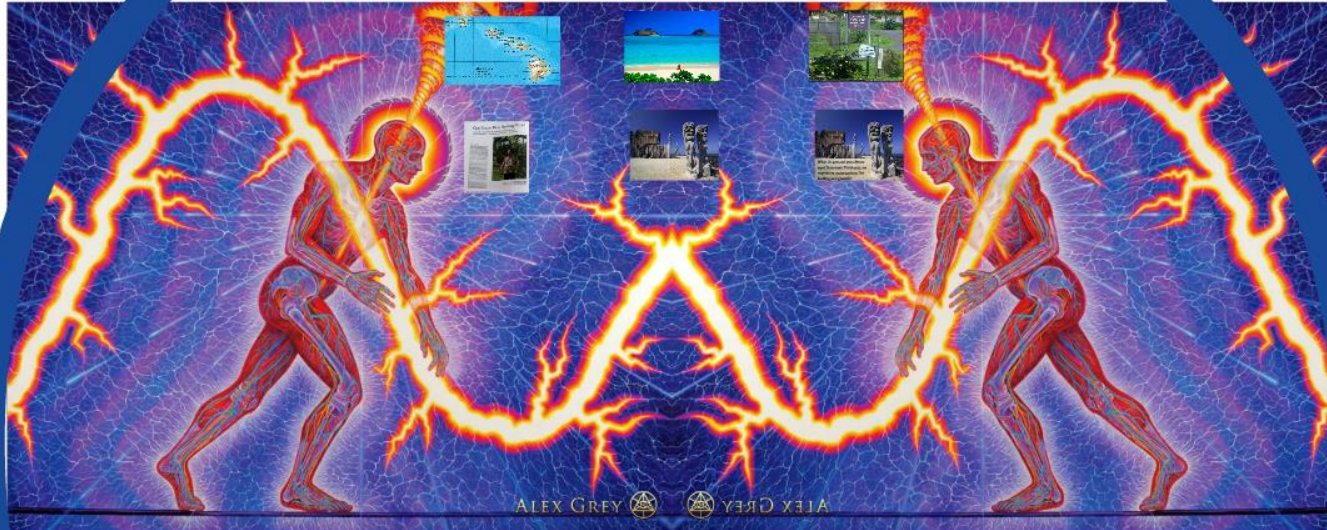
Growth Mindset

- Focused on improvement
- Increased resiliency in face of hardship
- Belief that all people are a result of their efforts
- Love opportunities for growth – learn more!

Pick 3 Goals

Social

Pu'uhonua



Contagious Nature of Emotions

Mirror Systems & the Power of Social Networks

Compassion Fatigue
Vicarious Trauma
Secondary Trauma
Burnout

versus

Organizational
Culture

Aspects of one part of a system or group are mirrored in connected parts...with both positive and negative consequences

Helper's relationship with client is often a mirrored relationship to their dynamics with their supervisor/co-workers

Practice Collective Growth and Positive Mindsets

Strive for greatness

3 Positives

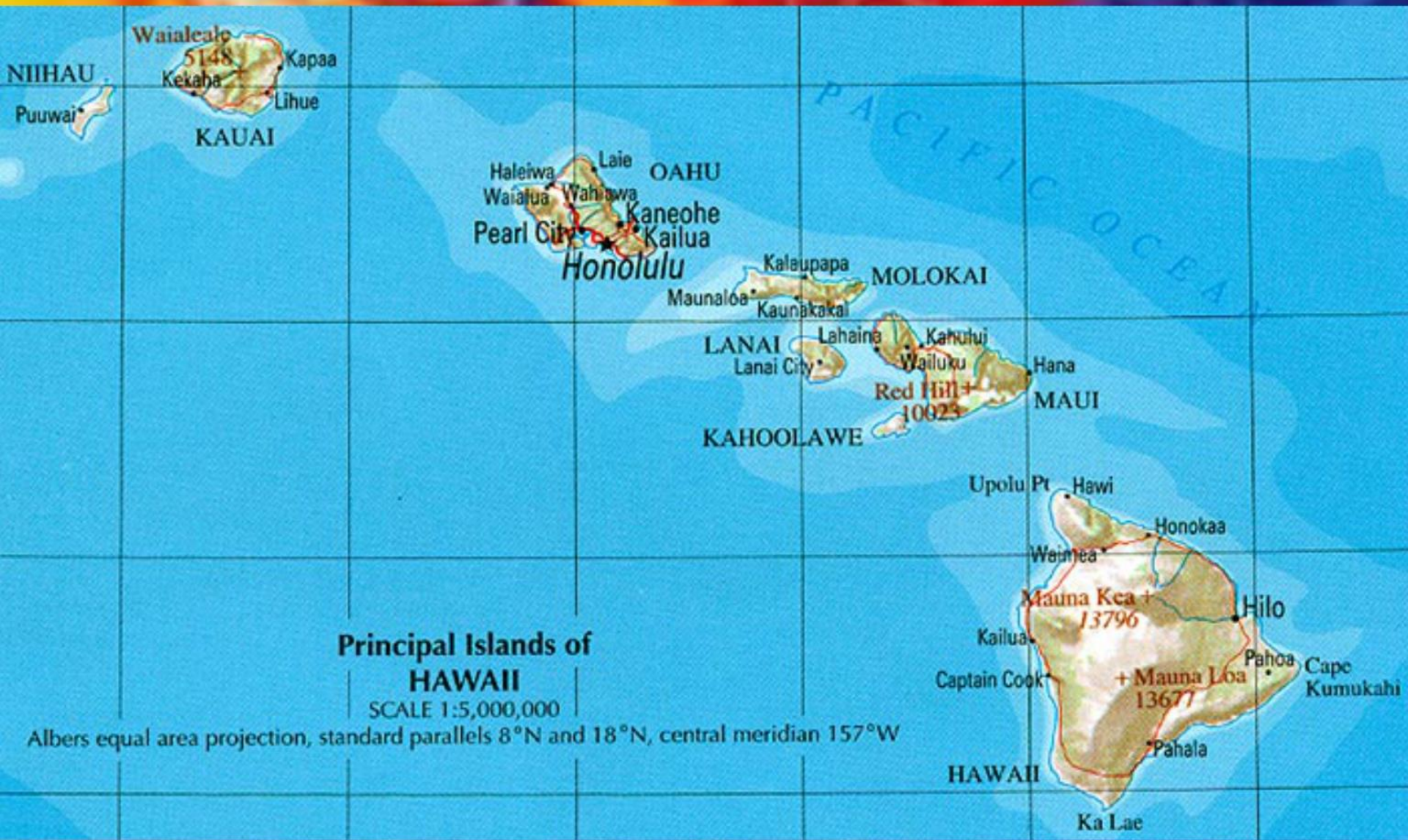
Start and end meetings on positive notes

