

Burning Brightly: Self Care for School Counselors

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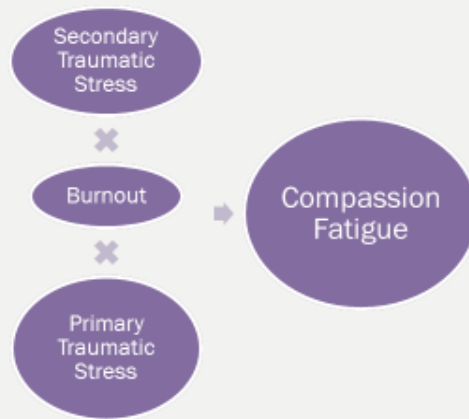
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Compassion Fatigue (Gentry & Baranowsky, 1997)



Compassion Fatigue and Neuroscience

■ Fire and Wire



■ Accelerator and Brakes



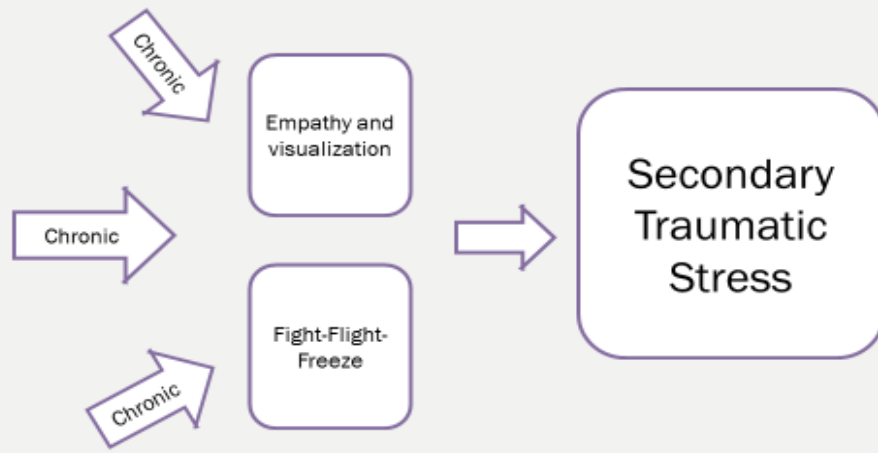
• Mirror, Mirror



• Neuroplasticity



Addressing Secondary Traumatic stress



Burnout



Addressing Secondary Trauma

1. Relaxation
 - a. *Mindfulness*
 - b. *Practice response to exposure*
2. Relationships
 - a. *Professional and Personal*
 - b. *Find “your person”*
 - c. *Mission statement activity*
3. Narratives
 - a. *Co-worker & Supervisor*
 - b. *Elements of Sharing*
 - c. *Timeline and Journal Activities*
4. Relaxed body even when flight-fight-freeze is activated

Addressing Burnout

1. Perceptual Maturation
 - a. *Choice vs. Demand*
 - b. *Relinquish outcomes*
 - i. Work related to self worth
 - ii. Demand clients have certain outcomes so we retain our self-worth
 - iii. Evaluations are not about my worth but about my skills and abilities
 - iv. You do it because you choose it
 - v. Workplace is a place to practice your mission
 - vi. Work is always going to demand more than you can give

Building Resiliency

1. Self-regulation: *Respond not react in the here and now*
2. Intentionality: *Principle based vs. demand based*
3. Self-validation: *Work from integrity...others reactions and validations are not required*
4. Connection: *Develop strong relationships and connect with your tribe*
5. Self-care: *Do things you love, make you smile, and bring joy to your life*

(Gentry & Baranowsky, 2013)

Protective Factors	Early Warning Signs	Self-Care Strategies
Strong emotional boundaries	Distancing self from social situations	Positive self-care through all four realms
Social support	Becoming avoidant of client’s trauma material	Self-awareness and treatment of primary trauma
Ability to reframe	Not being present during counseling	Mindfulness of countertransference
Resiliency	Devaluing work	Seeking out client resilience (vicarious resilience)
Establishing a professional network	Emotional or physical exhaustion	Outside supervision
Meaning-making	Decreased empathy	Creative strategy
Practicing mind, body, and spiritual wellness	Anger toward clients	Posttraumatic growth

(Bell & Robinson, 2013)

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