



Caring Safely™ Module Five – Video One

How to manage emotional distress and vicarious trauma

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In this module

- Empathy
- Unconscious Empathy
- Conscious Empathy
- Self-Regulation
- Emotional Contagion
- Practicing Safe Empathy
- Strategies to mitigate emotional contagion/vicarious trauma
 - Body Awareness
 - Facial Mimicry
 - Surfing Your Emotions
 - Sensory Grounding before and after session
 - Journaling and Relaxation
 - Limiting Trauma Input
 - Vicarious Trauma Short Term Recovery Process
- Weekly Relaxation Practice - PMR

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- Empathy
- Unconscious Empathy
- Conscious Empathy
- Self-Regulation
- Emotional Contagion
- Practicing Safe Empathy
- Integrating the Concepts
- Daily Tracking Sheet

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Empathy

“Empathy allows us to relate to those in our care, to have a sense of what they are feeling. It also helps us put their experience into perspective, understanding how they are being affected by the incidents that we are trying to mediate” (Rothschild, 2006)

“Empathy is the visceral or emotional experience of another person’s feelings...an automatic mirroring of another’s emotions”(Seppala, 2013)

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Four Attributes of Empathy

- 1) Get perspective – understand their world
- 2) Non-judgmental
- 3) Understand their feelings
- 4) Communicating the understanding

Empathy leads to Compassion, which leads to motivation to alleviate suffering

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Conscious Empathy

Being mindful and present while empathizing. Self-regulation while empathizing.

Conscious empathy is a desirable capacity, making it possible for us to relate to the experiences of others, to ‘walk in their shoes’ so to speak.

Leads to compassion by giving us an insight into another’s state of being.

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Unconscious Empathy

Not being mindful or present while empathizing.

“Unconscious empathy is the mechanism of emotional infection” (Rothschild, 2006).

Catching emotions...

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Emotional Contagion

What types of emotions are you exposed to?

How often do you realize that you're body is tense, or you have a heaviness in your body or your heart rate has increased?

Are you self-regulating while being around these emotions?

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Self-Regulation

“...refers to the conscious and less conscious management of our physical and emotional impulses, drives and anxieties” (Baker, 2003)

The Resilient Clinician Pg. 124

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Practicing Safe Empathy

“The better we take care of ourselves and maintain a professional separation from our clients, the more we will be in a position to be truly empathetic, compassionate and useful to them” (Rothschild, 2006).

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Integrating the Concepts

For each of the concepts we reviewed, write out a definition that works for you. You can also include a brief example or time you've experienced each.

Personalize and Integrate with the Handout

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Daily Tracking Sheet Emotions

Build awareness of how other people's emotions impact you throughout the day.

Personally and Professionally.

Track morning, afternoon, evening and night and see how your interactions with client's emotions, colleagues emotions, family/friends emotions impact your emotions/body sensations/energy.

Handout

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Review of Video One

- Empathy
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