

Caring Safely Live Q&A/Discussions

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November 9, 2017

- Difference between empathy, compassion and vicarious trauma
- Managing our triggers from our personal histories
- The phases of compassion fatigue
- Module one: 3 minute breathing practice
- Resistance and the stages of change theory

November 10, 2017

- Working through the content on your own schedule
- Caring Safely: Audio, Replays, Registering for Expert Level
- How to help staff understand CF and B and it's impacts - ADKAR Org Model of Change
- Creating change within your role/org to add protective factors

November 20, 2017 3:00pm

- Ways to use the Facebook Group
- When do we give up on the other people in the responsibility pie?
- How people get nourishment
- Healthy ways to grieve when other agencies let people down
- Self-Care: Knowing Vs Doing and the guilt

November 20, 2017 8:00pm

- How to manage the "crash" after a busy/stressful period using the wellness gauge
- How to set yourself up for success in managing Compassion Fatigue in a new job
- How hormones may impact the wellness gauge

November 22, 2017

- How to stop thinking about work when you leave for a holiday weekend
- Core worth, self-esteem and boundaries
- How to process grief

December 2, 2017

- How our thoughts impact us
- What people have as non-negotiable self-care
- Why too much free time is not always a good thing
- How to deal with perfectionism that can result in working late
- Saying "no" and getting comfortable with being uncomfortable
- Caring Safely as a way of life - implementing change over time
- Creating spiritual practices
- Book recommendation for grief

December 6, 2017

- How to start using the 80% rule for perfectionism with big goals

- When to call in sick and what to do with the guilt
- Using facial mimicry as a clinical intervention
- Different ways to show compassion without constant giving
- Starting to teach about compassion fatigue before being in the zealot phase

December 8, 2017

- How people have been saying "no"
- Emotions people are catching and how they are managing
- The value in both non-direct and direct work
- How to improve sleep

December 16, 2017

- Surfing Your Stress for short-term and long-term stressors
- Difference between relaxing, nourishing and numbing

December 19, 2017

- How to process the triggers for breaching your own boundaries
- Compassion Satisfaction and The Ripple Effect
- How to prepare for the holidays and your return to work

December 21, 2017

- Compassion Fatigue or Psychiatric Disorder
- Falling into All or Nothing with boundaries
- The first 90 days of 2018

January 17, 2018

- Caring Safely's focus for organizational health
- Module 8 Review
- Why Caring Safely focuses on stress and ACEs in addressing compassion fatigue in organizations

January 30, 2018

- Is spanking considered an ACE
- What to do when a staff member begins to disclose details of trauma in a group setting
- Creating training materials for your staff

February 21, 2018

- Different levels of recovery of compassion fatigue
- When someone asks about mental health conditions vs. compassion fatigue

March 7, 2018

- Licensing Caring Safely for workplace
- Workplace Psychological Health and Safety
- Negotiating speaking fees outside of monetary payment
- Websites

- Activities for workshops
- Noticing behaviour change for sustainable caring

May 8, 2018

90 Day Format for Caring Safely (you can also find this in the menu above Module One)

May 15, 2018

- 2 Minute Meditation
- 90 Day Format - Reviewing Week Sheet and Day Sheet
- Q&A - Can you have compassion fatigue without vicarious trauma

May 22, 2018

- The Change Process
- Q&As: Can someone move up and down the phases of compassion fatigue in a short period of time?
And other Qs you might find helpful
- Digital Detox and Social Media Spring Cleaning

May 30, 2018

- Opening Grounding/Relaxation
- 90 Day Format - How I used my Weekly Sheet and Day Sheet to deal with whirling thoughts and procrastination
- Discussion: You are where you need to be in this process
- Q. What if I don't know what nourishes me?
- Tip: Why being indecisive is a good thing

June 7, 2018

- Anticipating the struggles with long-term change
- How to get back on track when life happens and we fall off our plan
- How to increase your motivation for healthy choices

June 12, 2018

- Different ways to delegate tasks better suited for others to free up more time for your nourishment
- How Buffer Time can help fill our well

June 19, 2018

- The Change Process: The importance of reassessing goals and adapting them as needed
- Potential barrier for long-term change: the summer boost
- Q. When is the best time to use compassionate curiosity to prevent compassion fatigue
- Boundaries for entrepreneurs and batch scheduling (sneak a peek inside my planner)

June 26, 2018

- Change process: Sticking with change and seeing results from change

- Additional Resource for Trauma Informed Practice
- Six principles of trauma informed approach
- Recap of previous Q&As for this section of Caring Safely
- Preparing for summer vacation with sustainable caring in mind

July 3, 2018

- Change process: importance of tracking behaviours and outcomes
- Why multitasking isn't a good thing and book recommendations
- Challenges with organizational support for compassion fatigue
- Setting yourself up for success for organizational strategies for compassion fatigue

July 10, 2018

- Tools I use to create trainings/courses/books
- Q. Should people trying to recover from compassion fatigue take a leave of absence?
- Q. Are you developing any courses on Trauma Informed Care?

July 24, 2018

- Different Mindfulness Based Stress Reduction Teacher Training Programs
- Different reasons to take training programs: expertise vs licensing vs treatment modality
- How to use Caring Safely materials in workshops you create
- The importance of creating a business structure for saving money
- Do you recommend trademarking and copyrighting a clever name of a program or workshop
- What it takes to make multiple, big changes quickly and for the long term
- Something I did (and you can too) outside my comfort zone, to build the business