

But I don't have time for that:  
Bringing self-care back to the present moment

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## Welcome and Thank You!

- Welcome and thank you for the work you do as clinicians and supervisors in the field
- We will email you the powerpoint



## Agreements



- Can listen to this session from multiple perspectives:
  - Personal
  - Clinical
  - General
- Not "you," but "us" approach...
- Respect confidentiality
- Listen non-judgmentally
- Talk about own experience
- Take care of own comfort... breathe!

## Training Objectives

What are you going to take away from this training?

## This Training Will Help You...

- Understand **common themes** of the concepts of **burnout and secondary trauma**.
- Reframe** the idea of self-care
- Embody some **self-interventions** to offer to ourselves simplified support

## Most Importantly, It Will Help You...



**Bring self-care into the present moment.**

## Why this topic?

- Personal and clinical
- Being human.



## Burnout and Secondary Trauma

... not if, but when?

\*Burnout and Compassion Fatigue content compiled with the aid of Ryan Kennedy

## Burnout

- Definition of burnout:
  - A state of exhaustion and overwhelm
  - Physical, emotional, and mental components
  - Responsibility without authority
  - Results from long-term stress, not having support, or not succeeding at or accomplishing important work goals



## Compassion Fatigue

- “The natural consequence of stress resulting from caring and helping traumatized people and/or animals.”

(Figley, 1995)

- Not if, but when
- Burnout + Secondary Trauma = Compassion Fatigue
- The “cost of caring”
  - “That which is to give off light must endure burning.”
- Victor Frankl



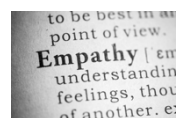
## Compassion Fatigue

- Can feel similar to PTSD
  - Avoidance of stimuli, alterations in mood/cognition, changes in nervous system (DSM 5)
- Hot symptoms
  - Rescuing, explosive, angry, upset, complaining
- Cold symptoms
  - Isolating, shut down emotions, sadness/apathy
- Two forms often result that push our boundaries
  - Too much caring, or enmeshment
  - Too little caring, or treating a person as an object

## Empathy vs Compassion

- Empathy
  - Feeling another’s hurt as if it is your own
- Compassion
  - Feeling what it would be like to experience what another is experiencing from their perspective

**Compassion Fatigue is actually Empathy Fatigue**



## Risk and Prevention

- Risk factors (a selected list)
  - Working with injustice, pain, suffering, re-enactment, relapse, illness, abuse, neglect, injury, and/or trauma
  - Historic or current trauma
  - Being too stoic or over-giving (boundaries)
- Prevention (a selected list)
  - Recognizing it's normal and expected (not if, but when)
  - Clarifying boundaries and understanding how trauma plays out in the therapeutic relationship
  - Prioritizing self-care

## Self-Care

Showing up for ourselves, so we can show up for others

## Why Self-Care?

- We are our most important tool
- We need to be able to show up in present moment relationship

"What you do for yourself,  
you're doing for others, and  
what you do for others,  
you're doing for yourself!"

- Pema Chodron

daichwellness.com

## Self-care is not only...

- For Saturdays... Or Sundays...
  - When I have enough \_\_\_\_\_, then I'll do my self-care
- A massage, workout, vacation, etc.
- A list of seemingly attainable things, that somehow we never do: The List
  - Because they take greater energy than we have at the moment
- Something to "do" that is separate from our daily life
- **Macro Self-Care**

Self-Care  
Saturday



## Self-Care is also...

- During a session
- Throughout the day, every day
  - Nurturing, replenishing, grounding, in the moment
  - Achievable right now, things that give energy and vitality back to your present moment
- "Microtize" what you love into smaller chunks (Burns, 2015)
- A way to "be," integrated with daily life:  
**Micro Self-Care**

One step further:

- Right now
- A reframe of what you are already doing



## Additional thoughts

Self care is not  
self  
indulgence.

- Self-care vs self indulgence
  - Short term vs long term
  - Checking in vs checking out – making conscious choices
- Self-care isn't selfish
- Being vs Doing
- Stopping some behaviors
- Small repeatable rituals, practices, or changes
  - New neural pathways

## Reframing Self-Care

Using the present moment

## Mindfulness

- Brings us back to awareness of the present moment- anytime, anywhere
- The breath
- Bonus- make the exhale slightly longer



## Senses as Self-Care

- Sight – orienting to the space
  - Check out the space, notice what your eyes are naturally drawn to
- Sound – everyday sounds
- Smell – conscious
- Taste – mindful eating
  - Observe, describe, participate
- Touch – awareness/intention beads



\*Based on the ideas of Mindfulness and Distress Tolerance from Marsha Linehan

## The body

- The body is always in the present moment
- Embodiment, or developing congruence between inner connectivity and outer expressivity, leads to greater health and integration (Hackney, 2002)
  - Relationship between self and environment
  - Physical practice for psychological shifts



## Five Fundamental Actions The lineage

- Bonnie Bainbridge Cohen
  - Body Mind Centering
  - Create a neurological developmental model of sequencing movement
- Susan Aposhyan
  - Body Mind Psychotherapy ...
  - Is interested in the psychological implications and integrations of this and other movement sequences
  - Named this model
- Five **Fundamental** Actions/**Satisfaction** Cycle

## Five Fundamental Actions

A cycle of getting needs met in the self/environment

- Yield
- Push
- Reach
- Grasp
- Pull
- Yield



## Five Fundamental Actions: Yield

Resting into contact with the Environment

- Developmentally: merged with the mother
- Resting into contact with environment; finding support within release of weight; sense of flow
- Being in contact, rather than doing
- Basis of taking effective action in the world
- Yielding can bring up fear, to let down being hyper vigilant... is it safe to let down our guard?
- Collapse: Succumbing to your Environment
  - Letting go of the integrity and wisdom of your system
  - Yielding is more contactful and aware than collapsing

## Experiential: Full Body Yield vs Collapse



- Yielding into the support of the ground
- What did you notice between the ideas of Yield and Collapse?

## I don't have time...

- Reframe what you already do as self-care!
  - Commuting
  - Washing your hands
  - Stop signs
  - Check-out line at the grocery store
- Bring awareness and consciousness to it
  - Maximize the moments
  - Do more of what's joyful

## Integration

- One area of risk for you regarding burnout or compassion fatigue that you would like to be more aware of
- One thing you can add to bring you back to the present moment (micro self-care or through the senses)
- One thing that you already do that you can reframe as self-care

## Self-Care in Community



- Creating an environment to thrive
- Advocating for micro self-care moments
- Beginning to create a culture of normalizing conversations around burn-out, compassion fatigue, and the necessity/responsibility of self-care
- "You become the company you keep, so keep good company" - Dr. Douglas Brooks

## Thank You!

Blog and Website:  
[www.zinamercil.com](http://www.zinamercil.com)

[www.projectathena.org](http://www.projectathena.org)

[www.vitalhearts.org](http://www.vitalhearts.org)

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## Selected Resources

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