

The background features a series of stylized botanical illustrations of various herbs and plants. From left to right, there is a plant with a dark, textured seed head, a plant with several pointed green leaves, a plant with a small, feathery green seed head, a plant with a yellow and green seed head, a plant with several pointed green leaves, and a plant with a single large, feathery green leaf. The plants are drawn with simple black outlines and filled with flat colors.

Healing Through Reflective Practices

Lisa Collins



About Me

Lisa Collins

educator, advocate, life coach

Lisa is on the advisory for Strategies of Trauma Awareness and Resilience (STAR) Advisory Council, is a Life Coach for the Conscious Freedom Framework and recently began serving on the Portland State University Education Administration Advisory Committee.

NORMS

Ask questions.

Engage fully in the learning process.

Integrate new information.

Open your minds to diverse views.

Utilize what you learn.

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The Self-Reflective Process Agenda

- Warm-up Activity Movement
- Professional Life Quality of Life Survey
- Self Reflection Dyad Sharing
- River of Life Activity
- Quiet Meditation Transition
- Evaluation



Self-Care Statement



The intent of this workshop is to honestly reflect on our experiences. If there is anytime during our time together today that you are uncomfortable or need a break, please take care of yourself. There are identified participants who you are available to support you if needed.

Why Do We Need Self- Reflective Practices?



“As long as you keep secrets and suppress information, you are fundamentally at war with yourself...The critical issue is allowing yourself to know what you know. That takes an enormous amount of courage.”

-Bessel Van Der Kolk, *Body Keeps the Score*, 2015

Learning Objectives

Participants will learn how to deepen self-reflective practices to identify self-care needs for themselves.

Participants will identify one area of self-care to implement based on their reflections.

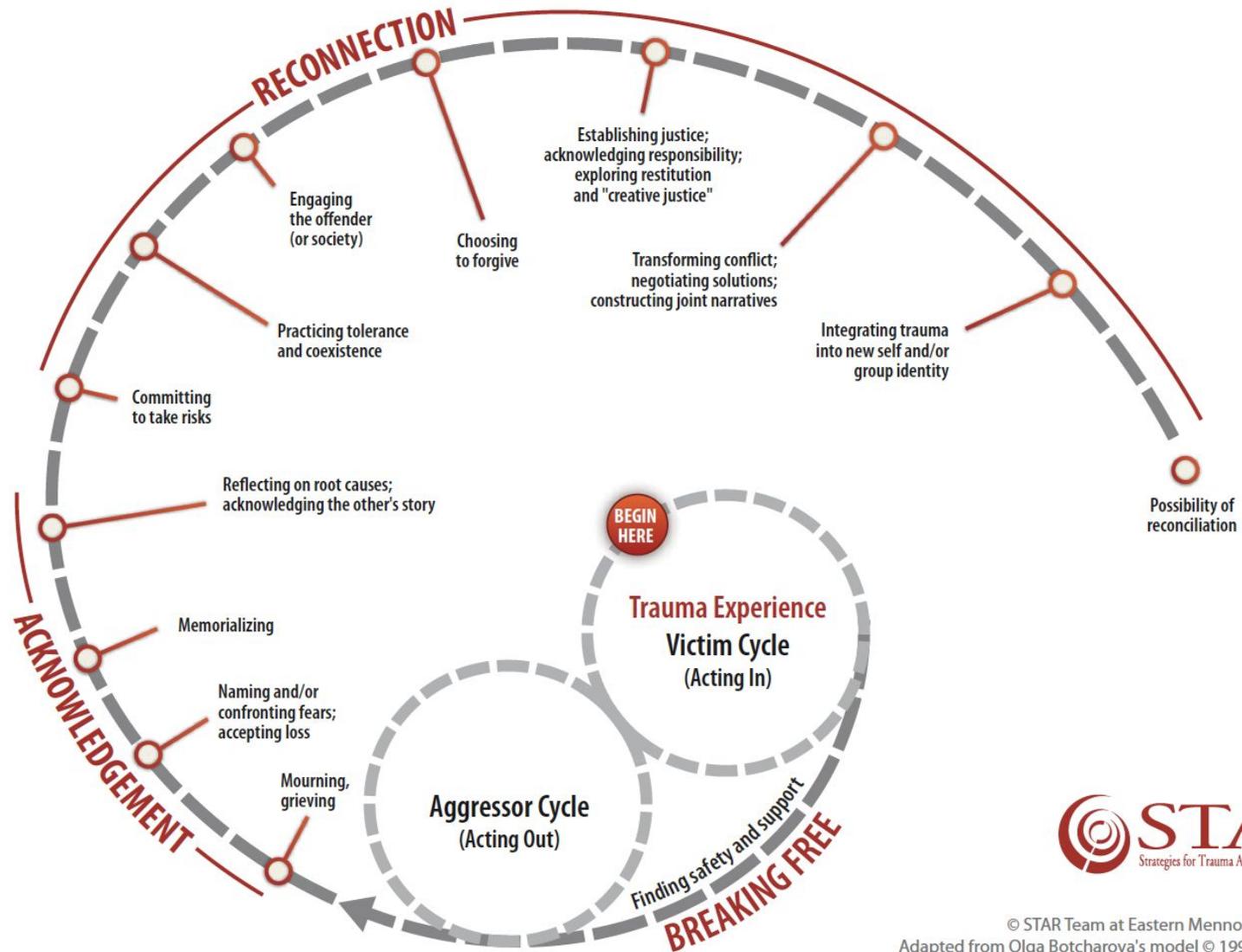
Participants will experience activities they can implement in their work setting to assist staff with self-reflection practices to increase social-emotional well-being.



