

# *Mindfulness Practice Taking Care of YOU:*

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# Who is in the room?

- \* Why this workshop?
- \* What do you hope to get out of this session?

# What we tell our students...

## IGNACIO 's Self Care Plan!

MEDITATE TAKE LOTS OF BREAKS  
MUSIC **Mind** FUN! LIFE-LONG LEARNING

TEA NOURISHING FOOD  
EXERCISE **Body** SLEEP EIGHT HOURS  
EVERYTHING IN MODERATION

Supportive People In My Life:  
GRETCHEN  
MOM  
MI VIEJO  
ALBERTO  
LYNNE  
CAROLINE  
REED  
DEBORAH

MEDITATE HUMAN CONNECTIONS  
SELF-REFLECTION **Spirit**  
FULFILLMENT  
THOUGH USING MY AWESOME SKILLS

I want to accomplish:  
PEACE  
SERENITY  
CONTROL  
HAPPINESS  
GOOD WORK  
BE A GOOD PERSON

# What do we tell ourselves?

## My Self Care Plan

Mental

Physical

Emotional



# Caring too much can hurt...



- \* Vicarious Trauma
- \* Secondary Traumatic Stress (STS)
- \* Compassion Fatigue

# Definitions

- \* *Compassion fatigue*, a label proposed by Figley (1995) as a less stigmatizing way to describe secondary traumatic stress
- \* *Secondary traumatic stress* refers to the presence of PTSD symptoms caused by at least one indirect exposure to traumatic material.
- \* *Vicarious trauma* refers to changes in the inner experience of the caretaker resulting from empathic engagement with a traumatized client.

# Compassion Fatigue

"Compassion Fatigue is a state experienced by those helping people or animals in distress; it is an extreme state of tension and preoccupation with the suffering of those being helped to the degree that it can create a secondary traumatic stress for the helper."

*Dr. Charles Figley*

*Professor, Paul Henry Kurzweg Distinguished Chair*

*Director, Tulane Traumatology Institute*

*Tulane University, New Orleans, LA*

Compassion Fatigue Awareness Project: <http://www.compassionfatigue.org/index.html>

# Studies show...

- \* 6% to 26% of therapists working with traumatized populations
- \* up to 50% of child welfare workers

Are at high risk of secondary traumatic stress or the related conditions of PTSD and vicarious trauma.

- \* According to the NCTSN, any professional who works directly with traumatized children, and is in a position to hear the recounting of traumatic experiences, is at risk of secondary traumatic stress.

The National Child Traumatic Stress Network,  
(2011)[http://nctsn.org/sites/default/files/assets/pdfs/secondary\\_traumatic\\_tress.pdf](http://nctsn.org/sites/default/files/assets/pdfs/secondary_traumatic_tress.pdf)



# Some of the signs...

- \* Hypervigilance
- \* Hopelessness
- \* Inability to embrace complexity
- \* Inability to listen, avoidance of clients
- \* Anger and cynicism
- \* Sleeplessness
- \* Fear
- \* Chronic exhaustion
- \* Physical ailments (headaches, stomachaches, and back pain)
- \* Minimizing
- \* Guilt
- \* Disconnection
- \* Poor boundaries
- \* Social withdrawal

# Awareness:

## How are we exposed?

- \* Being a new staff member(s)
- \* Being a new graduate intern(s)
- \* Application(s) – Personal Statements
- \* Student Interviews
- \* Individual student meetings
- \* Student Crisis
- \* Student Retreats
- \* Groups (Men's & Women's, etc.)

# Tips on how to take care of YOU...

- \* Be kind to yourself.
- \* Accept where you are on your path at all times.
- \* Understand that those close to you may not be there when you need them most.
- \* Exchange information and feelings with people who can validate you.
- \* Clarify your personal boundaries. What works for you; what doesn't.
- \* Express your needs verbally.
- \* Take positive action to change your environment.

# Tips on how to take care of YOU...

- \* Informal/formal self-report screening
- \* Workplace self-care groups (for example, yoga or meditation)
- \* Creation of a balanced caseload/scheduling
- \* Self-care accountability buddy system
- \* Exercise and good nutrition

The National Child Traumatic Stress Network,  
(2011)[http://nctsn.org/sites/default/files/assets/pdfs/secondary\\_traumatic\\_tress.pdf](http://nctsn.org/sites/default/files/assets/pdfs/secondary_traumatic_tress.pdf)

# Resources: Self Test-Tools

## **Compassion Fatigue Awareness Project**

<http://www.compassionfatigue.org/pages/selftest.html>

- \* **Professional Quality of Life (ProQoL) Self-Test**
- \* **Compassion Fatigue Self-Test: An Assessment**
- \* **Life Stress Self-Test**

THANK YOU...

SELF-CARE PRACTICE

*give yourself permission*



# References

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[http://nctsn.org/sites/default/files/assets/pdfs/secondary\\_traumatic\\_tress.pdf](http://nctsn.org/sites/default/files/assets/pdfs/secondary_traumatic_tress.pdf)

Compassion Fatigue Awareness Project

<http://www.compassionfatigue.org/index.html>

American Counseling Association

<https://www.counseling.org/knowledge-center/trauma-disaster>

Figley, C.R. (1995). Compassion fatigue as secondary traumatic stress disorder: An overview. In C.R. Figley (Ed.), *Compassion fatigue: Coping with secondary traumatic stress disorder in those who treat the traumatized* (pp. 1-20). New York, NY: Brunner/Mazel

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