Centered Care

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

Take Aways

Personably Professional

Confidential
Centered Care

Embodying equitable, trauma-informed and relationship centered care
Part 2. Collected Attention
Learning Objectives

1. Describe the importance of collected attention

2. Identify at least 2 mindfulness anchors that can be utilized to bring about emotional, attentional, and physiological regulation

3. Revisit mindfulness as a practice of embodiment and a practice of relationship that furthers the healing alliance

4. Understand reactive and responsive mind states and why mindfulness practices can potentially escalate stress or trauma reactions and how to stay in the zone of safety

5. Practice tools that can be applied in the moment-to-moment interactions to build trust, respect, and compassion while reducing our risk for burnout.
Creating the Care Container
Attention
empathic distress
compassion
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
Practice
Mindlessness
# Autopilot vs. Mindfulness

<table>
<thead>
<tr>
<th>Autopilot</th>
<th>Mindfulness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Disconnected from sensory feedback</td>
<td>Come into senses</td>
</tr>
<tr>
<td>Attention is diffuse, scattered and not needed to be on our activity</td>
<td>Attention can be engaged intentionally</td>
</tr>
<tr>
<td>Mind wandering</td>
<td>Present moment</td>
</tr>
<tr>
<td>Reduced sense of wellbeing/happiness</td>
<td>Emotional &amp; Attentional regulation</td>
</tr>
<tr>
<td>Doing mode</td>
<td>Being mode</td>
</tr>
</tbody>
</table>
## Threat Cognition vs. Mindfulness Cognition

<table>
<thead>
<tr>
<th>Threat Cognition</th>
<th>Mindfulness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Selective sensory awareness - vigilance</td>
<td>Come into senses</td>
</tr>
<tr>
<td>Attention is aimed at worries</td>
<td>Attention can be more spacious (BOTH/AND)</td>
</tr>
<tr>
<td>Negativity bias – we see what’s wrong</td>
<td>We see the pleasant, and unpleasant, the good and the bad</td>
</tr>
<tr>
<td>Highly reactive- ‘snap’ judgment – less prefrontal cortex /big picture</td>
<td>Less reactivity, more ‘gap’ to choose actions</td>
</tr>
<tr>
<td>Cognition – black and white, shame and blame</td>
<td>Cognition- nuanced, diversity is possibility, challenges viewed creatively</td>
</tr>
<tr>
<td>Fight, flight, or freeze</td>
<td>Calm, connect</td>
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</tbody>
</table>
Collected Attention

Mind wandering
Habits/conditioning (doing vs being)
Stress
Empathic distress
Burnout /Emotional Saturation
Biological factors
Cultural
- Novel
- Unpredictable
- Threatening to ‘ease’
- Sense of Control
Triangle of Awareness

THOUGHTS

AWARENESS

EMOTIONS

SENSATIONS
Present moment collected attention

- Safety
- Body language
- Perception
- Cognition
- Calm
- Listening
Present moment collected attention

- Greater happiness
- Reduction in stress related illness
- Job satisfaction
- Less reactive and fewer medical errors
- Restorative
- Improved cognition
Emotional regulation
Concentration / Attention
Awareness
Settledness in the body / calm
Attention

Mood disorders - attentional component
Thought, emotion create patterned responses
High emotional charge wins
SAFE
REGULATED
AWARE
Knowing our own mind...

freedom to respond
How we pay attention

Compassion
Non-judgment
Letting go-letting be
Patience
Curiosity
Trust
Acceptance
Non-striving
As you begin to observe yourself, be fascinated, intrigued, and in no way critical.

-Laura vanDernoot Lipsky
Emotion – regulation
Attention-regulation
State-regulation
Co-regulation
Pre-frontal cortex

- Capacity to consider possibilities
- Make decisions/Plan
- Engage with self and others

• Open
• Curious
• Calm
• Accepting
Practice
Emotional regulation
Concentration / Attention
Awareness
Settledness in the body / calm
The Care Container
How relationships work.
Between stimulus and response there is a space.

In that space is our power to choose our response.

In our response lies our growth and our freedom.

— Victor Frankl
Email to receive self care guide & slides

klaing@wisdomwayinstitute.com
The Power of Presence: 5 essential steps for more effective care outcomes
Reducing Stress Through Self-Care:
Maintaining a Healthy Mind & Body

https://aspiretraining.learnupon.com/store

Comprehensive Healing (Trauma) Informed Self Care online training

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