Movement Activity



Breaking Cycles of Violence • Building Resilience



© STAR Team at Eastern Mennonite University.
Adapted from Olga Botcharova's model © 1998. Published in
Forgiveness and Reconciliation, Templeton Foundation Press, 2001.

Quickwrite Reflection

Describe your experience participating in the Chaos Activity?

How did it feel?

Does it remind you of anything or work related experiences?



Pursed Lip Breathing



Breath

Inhale through your nose



Purse Your Lips

Pucker or “purse” your lips as if you were going to whistle and breathe out



Breathe Out

Breathe out slowly



Professional Life Quality of Life Survey



This survey is a personal reflection and examines
Compassion Satisfaction and Compassion Fatigue, Burnout
and Secondary Trauma

Professional Life Quality of Life Survey Vocabulary

- **Compassion Satisfaction**

Positive aspects of working as a helper

- **Compassion Fatigue**

Negative aspects of working as a helper

- **Burnout**

Inefficacy and feeling overwhelmed

- **Work-related traumatic stress**

The adverse reaction people have to pressures or demands placed on them at work.

<https://www.hseni.gov.uk/articles/what-work-related-stress>

Professional Life Quality of Life Survey Vocabulary



- **Compassion Satisfaction**

Positive aspects of working as a helper

- **Compassion Fatigue**

Negative aspects of working as a helper

- **Burnout**

Inefficacy and feeling overwhelmed

Professional Life Quality of Life Survey Vocabulary



Compassion Satisfaction

- The positive aspects of helping
- “The good stuff”

Compassion Fatigue

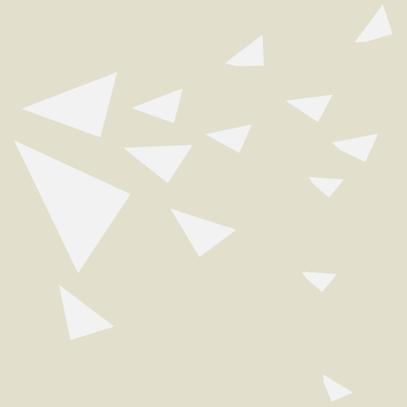
- The negative aspects of helping
- “The bad stuff”

Professional Life Quality of Life Survey



- When you [help] people you have *direct* contact with their lives.
- As you may have found, your compassion for those you [help] *can affect* you in positive and negative ways.
- In the survey are some questions about your experiences, both positive and negative, as a [helper].
- Consider each of the following questions about you and your current work situation. Select the number that honestly reflects how frequently you experienced these things in the **last 30 days**.

Professional Life Quality of Life Survey Scoring



- Use the handout to score your survey
- Score your test so you understand the interpretation for you.
- To find your score on each section, total the questions listed on the left and then find your score in the table on the right of the section.

Compassion Satisfaction Scale

Copy your rating on each of these questions on to this table and add them up.

3. _____	<table border="1"><thead><tr><th>The sum of my Compassion Satisfaction questions is</th><th>So My Score Equals</th><th>And my Compassion Satisfaction level is</th></tr></thead><tbody><tr><td>22 or less</td><td>43 or less</td><td>Low</td></tr><tr><td>Between 23 and 41</td><td>Around 50</td><td>Average</td></tr><tr><td>42 or more</td><td>57 or more</td><td>High</td></tr></tbody></table>	The sum of my Compassion Satisfaction questions is	So My Score Equals	And my Compassion Satisfaction level is	22 or less	43 or less	Low	Between 23 and 41	Around 50	Average	42 or more	57 or more	High
The sum of my Compassion Satisfaction questions is		So My Score Equals	And my Compassion Satisfaction level is										
22 or less		43 or less	Low										
Between 23 and 41		Around 50	Average										
42 or more		57 or more	High										
6. _____													
12. _____													
16. _____													
18. _____													
20. _____													
22. _____													
24. _____													
27. _____													
30. _____													
Total: _____													

Burnout Scale

On the burnout scale you will need to take an extra step.

