

COMPASSIONATE RESILIENCE

Presented By:

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Sponsored By: Ohio CASA/GAL Association

September 20, 2017

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Ohio CASA/GAL Assoc. Agenda

- ▣ 6:30-7:30
- ▣ Identify Compassion Fatigue and Job Burnout which can decrease your Compassionate Resilience
- ▣ A Bit of Neuro Science
- ▣ Practice: Behavioral, Emotional, Spiritual and Somatic Compassionate Resilience

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COMPASSION

The deep feeling of sharing the suffering of another, *together* with the inclination to give aid or support, or to show mercy

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Compassion Fatigue

- ❑ **COMPASSION FATIGUE**
Figley, convergence of primary/secondary traumatic stress, with cumulative stress/burnout in helpers.
- ❑ **COMPASSION SATISFACTION:** having + influence in lives, a worthwhile experience.
- ❑ **BURNOUT:** The workplace syndrome, depletion of daily coping, physical, emotional mental exhaustion.

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Compassion Fatigue Symptoms

- ❑ Behavioral
- ❑ Emotional
- ❑ Spiritual
- ❑ Somatic

- ❑ "When you live next to a cemetery, you can't cry for everyone who dies."
Russian proverb

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BEHAVIORAL

- ❑ UNABLE TO FIND THINGS
- ❑ ACCIDENT PRONE
- ❑ INCREASED STARTLE RESPONSE
- ❑ HYPERVIGILANCE
- ❑ SLEEP DISTURBANCE
- ❑ MOODY/IRRITABLE OR LESS TOLERANT
- ❑ WITHDRAWN OR OVER INVOLVEMENT WITH CLIENTS SITUATION

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Emotional

- ❑ POWERLESS FEELINGS
- ❑ ANXIETY, GUILT, ANGER/RAGE
- ❑ SHUTDOWN, NUMB, FEAR
- ❑ HELPLESSNESS
- ❑ OVERWHELMING SADNESS
- ❑ DEPLETED AND OVERLY SENSITIVE
- ❑ LABILE
- ❑ ATTRACTION TO NEGATIVE ENERGY

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SPIRITUAL

- ❑ BEGIN TO QUESTION LIFE
- ❑ LACK OF PURPOSE OR SELF SATISFACTION
- ❑ ANGRY WITH GOD
- ❑ QUESTIONING PRIOR RELIGIOUS BELIEFS

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SOMATIC

- ❑ IRREGULAR HEARTBEAT
- ❑ DIZZY, SORTNESS OF BREATH/SHALLOW BREATH
- ❑ FREQUENT TRIPS TO DOCTOR
- ❑ IMMUNE SYSTEM BECOMES COMPRIMISED
- ❑ GENERAL ACHES AND PAINS
- ❑ SWEATING PALMS
- ❑ HEADACHES

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How Do We Loose Our Resiliency

Compassion Fatigue,
35% general public
experienced CF after
9/11 per: Bernie
Siegel MD.

- Empathy gets tapped
- Satisfaction declines
- Witness parents/kids
- Silencing response
- Rapid fire stimuli

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Waking The Tiger

- Notice:
 - Breathing
 - Heartbeat
 - Body temperature
 - Vibrations
 - Eyes, neck, hearing
 - Muscles
 - Abdomen
 - Legs

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Neuro Science Nervous System

Sympathetic System

- Flight, Fight or Freeze
- Heart Rate Increases
- Muscles Tense
- Language, Speech, Motor Activity and Compassion Decrease
- Very Sensitive and Overactive to Criticism
- Repeating same mistakes
- Coercive or hesitant leader
- ***Hyperactivity/ Vigilance
- Intimacy Intolerance
- ***Early Dev., repeated traumas, Reduced Hippocampus (new learning)

Parasympathetic System

- Creative problem solving
- Transformative leader
- Muscle relaxation/comfort
- **Self Regulatory**
- Witnessing normalized
- We have created choices
- Intimacy tolerance


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Neuro Science Our Brains

- ▣ We either Directly or Vicariously witness trauma
- ▣ 100 billion neurons, neuroplasticity: use it or lose it
- ▣ Amygdala's: emotional storage, matures at birth, cortisol doesn't flood, is the keeper of negative emotions
- ▣ Hippocampus: time line matures between ages 2&3, cortisol floods, need norepinephrine helps to move memories back on the time line, makes new neurons
- ▣ Cortisol: 40mg daily-WNL, if continually exposed to trauma = TOXIC. Healthy stress responses become immobile, shrinks hippocampus 1/4 with chronic stress
- ▣ Van der Kolk: Speechless Terror
- ▣ Treatment: slight amounts of healthy stress produce norepinephrine; changes are Behavioral, Emotional, Spiritual, Somatic

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Behavioral Have Good Boundaries

- ▣ As you grow in your compassionate resilience, let them grow and go 

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BEHAVIORAL

AEROBICS

Active kind of physical exercise minimum 3 times per week

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Behavioral

Easy Going Personality

“The Divine Matrix” by Gregg Braden, Quantum Physics. We have all the power we need to create all the changes we choose.

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Behavioral

- Practice Being Grateful
- What is on your Gratitude list?
- Write a thank you note

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Behavioral

A Supportive Circle of Friends

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EMOTIONAL


LAUGHTER
100%



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Emotional
ALONE or with a GOOD FRIEND

- ▣ A GOOD CRY
- ▣ 100%



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Spiritual
MINDFULNESS

- ▣ Jon Kabat-Zinn: The art of conscious living, gentle, appreciative, nurturing, heartfulness
- ▣ Simply bearing witness changes everything.

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TAKE YOUR TIME

•We all need a little break, take yours!

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Spiritual Prayer/Meditation

- ▣ Prayer is the language of God and the Angels.
- ▣ Meditation: Sit up straight, close eyes, slow count, let stray thoughts move.

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Somatic

YOGA

- ▣ Swedish study shows: 10 yoga sessions over four weeks resulted in lower levels of cortisol, stress, anger, exhaustion and blood pressure levels in both men and women.
 - ▣ The average number of pounds people lost after practicing yoga for 8 weeks was 6.
- Prevention.com/hungeryoga


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Somatic
MASSAGE

Tammy O. Wilson
Tranquility Therapeutic Massage:
614.306.2494

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Music
Somatic
Changes



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This is why Compassionate Resilience is so important

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