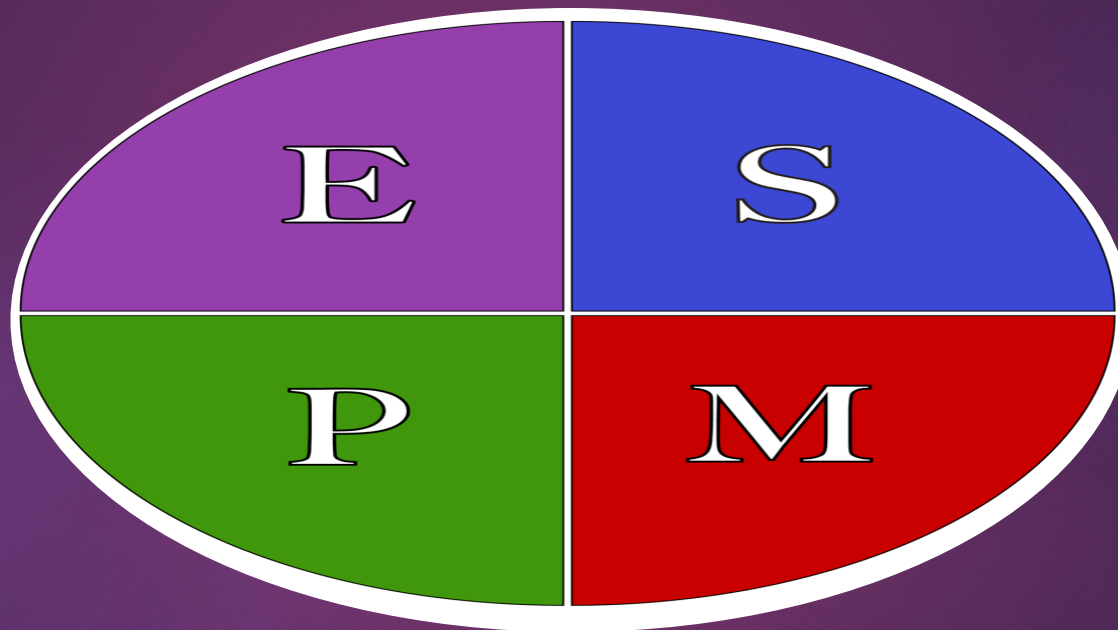


Increasing Helping Professionals Self-Awareness and Self-Care by Integrating the E.S.P.M. Model for Self-Care



Dr. Jason Branch, LPC, ACS, NCC
Tennessee Licensed Professional Counselors Association
Pre-Conference Workshop
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Overview

Compassion Fatigue

Increasing Self Awareness

Challenge Beliefs

Self Care Planning

Protecting your Peace



Compassion Fatigue

Compassion fatigue is characterized by a gradual lessening of compassion over time, resulting from a combination of burnout and secondary traumatic stress related to vicarious traumatization from repeated exposure to traumatic material.

Compassion Fatigue cont.

Clinicians take in some level of their client's pain by:

Facilitating sessions

Listening to stories

Collecting data as part of their efforts to intervene to identify issues

Provide treatment services with kindness and empathy



The Heart of a Helper

The most insidious aspect of compassion fatigue is that it attacks the very core of what brings helpers into this work: their empathy and compassion for others.

Increasing Self Awareness

Protect your peace: Unhealthy Boundaries

Being your authentic self

External vs internal investments

Increase self-care practices

#Try Therapy: Start, continue or return to therapy

Challenge your beliefs

Why Therapy?

Mental Health and Trauma

Trauma- *is the response to a deeply distressing or disturbing event that overwhelms an individual's ability to cope, causes feelings of helplessness, diminishes their sense of self and their ability to feel a full range of emotions and experiences.*

What are some examples of trauma within your community, family, work environment, school or culture?

Why Therapy?