Starred items are “**reverse scored.**” If you scored the item 1, write a 5 beside it.

You Wrote	Change to
	5
2	4
3	3
4	2
5	1

The reason we ask you to reverse the scores is because scientifically the measure works better when these questions are asked in a positive way though they can tell us more about their negative form.

For example, question 1. “I am happy” tells us more about the effects of helping when you are not happy so you reverse the score.

Burnout Scale

Starred items are “reverse scored.”



You Wrote	Change to
	5
2	4
3	3
4	2
5	1

- *1. _____ = _____
- *4. _____ = _____
- 8. _____
- 10. _____
- *15. _____ = _____
- *17. _____ = _____
- 19. _____
- 21. _____
- 26. _____
- *29. _____ = _____

Total: _____

The sum of my Burnout Questions is	So my score equals	And my Burnout level is
22 or less	43 or less	Low
Between 23 and 41	Around 50	Average
42 or more	57 or more	High

Secondary Traumatic Stress Scale

Just like you did on Compassion Satisfaction, copy your rating on each of these questions on to this table and add them up.

When you have added them up you can find your score on the table to the right.

2. _____
5. _____
7. _____
9. _____
11. _____
13. _____
14. _____
23. _____
25. _____
28. _____
Total: _____

The sum of my Secondary Trauma questions is	So My Score Equals	And my Secondary Traumatic Stress level is
22 or less	43 or less	Low
Between 23 and 41	Around 50	Average
42 or more	57 or more	High

Professional Life Quality of Life Score

Based on your responses, find your personal scores on the sheet provided.

Compassion Satisfaction

Compassion satisfaction is about the pleasure you derive from being able to do your work well. **The average score is 50** (SD 10; alpha scale reliability .88).

Burnout

Most people have an intuitive idea of what burnout is. From the research perspective, burnout is one of the elements of Compassion Fatigue (CF). It is associated with feelings of hopelessness and difficulties in dealing with work or in doing your job effectively. **The average score on the burnout scale is 50** (SD 10; alpha scale reliability .75).

Secondary Traumatic Stress

The second component of Compassion Fatigue (CF) is secondary traumatic stress (STS). It is about your work related, secondary exposure to extremely or traumatically stressful events. **The average score on this scale is 50.** (SD 10; alpha scale reliability .81)

If you have any concerns about your score it is recommended to discuss them with a physical or mental health care professional.

Quickwrite Reflection

What are your thoughts about your results of the professional quality of life survey?

Are you surprised by any of the results?





Stand Up! Shaking Arms Exercise Ping Shuai



Stand up
Feet apart
Gently close eyes and smile
Open Eyes
Arms to shoulder height
straight out in front
Swing arm back and forth 1,2,3,4
fifth swing bend legs

Dyad Sharing

Self Reflection Questions with a partner

Self Awareness

Do I recognize when I am experiencing emotions?

When do I recognize how my feelings are affecting me at work?

Self Awareness

How do I speak about my feelings?

When do I speak about my feelings?

Self Awareness

When do I recognize my limits and strengths?

How do I invite or welcome feedback?

Am I aware of when I need help?

