



Caring Safely™ Module Two – Video Four

Responsibilities and Intentions

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2



In this video

- Responsibility Pie
- Clinical Tool: Self-Management Plan
- Internal Vs. External Locus of Control
- Role as a helping professional
- Value Based Daily Intentions
- Guided Relaxation – 10 Minute Audio

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3




Responsibility Pie

- Who is responsible for your client's current experience?
- Who is responsible for helping your client improve his/her current experience?

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4



Clinical Tool
Self-Management Plan


Strategy #4: Stress-Management Plan and Resources

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|--|--|--|--|
| PERSONAL HISTORY Definition Associated treatment | PERSONAL HISTORY Definition Associated treatment | PERSONAL HISTORY Definition Associated treatment | PERSONAL HISTORY Definition Associated treatment |
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Stress-Management Plan and Resources

| | | | |
|--|--|--|--|
| PERSONAL HISTORY Definition Associated treatment | PERSONAL HISTORY Definition Associated treatment | PERSONAL HISTORY Definition Associated treatment | PERSONAL HISTORY Definition Associated treatment |
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Internal Vs. External Locus of Control

- Internal Locus of Control: Things we do have control over
 - Thoughts, Feelings, Behaviors, Beliefs
- External Locus of Control: Things we do not have control over
 - Everything else

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Role as a Helping Professional

Keeping in mind your values, roles, innate talents and abilities, along with the responsibility pies and the internal/external locus of control, create a statement that you can adapt as your belief of your role as a helping professional.

“I, alone, did not create the situation my client is struggling with. I, alone, will not solve it. I will do whatever I can, within my limits, to help this person. I will trust that the others responsible will also do what they can. I will trust the universe to do what it needs to.”

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Value Based Daily Intention

- Intentions are guidelines for how we want to be in a certain situation.
- Using the values inventory and the ACT Paradigm, spend a few moments each morning, setting an intention for the day
 - Present, Hydrated, Movement, Breathing, Grateful, Aware, Compassionate, Strength Based, Accepting.
- Put this post it somewhere you will see it regularly throughout the day as a reminder

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8



Guided Relaxation

- Stepping up the daily relaxation
- Activating parasympathetic branch of the nervous system
 - Do not do if recent cardiac event, respiratory illness, injury that can be impacted by expansion of lungs, chest, rib, back or if slow heart rate.
- Increasing mind/body awareness
- Setting the stage for:
 - Protection from vicarious trauma
 - Self-Compassion
 - Sustainable Caring

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9



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10
