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TRP NEWSLETTER: FALL EDITION

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Welcome to the Fall Edition!

As we are getting into the Fall, we typically see a rise in people seeking mental health services. September is suicide awareness month and the focus of this issue not just because the clientele TRP serves are at higher risk of suicide but because as mental health professionals we cannot forget about prioritizing our own mental wellness.

Clinical Spotlight: Trauma Therapy Treatment for Children and Adolescents Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

<u>Overview:</u> TF-CBT is an evidence-based treatment for children and adolescents impacted by trauma and their parents or caregivers. It is a components-based treatment model that incorporates trauma-sensitive interventions with cognitive behavioral, family, and humanistic principles and techniques. TF-CBT has proved successful with children and adolescents (ages 3 to 18) who have significant emotional problems (e.g., symptoms of posttraumatic stress disorder, fear, anxiety, or depression) related to traumatic life events. It can be used with children and adolescents who have experienced a single trauma or multiple traumas in their lives.

How it helps: TF-CBT supports individuals in learning how to cope with trauma, symptoms of trauma, and it often can help resolve trauma people have experienced by allowing them to process it in a safe environment. With children it can also help the caregivers to process and cope with the trauma that occurred.

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Burnout & Compassion Fatigue

As mental health professionals we spend a lot of our time taking care of others and not always enough time taking care of ourselves. When we do not take care of ourselves, we are at risk of burnout, compassion fatigue, and our own mental health struggles. Which can worsen over time and could put us at higher risk of suicide, especially among physicians and nurses. Putting ourselves first is not selfish; it actually allows us to show up better and more consistently for the people we serve. To help work on this we should be mindful of what burnout and compassion fatigue look like.

Burnout	Compassion Fatigue	Vicarious Traumatisation
Signs: Fatigue Anger Frustration Negative reaction towards others Cynicism Negativity Withdrawal	Signs: • Sadness & Grief • Avoidance or dread of working with some patients • Reduced ability to feel empathy towards patients or families • Somatic complaints • Addiction • Nightmares • Frequent use of sick days • Increased psychological arousal • Changes in beliefs, expectations assumptions • Detachment • Decreased intimacy	Signs: Anxiety Sadness Confusion Apathy Intrusive imagery Loss of control, trust & independence Somatic complaints Relational disturbances
Symptoms Physical Psychological Cognitive Relational Disturbances	Symptoms (mirror PTSD) Physical Headaches Digestive problems Muscle tension Fatigue Psychological distress Cognitive shifts Relational Disturbances Poor concentration, focus & judgement	 Symptoms (mirror PTSD) Physical Psychological distress Cognitive shifts Relational Disturbances
Triggers Personal characteristics Work-related attributes Work organisational characteristics 	Triggers • Personal characteristics • Previous exposure to trauma • Empathy & emotional energy • Prolonged exposure to trauma material of clients • Response to stressor • Work environment • Work-related attitudes	Triggers Personal characteristics Previous exposure to trauma Type of therapy Organisational context Resources Re-enactment

HTTPS://TRANSITIONALSUPPORT.COM.AU/TRANSITIONAL-PHASE/COMPASSION-FATIGUE-TRAUMA/

Common Themes Among Burnout and Compassion Fatigue:

- Negative Moods & Feelings Towards Work
- Mood Swings
- Emotional & Physical Exhaustion
- Sleep Issues
- Physical Health Issues
- Loss of interest in work

SUICIDE



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Strategies for Taking Care of You

Given the immense responsibility and stress that can come with working in the mental health field it can be difficult to remember to put ourselves first. But taking even five minutes for ourselves during the workday can help to ease our stress and help prevent the long-term effects of stress, burnout, and compassion fatigue. So, this is a call to action to take some time to care for you and plan on how to do that on a regular basis.

To help support this here are some ideas for what you might do at the office.

- Plan for moments of self-care
- Evaluate your needs in the moment
- Emotional check in
- Set reminders/alarms to disengage from work for a few minutes
- Take a break
- Listen to music
- Take a walk
- Practice mindfulness
- Meditate
- Take deep breaths
- Take your meal break
- Chair yoga
- Eat a snack
- Drink water
- Put your head down
- Stretch
- Watch a funny video

Helpful Links:

5 Minute Chair Yoga <u>HTTPS://YOUTU.BE/HMW</u> <u>G5QUNHF0?SI=F-</u> <u>Y5QSHVHXFD7IFB</u>

3 Minute Mindfulness Exercise

HTTPS://YOUTU.BE/ABKO <u>SYFXYEY?</u> SI=KDDEBDXR59ULBAJX

3 Minute Breathing Exercise <u>HTTPS://YOUTU.BE/ANXKJ</u> <u>GFULMS?</u> <u>SI=YIG6FSVI3IWX4A-4</u>

6 Minute Body Scan <u>HTTPS://YOUTU.BE/E0F9</u> <u>WA2SUX0?</u> <u>SI=GFJ_KVBZETTWSFYH</u>



Strategies for Taking Care of You Continued

Taking five minutes out of your day at work can make a stark difference in how you manage stress and in preventing burnout, compassion fatigue, and decreased mental wellness. But this only helps to reduce the effects of stress, it is not enough to completely prevent burnout, compassion fatigue, and increased concerns for mental wellness. In all honesty nothing is going to completely prevent these concerns, but by continuously working on putting yourself first you will be better able to manage this as it does come up. Remember that what is done outside of work to support yourself is just as important as taking a few minutes while you are at the office. There is already a significant provider shortage in the mental health field, not taking care of ourselves to the point of exiting the field will only increase barriers to receiving care.

To help support this here are some ideas for what you might do outside of work:

- Plan for self-care
- Evaluate your needs in the moment and overall
- Emotional check in
- Get support before you <u>NEED</u> it or are not okay
- Engage in your hobbies
- Socialize
- Distance yourself or disengage from work
- Take care of your basic needs
- Sleep
- Move your body
- Eat well
- Go outside
- Sit by a window to get some sunlight
- Engage in your preferred spiritual practices

Recommended Content

READING OPTIONS

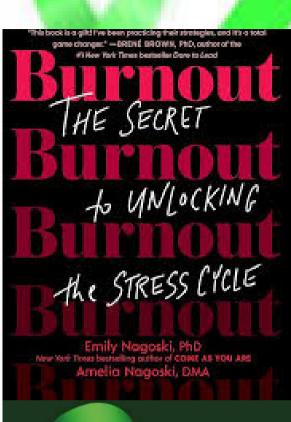
- Burnout by Emily Nagoski and Amelia Nagoski
- <u>How Authenticity and Self-Disclosure Fit into Psychiatric</u> <u>Care</u>
- <u>The Ethical Imperative of Self-Care for Mental Health</u> <u>Professionals, It's not a Luxury</u>
- <u>Guarding the Gatekeepers: Suicides among Mental</u> <u>Health Profesisons and Scope of Prevention, A review</u>
- <u>Dear Mental Health Professionals, Take Care of</u> <u>Yourselves: A Literature Review on Self-Care</u>
- Mental Illness and Suicide among Physicians

WATCHING & LISTENING OPTIONS

- Emily and Amelia Nagoski, Burnout XOXO Festival
- Racquel Armstrong- <u>Using 5 Minutes of Self-Care to</u> <u>Survive Burnout</u>
- <u>Self-Care Planning Towards Well-Being</u>

SUPPLEMENTAL RESOURCES

- Wellness Action Plan
- <u>Burnout Assessment</u>
- <u>Self-Care Assessment</u>
- <u>Professional Quality of Life Self Assessment</u>







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