Pursed Lip Breathing



Breath

Inhale through your nose



Purse Your Lips

Pucker or “purse” your lips as if you were going to whistle and breathe out

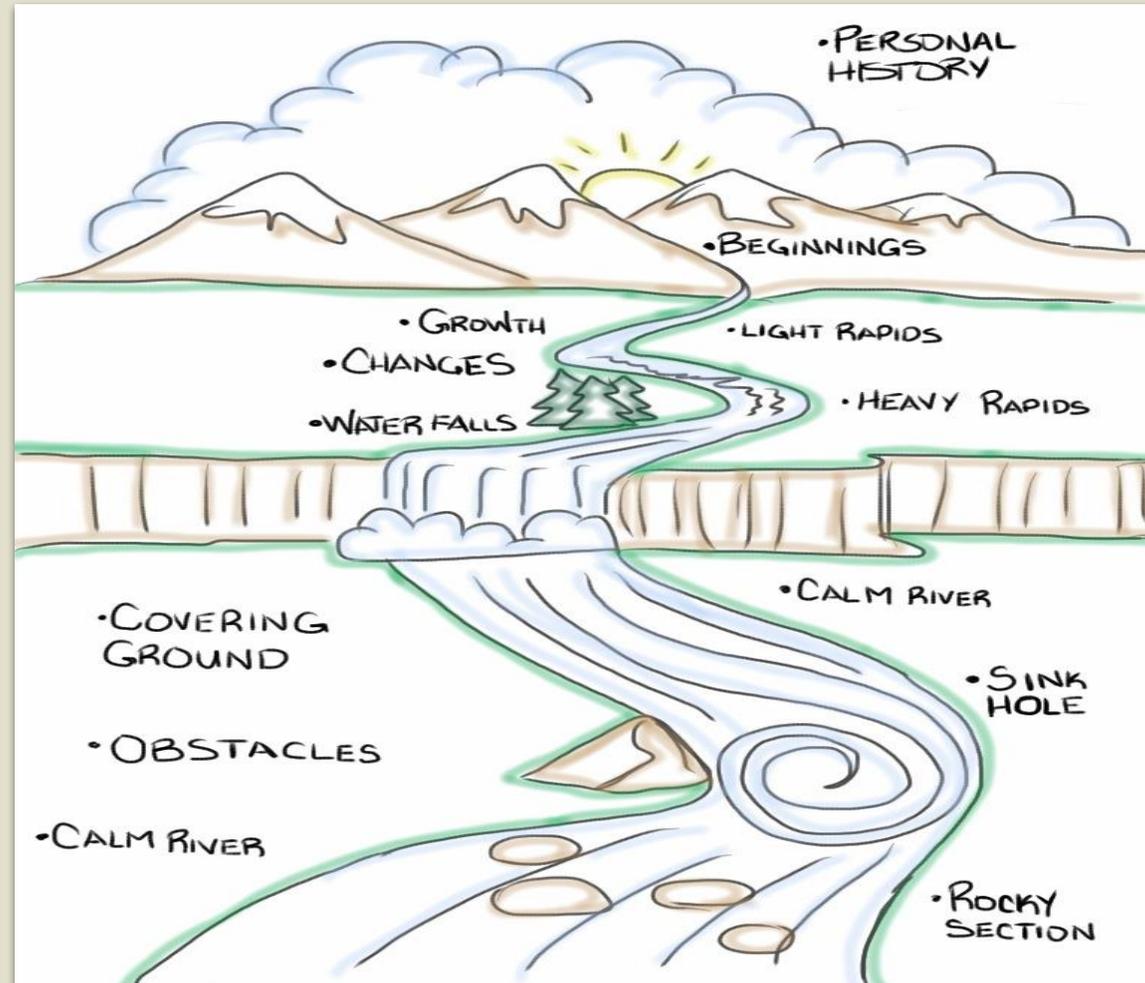


Breathe Out

Breathe out slowly



Where Do We Heal?



[onecommunitychurchblog - WordPress.com](http://onecommunitychurchblog.com)

Exploration Through Art: River of Life

River of Life

Think about your work life as a river.

What different streams and other rivers helped you get where you are today?

Think about the fast-moving times in your work life and the challenges or rocks you overcame.

