

SELF CARE FOR HOME-BASED PROVIDERS

Carrie L. Gottschalk, LMHP

Self Care through Reflective Practice

- Basically, **self-care** is any activity that you do voluntarily which helps you maintain your physical, mental or emotional health. It can help you feel healthy, relaxed and ready to take on your work and responsibilities.
- **Reflection** is the continuing conceptualization of what one is observing, doing, and feeling.
- **Reflection** is the opportunity to grow in understanding that your behaviors are linked to your inner world and other people's behaviors are linked to their inner world.

Why Reflective Practice Matters

- *The ultimate goal of reflective practice is to improve the quality of services for children and their families.*
- Often providers are faced with trauma of the families they work with and this trauma can trigger their own pain and suffering.
- *The experience the provider brings to the relationship can get in the way of working effectively with families. . . unless there is a venue to explore, understand, and distill the negative or difficult emotions elicited from the work.*

(Shahmoon Shannok, 2009).

Understanding the Parallel Process

- Complex, parallel process interactions occur between traumatized clients, stressed staff, pressured organizations, and hostile economic and social forces in the larger environment.
- As a result, our systems can inadvertently recapitulate the very experiences that have proven to be so toxic for the people we are supposed to help.

The Sanctuary Model, Sandra Bloom

Consequences of the Parallel Process

- "Not only does this have a detrimental effect on clients, but it also **frustrates and demoralizes staff and administrators**, a situation that can lead to **worker burnout** with all its attendant problems.
- Ultimately, the inefficient or inadequate delivery of service and the toll this takes on workers, **wastes money and resources**.
- This vicious cycle also lends itself to a **world view that the people receiving the services are the cause of the problem** and that their **situations are hopeless** and they cannot really be helped.
- In this way, systems designed to help people may end up **repeating the patterns** of repetition that are keeping the individuals they are serving – and their staff members – from learning, growing, and changing...."

The Sanctuary Model, Sandra Bloom

Reflective Consultation as a Parallel Process



- "Reflective supervision is a parallel process. My goal is to model the desired relationships between provider and client in the therapeutic/helping relationship through the use of reflective supervision with my supervisees."

Maria Frontera, LSW, Director,
Children and Family Service
"Multiplying Connections"

The Reflective Process

What it's NOT:
Judging
Blaming
Complaining
"Fixing"

- Mindful Self-Regulation
- Empathetic Inquiry
- Collaborative Exploration
- Capacity Building
- Integration

Let's Practice

- Partner-up
- Determine who is going to share first
- Identify a scenario to use
- We'll go through each step for ___ min. to get an initial feel for the process

- Mindful Self-Regulation
- Empathetic Inquiry
- Collaborative Exploration
- Capacity Building
- Integration