Mental Health and Trauma

Belief Systems- *Stories you continue to tell yourself*

Learned Behaviors- *I can only repeat what I know*

Living through Trauma- *Repeating what I experienced*

Remain Comfortable- *‘Doing the same things yet expecting a different results*

Heal and Deal- *You can't heal from what you choose not to deal with*

Superman/Superwoman Mentality- *It's my responsibility to save everyone*

SUPERMAN MENTALITY



Challenge your Beliefs

$$2+2=5$$

$$2+2=4$$

Challenge Accepted!

$$2+2=5$$

Belief

$$2+2=4$$

Fact



The Belief Model

Belief

Behavior

Habit

Lifestyle

Change is Hard!

CHANGE



PROCESS...

Before you try to
change others,
just remember how
hard it is to change
yourself.



The 3EM Model



The 3EM Model

Exposure

Education

Engage

Mentor

Kope Luwak

Vey rare and exquisite coffee

Rich and bold and naturally sweet

Uniquely harvested in Indonesia

Only found in select places in the United States

Brewer costs up to \$6,000.00

Up to \$600.00 per lbs.

\$45.00-\$100.00 per cup



The 3EM Model

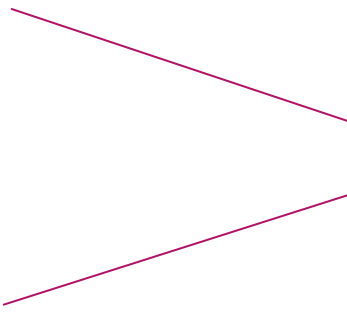
Exposure

Choice

Education

Engage

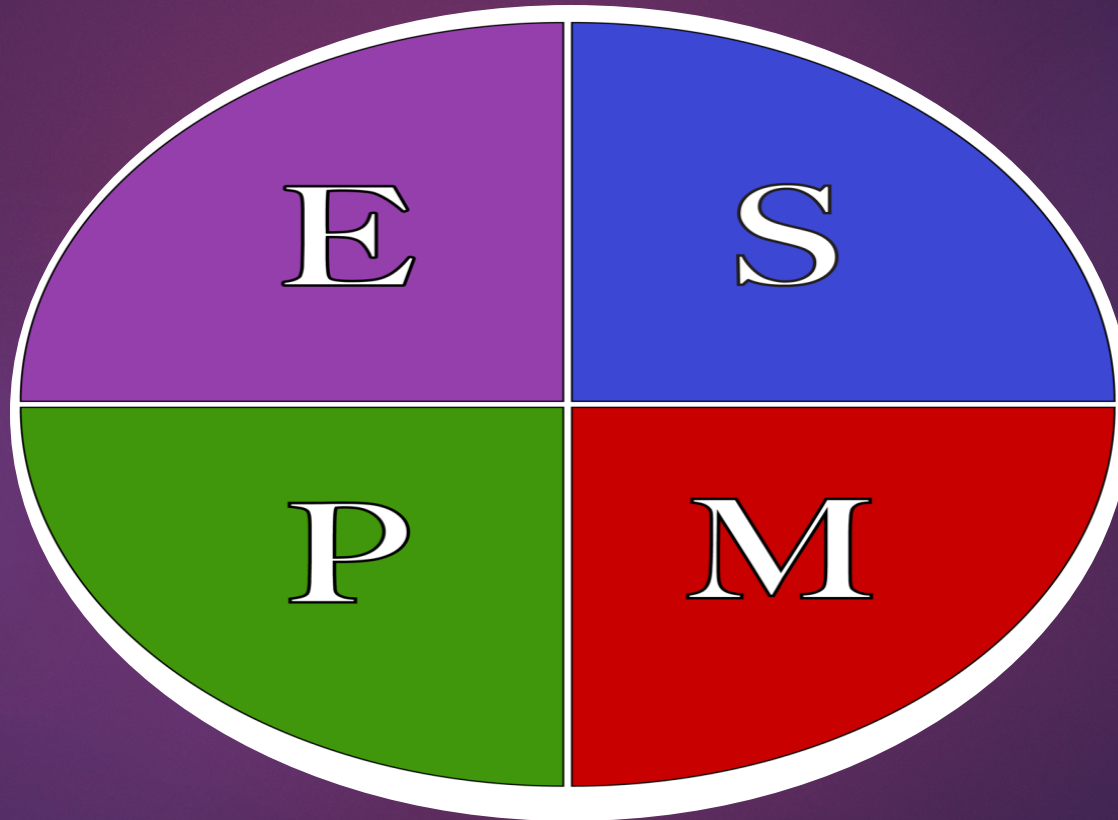
Mentor



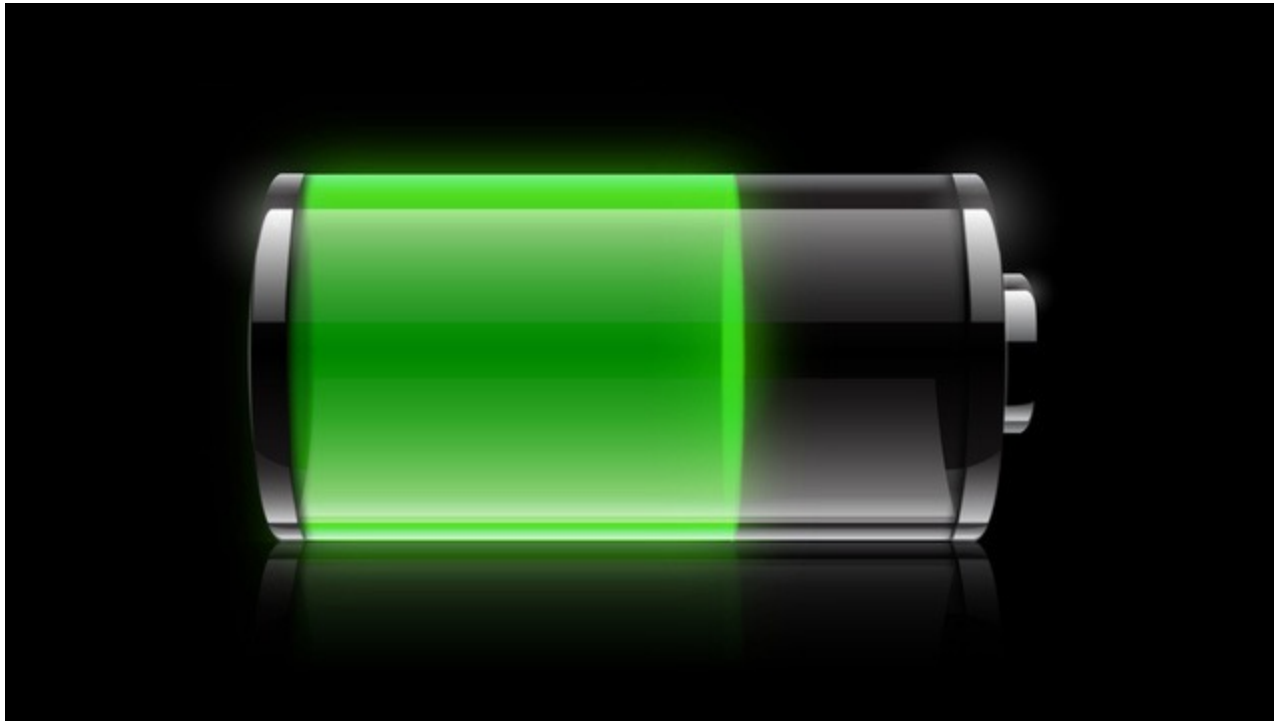
Let's Take a Coffee Break!