Recognize great work in others

DOCTAL

Pu'uhonua





**Principal Islands of
HAWAII**

SCALE 1:5,000,000

Albers equal area projection, standard parallels 8°N and 18°N, central meridian 157°W



WOMEN'S
COMMUNITY
CORRECTIONAL
CENTER

**NO
TRESPASSING**

STATE CORRECTIONAL FACILITY
VIOLATION IS A MISDEMEANOR
O.C.G. § 31-2-50

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Can Prison Be a Healing Place?

WHY THE WARDEN OF HAWAII'S ONLY WOMEN'S PRISON CREATES A SANCTUARY FOR ITS RESIDENTS

Sarah van Gelder

When Warden Mark Kawika Patterson started work at the Women's Community Correctional Center (WCCC) outside Honolulu, he made a discovery that upended his ideas about prisons. Fully a third of the inmates at Hawaii's only women's prison were on medication for psychiatric disorders, 50 percent of their crimes were drug related, and, of those who were addicts, 25 percent had a history of emotional, physical, or sexual trauma.

These women don't need punishment, Patterson realized. They need a place to heal. He set out to convert the WCCC to a *pa'ohina*. In traditional Hawaiian culture, a *pa'ohina* is a sanctuary where those who break a *tahiti* or rule, or are fleeing violent conflict, can go for forgiveness and transformation.

Like many prisons, the WCCC had few programs for the inmates when Patterson arrived. Although most of the inmates were incarcerated for minor infractions and classified as minimum security, the entire inmate population of 270 was treated like the few prisoners requiring higher security measures. In spite of the large number of women with psychiatric ailments, there were no full-time mental health professionals, just a



Warden Mark Kawika Patterson shows off the banana plants, tea patch, and vegetable gardens grown in prison grounds by inmates and community partners.



What do you and you clients need from your Pu'uhonua to maximize opportunities for healing and growth?

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Pick 3 Goals

A Nonlocal Universe



Classical physics:

- Cause and effect is caused by material local interactions
- Similar separation between mind and world

Quantum reality

- Actions taken at one location will **INSTANTANEOUSLY** impact reality in another location, even if that location is on the other side of the universe
- Quantum systems are emergent (sum is bigger than parts)
- Relationships are emergent quantum phenomenons that are larger than the sum of both physical brains

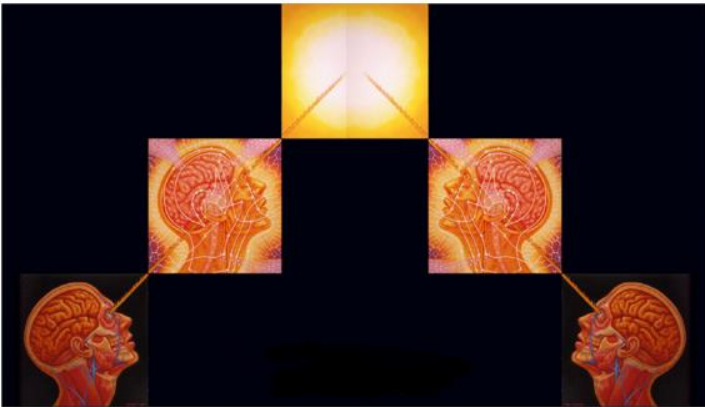
Matt's Mumblings

Facts:

- Quantum level objects are nonlocal
- The chemical soup of the brain is at least in part based on quantum particles
- Quality of the helping relationship is the #1 predictor of clinical outcomes
- Emotions, behaviors, and other manifestations of the brain are contagious
- Relationships are an exchange of energy and information

Speculations:

- When two people create a system (relationship), particles are exchanged, altering the brain state of both helper and client
- The helpers' state (positivity, optimism, hope) creates a nonlocal influence on chemical balance in the client's brain, and vice versa (compassion fatigue, secondary trauma, vicarious trauma)
- Healing is as much of a physical exchange as a mental and emotional one





Be great, be healthy, advocate, and live your passion!!
Thank you

Self-Care is Quality Care



The March of the Saintly Geniuses