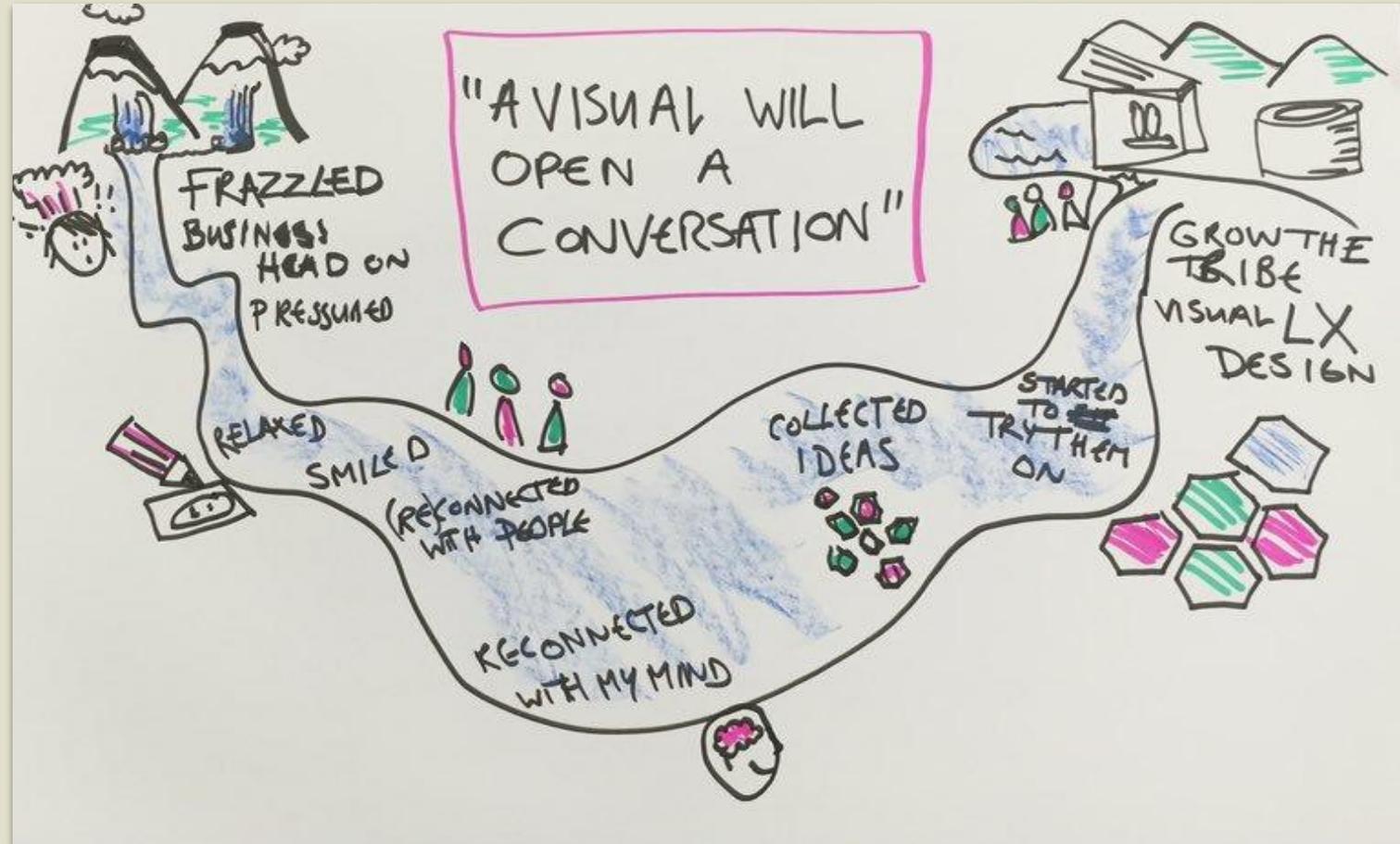
Draw these as part of a river.

Use the metaphor to its fullest- are there offshoots, rapids, waterfalls, or still times in ponds?



River of Life

Draw your journey of service in education



Gallery Walk



Quietly Walk



Make Observations



Make Connections

Quickwrite Reflection

Write about an area you have identified that you would like to heal.

What steps can you take immediately?



Resources

Meditation

Apps for phone

Aura

Calm

Chopra

Exercise

How do I speak about my feelings?

When do I speak about my feelings?

Books

The Body Keeps the Score, Bessel Van Der Kolk, 2015.

Trauma Stewardship, Laura van Dernoot Lipsky, 2007

Organizational Trauma Healing, Patricia Vivian and Shana Hormann, 2013

There is Nothing Wrong with You, Cheri Huber, 1993

References



Books

- There is Nothing Wrong with You - Cheri Huber (1993)
- The Body Keeps the Score, Bessel Van Der Kolk, 2015.
- Trauma Stewardship, Laura van Dernoot Lipsky, 2007
- Organizational Trauma Healing, Patricia Vivian and Shana Hormann, 2013
- There is Nothing Wrong with You, Cheri Huber, 1993

Graphic -

- Breaking Cycles of Violence graphic
- Strategies of Trauma Awareness and Resilience, STAR (2001)
- https://emu.edu/cms-links/cjp/star/docs/Breaking_Cycles_of_Violence-Building_Resilience.pdf

Dyad Protocol -

- Coaching Lens of Emotional Intelligence*, Elena Aguilar, The Art of Coaching: Effective Strategies for School Transformation. San Francisco: Jossey-Bass (2013) <http://brightmorningteam.com/wp-content/uploads/2017/09/Coaching-Lenses.pdf>

STAR -

- Checklist for Self-Care, handout (STAR Manual, 2001) <https://emu.edu/cjp/star/>



Evaluation

Please complete the evaluation either online or
hard copy

Thank you for your participation
and courage!

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Thank You