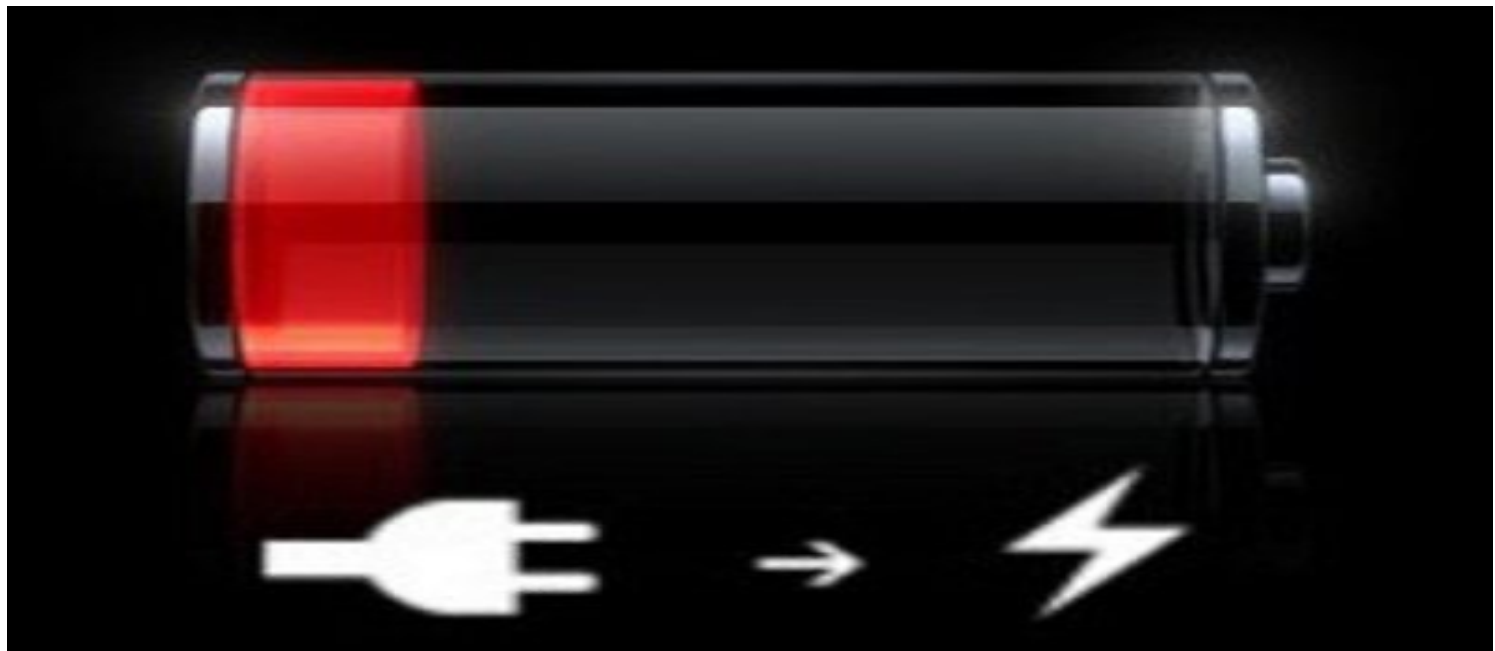
ESPM Model for Self-Care



How do you currently Recharge?



Drained from being Everything to Everyone (Dead Battery)



Prevention of Compassion Fatigue

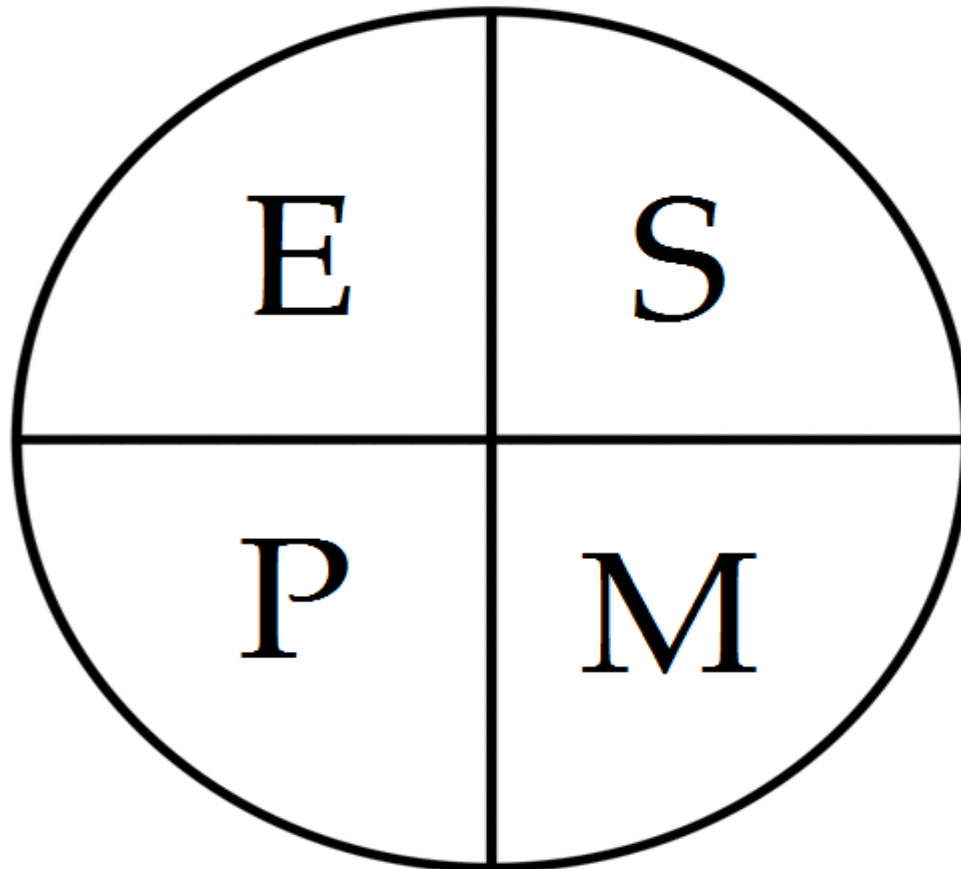
Develop a self-care plan that includes:

- Exercise
- Nutrition
- Sleep
- Spiritual Activities
- Social Support

Organizations should:

- Promote discussions of self-care plans
- Encourage leadership to model self-care
- Offer regular trainings specific to warning signs for compassion fatigue

ESPM Model for Self-Care



Self Care Assessment

Emotional

E

25%

Spiritual

S

25%

Physical

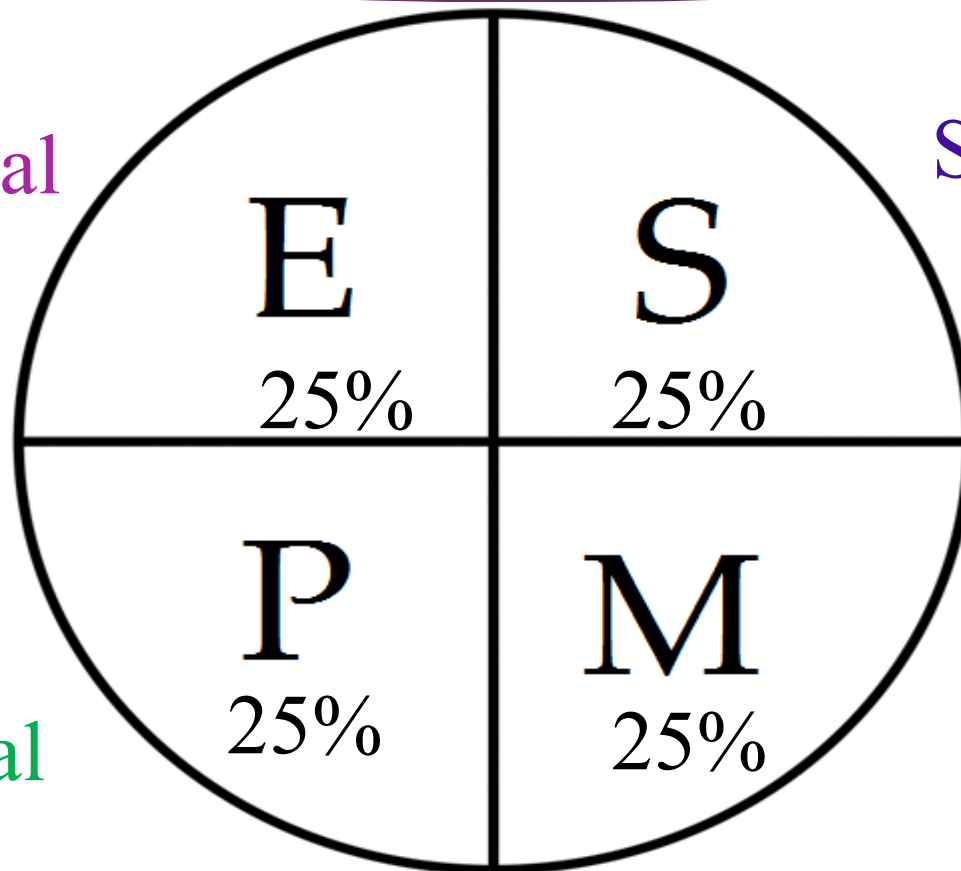
P

25%

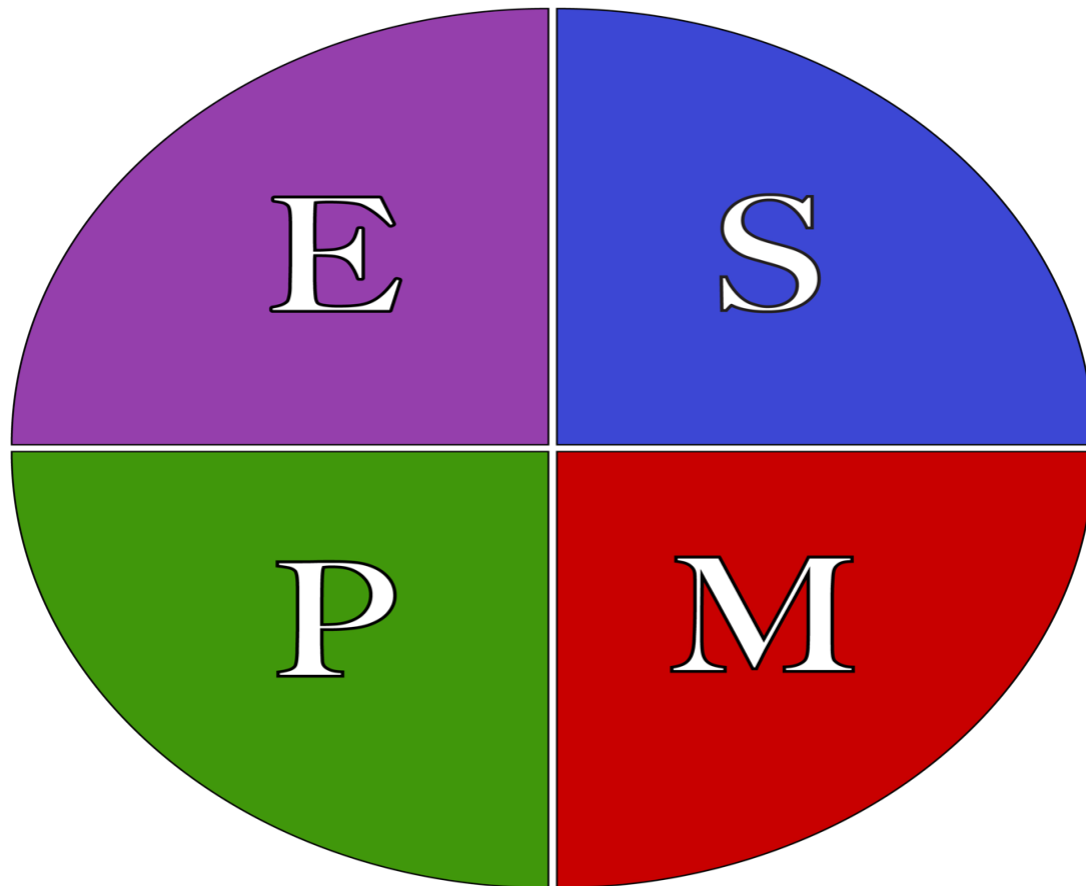
Mental

M

25%



Target Goal
100%

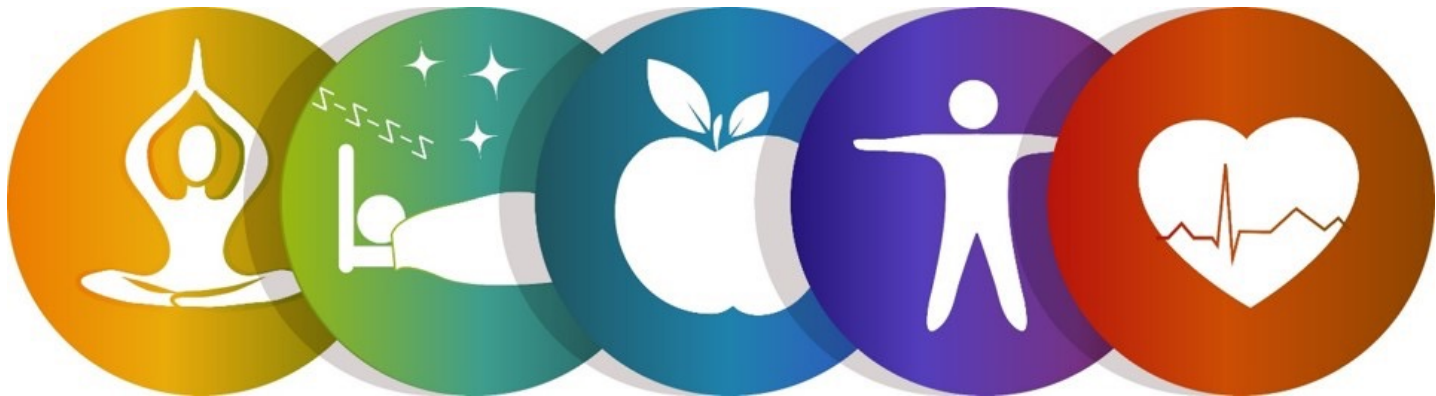


Recharged and Restored!



But.....how long does it last!?

Only One Day!



Investing more in Self



“You will always earn 100% return on your investments. When you invest in yourself.”

Dr. Jason Branch

How do I start investing?

Become willing to be comfortable being uncomfortable

Challenge your own thoughts and beliefs

Step outside of your comfort zone intentionally by doing something new, different and or uncomfortable every day

Start with Yourself: There is only one person that you can control or change

Adopt the ESPM Model for Self-Care and begin practicing today

Protecting Your Investments

- Take a break from news and social media outlets
