Centered Care

Embodying Qualities Central to Relationship-Centered, Equitable, & Trauma-Sensitive Care

Wisdom Way Institute
Centered Care

Embodying equitable, trauma-informed and relationship centered care
Part 1: Compassion
Learning Objectives

1. Emerge with a working definition of compassion and its role in care relationships and professions.

2. Understand typical responses to stress/trauma in the helping field and impacts on care quality and burnout.

3. Briefly explain what Healing (Trauma) Informed Care means for you &/or your helping role.

4. Reframe care interactions through the lens of the Care Container.
Do we value compassion?
Do we understand it?
Do we know what gets in the way?
Do we know how to practice it?
Do we know within the body when it’s there?
Can we include everyone?
Healing-informed

Beyond Pain to Possibilities
“For me, I realized the term slipped into the murky water of deficit based, rather than asset driven strategies to support young people who have been harmed. Without careful consideration of the terms we use, we can create blind spots in our efforts to support young people.”

-Dr. Shawn Ginwright
Personal experiences
Family & close relationships
Race, culture, gender identity – how we ‘belong’ and how we are greeted
Schools & institutions
Communities—where we live and who we interact with
Landscape, interactions with the environment
Healing Informed
(Ginwright 2018)

Trauma as collective, not individual experience
Getting to root causes
Possibility not pathology
Collective healing

Cultural spirituality
civic Action
Daily compassion practices

Stress and exposure to trauma
Healing –informed
-generative
-resilience
-joy
EMBODIED MINDFULNESS

- Compassion Empathy
- Respect Autonomy Trust
- Awareness of Power / Privilege
- Willingness to Address Bias
- Not Knowing Curiosity Vulnerability
- Collected Attention Sensitivity to Self / Other
Trauma-Informed

- Safety
- Trustworthiness & transparency
- Peer support
- Collaboration & mutuality
- Empowerment & choice
- Cultural, historical & gender issues

(SAMHSA, Substance Abuse and Mental Health Services Administration, 2014)
Trauma-Informed

Recognize
Realize the impact
Respond with awareness & skills
Resist Re-traumatization

(SAMHSA, Substance Abuse and Mental Health Services Administration, 2014)
Compassion Crisis

64% of patients say they were treated without compassion

74% of end-of-life conversations in the ICU had ZERO compassionate statements (Carrese 2017)

Physicians miss 60-90% of opportunities to respond with compassion (Weng 2008) (Levinson 2000)

Blind spot- we don’t see it (Kenny 2010)

50% or more of educators, social workers, health workers report burnout (depersonalization, emotional exhaustion)
Stress & Trauma
NERVOUS SYSTEM
Physical or psychological stress triggers a “flight or fight” response. Adrenaline and cortisol are released. These make the heart beat faster, raise blood pressure, change the digestive process and boost glucose levels in the bloodstream. Body systems usually return to normal once the crisis has passed.

RESPIRATORY SYSTEM
Breathing may become heavier and cause rapid breathing or hyperventilation. This can cause panic attacks.

CARDIOVASCULAR SYSTEM
Acute stress, for example when you see a child chasing a ball begin to run into the road, causes an increase in heart rate as well as stronger contractions of the heart muscle. Blood vessels that direct blood to the large muscles and the heart dilate. This increases the amount of blood pumped to these parts of the body. Repeated episodes can cause inflammation in the coronary arteries.
https://vivifychangecatalyst.wordpress.com/2016/10/06/polyvagal-theory-fight-freeze-or-engage/
You Can Help

Decrease stress-/trauma-response

Increase resilience

**Hyper-Arousal**
Emotional overwhelm, panic, feeling unsafe, angry, racing thoughts, anxiety, etc.

**Window of Tolerance**
OPTIMAL AROUSAL ZONE
Carrying on with daily life in the river of well-being

**Hypo-Arousal**
Numb, no feelings or energy, can’t think, shut down, ashamed, disconnected, depression, etc.

Secondary Trauma

Experiencing the cumulative effect
Witnessing a traumatic event
Having knowledge about a traumatic event experienced by another
Working with traumatized individuals
Emotional Labor & Degrees of Regulation

Physiological
  Affective
Cognitive
  Self-other awareness
  Perspective Taking
  Emotional Regulation

