



Caring Safely™ Module Three – Video Three

Journaling for Growth

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In this video

- Tools for Growth:
 - Journaling for Growth
 - Deliberate Rumination
 - Creating a New Story
 - World View – Creating a Personal Statement
- What else promotes growth?

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The Power of Writing

- Lowers blood pressure
- Give language, meaning and structure to your experiences
- Leads to meaning making
- Organize thoughts and ideas
- Leads to deep reflection and personal growth

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Deliberate Rumination on Being a Helping Professional

- Not wallowing or obsessing
- Deliberate rumination on a problem
- Thinking how it impacted you
- What it means for you
- How you can live life going forward given the work you continue to do
- Meaning making and rebuilding our professional selves
- Helps us move from self-criticism to acceptance to self-compassion

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Deliberate Rumination on Being a Helping Professional

How has your work as a helping professional changed your view of the world and the people in this world?

What does it mean for you that your worldview has changed? How has it impacted the way you think, your relationship to yourself and your relationship to others?

Given what you now know about vicarious posttraumatic growth, how do you think you have grown because of your work as a helping professional?

Why is it important to you to find a way to integrate the work you do, the pain and growth you see, into your life, in a way that you can stay healthy?

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Creating a New Story

- The stories we tell ourselves about who we are and the world we live in, are very important
- Can make us feel stuck or help us move forward in a new way
- Helping causes us to question our story, our world view and identity
- Need the story to make sense of what we are seeing and what happens to us with this change
- Need to move from negative, fear and hopeless to accurate, compassion and hopeful.
- We can look at the stories we tell ourselves about our role as helpers and the systems we are a part of. Sets stage for growth and a better life.

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World View Creating a Personal Statement

Think about your beliefs around your role as a helping professional from Module Two.

Think about your life experiences both personally and professionally.

Think about your spiritual or religious beliefs.

Think about your education, training, and professional principles.

Create a fluid statement about how you view the world – this will continually change as you grow.

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World View Creating a Personal Statement

"I believe that all people will experience suffering, ranging from wanting things to be different than they are, to immense and traumatic suffering.

I believe in the inherent worth of all people, animals and the planet.

I believe some people will do great harm and others will do good.

I believe that each day, my role is to do good for people, animals and the planet."

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What Else Promotes Growth

- Creativity
- Finding meaning in faith
- Relying on community
- Managing distress
- Opening up to new experiences

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Review of Vicarious Trauma and Vicarious Posttraumatic Growth

- Vicarious Trauma
- Vicarious Posttraumatic Growth
- Tools for Growth
 - Looking for the Positive
 - Gratitude for Change
 - Problem Solving Attitude
 - Journaling for Change
 - Deliberate Rumination
 - Creating a new Story
 - World View – Creating a Personal Statement

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