- Block, delete, unfollow, and unfriend
- Set and maintain healthy boundaries
- Practice using the word No!
- When you are ready, please have some uncomfortable conversations
- Be willing to ask for help
- It's time to stop apologizing for being You!
- Be mindful of what you can control vs. what you cannot control
- Create a network of support and resources
- You are not a Tree!

Cover your Assets (CYA)

- Increase your Self-Care practices daily
- Increase your Self-Awareness and Self-Discovery
- Balance and Build/Rebuild Healthy Relationships
- Become Willing to Ask/Seek Professional Help
- Accept People for Who They Are and Not Who You Want Them to Be

FORTRESS OF SOLITUDE

Giant Key (Boundaries)

Giant Steel Diary (Journal)

Robots (Delegate)

Red Sun Chamber (Place of Refuge)

Kryptonian Battlesuit (Armor for Battle)



Resources

www.proqol.org

Professional quality of life information, including compassion fatigue/burnout
Professional Quality of Life Scale self-test

www.myselfcare.org

Self-care quiz, articles

www.compassionfatigue.org

Information for caregivers

www.giftfromwithin.org

Information and articles for post-traumatic

www.stress.org

The American Institute of Stress

Additional Resources

Psychology Today

www.psychologytoday.com

Therapy for Black Girls

<https://therapyforblackgirls.com>

Therapy for Black Men

<https://therapyforblackmen.org>

Black Female Therapists

<https://blackfemaletherapists.com>

Black Men Heal

<https://blackmenheal.org>

Telehealth Counseling Services

Talkspace

<https://www.talkspace.com>

Betterhelp

<https://www.betterhelp.com>

Ayana Therapy

<https://www.ayanatherapy.com>

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http://www.figleyinstitute.com/documents/Workbook_AMEDD_SanAntonio_2012July20_RevAugust2013.pdf.

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Newell, J.M., Gardell, D.N., & MacNeil, G. (2016). Clinician response to client traumas: A chronological review of constructs and terminology. *Trauma, Violence, & Abuse*, 17, 306-313.

Wood, A. E., Prins, A., Bush, N. E., Hsia, J. F., Bourn, L. E., Earley, M. D., ... Ruzek, J. (2017). Reduction of burnout in mental health care providers using the provider resilience mobile application. *Community Mental Health Journal*, doi:10.1007/s10597-016-0076-5.



Questions?

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