Wagaman 2018
# Empathy: Emotional Labor & Insulation

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<thead>
<tr>
<th>PHYSIOLOGICAL</th>
<th>COGNITIVE</th>
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<tbody>
<tr>
<td>Affective response</td>
<td>Self–Other Awareness:</td>
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<tr>
<td>• Visceral response</td>
<td>• Ability to recognize and understand one’s own emotions and thoughts, while distinguishing the self from others</td>
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<tr>
<td>• Affect sharing, including mirroring another’s emotions or actions</td>
<td>• Awareness of personal values, beliefs, judgments, etc.</td>
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**Perspective Taking**
- Ability to understand another’s experiences (take another perspective), while maintaining sense of self as distinct other
- Ability to “keep it in perspective” by balancing purpose and/or big picture with current situation; defining “help”

**Emotion Regulation**
- Ability to control or regulate emotions

Wagaman, et al. (2018)
Can we care too much?

Empathy, Compassion and the edges of stewardship
Wired for Empathy & Compassion

- Emotional health
- Secure relationships
- Health behaviors
- Physical health & wellbeing
How our minds work...

- Wired to avoid threats
- Wired to seek resources
- Wired by habituation & conditioning

Biologically changed
- By childhood adverse experiences
- Epigenetics
- Trauma
- Toxic stress
How our brains work.

Wired for belonging & connection

Wired for altruism & empathy

Changes with practice
- Physiological changes in the brains of meditators
- Prefrontal cortical activity (executive functioning, attention)
- Buffers stress & related aging (caregivers) (Epel)
- Growth in hippocampus – learning and memory (Lazar)
- Decreases amygdala-led reactivity
empathic distress
compassion
Kindness has a nourishing quality; it has the intent to touch into the good and then to extend into it.
Compassion is the protective intent: to sense the suffering, to prevent further damage & to heal.

- from Ajahn Sucitto
To feel with: Empathy as an edge state
Compassion is suffering wrapped in love.

—Chris Germer
Creating the Care Container
Embodiment

Our BODIES speak louder than words.
Co-regulation

The container of the therapeutic alliance
Stress reaction

Dysregulated trauma reaction
Embodied presence

Regulation
Responsive & Reactive Modes of Mind

Green zone
Safe, satisfied, content
Asserting, aspiring, caring
Building up, restorative
Salutogenic- supports wellbeing
Peace, contentment, love
positive

Red Zone
Unsafe, dissatisfied, disconnected
Resisting, grasping, clinging
Wearing down, depleting
Pathogenic- stress related disease
Fear, frustration, heartache
negative

Sense of self/experience
Responds to life
Effects on the body/wellbeing
Central experience
Bias- outlook
Present moment collected attention

- Safety
- Body language
- Perception
- Cognition
- Calm
- Listening
Although they don’t always realize it, people visit my office to be with my settled, regulated nervous system….My settled nervous system isn’t an accident of birth.

It’s partly a result of my training, my education, my experience, and my long-standing and mindful self-care

-Resmaa Menakam, MSW, LICSW
co-regulation
Compassion
Empathy

- Implicit bias
- Empathic distress
- Burnout / Emotional Saturation
- Depersonalization
- Hidden curriculum
Collected Attention
Compassion

- Collected Attention
- Sensitivity to Self/Others
- Embodied Mindfulness
- Not knowing Curiosity Vulnerability
- Willingness to Address Bias
- Compassion Empathy
- Respect Autonomy Trust
- Awareness of Power/Privilege
56% of physicians believe they do not have time to treat patients with compassion.

Reiss (2012)
Do we value compassion?
Do we understand it?
Do we know what gets in the way?
Do we know how to practice it?
Do we know within the body when it’s there?
Can we include everyone?
As you begin to observe yourself, be fascinated, intrigued, and in no way critical.

—Laura vanDernoot Lipsky
Part 2. Collected Attention
The Power of Presence:
5 essential steps for more effective care outcomes
Reducing Stress Through Self-Care: Maintaining a Healthy Mind & Body

At the end of this workshop, you will be able to:

1. Identify indicators of stress, trauma, secondary trauma, burn-out &/or compassion fatigue
2. Understand the difference between “normal” and “healthy” vs. “unhealthy” stress
3. Identify 2 healthy coping strategies for stressful situations


Comprehensive Healing (Trauma) Informed Self Care Self-Paced Training