SELF-CARE: THE USE OF DBT SKILLS IN THERAPIST BURN-OUT

Nanci E. Stockwell, LCSW, MBA
Chief Clinical & Education Officer
Advanced Recovery Systems
Palmer Lake Recovery
nstockwell@advancedrecoverysystems.com
770-825-2679
SOCIAL WORKER

What my friends think I do.
What my mom thinks I do.
What doctors and nurses think I do.
What my spouse thinks I do.
What I think I do.
What I actually do.

Elder Abuse

HELP!
THERAPIST BURNOUT

The term was first defined by Freudenberger (1975)

Definition: A State of Physical and Mental Exhaustion Caused by One’s Professional Life

Three Components:
- Emotional Exhaustion
- Depersonalization (losing empathy, caring and compassion)
- Decreased sense of accomplishment
CONTRIBUTING FACTORS: WORK RELATED

- Setting
- Client Type
- Lack of Progress
- Chronic Conditions
- Relapses
- On-Call Schedules
- Emergencies and Crises
- Suicide Attempts
- Violent and Aggressive Clients
- Professional Isolation
- Fear of malpractice Claims
- Ethics Complaints
- Licensure Board Complaints
- Difficulty Collecting Fees
- Paperwork
- Administrative Responsibilities
- Staff Cutbacks
- Insurance
CONTRIBUTING FACTORS:
PERSONAL

- Family
- Health
- Financial
- Relationships
- Mental Health
- Substance Abuse
- Caring for Ill Family Member
- Getting Married
- Going Through Separation/Divorce
- Having a Child
### WARNING SIGNS

<table>
<thead>
<tr>
<th>Have disturbed sleep, eating or concentration</th>
<th>Isolating from family, friends, colleagues</th>
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<tbody>
<tr>
<td>Failure to take regularly scheduled breaks</td>
<td>Enjoying work less than in the past</td>
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<tr>
<td>Experiencing recent life stressors: illness, loss, relationship problems, financial problems, legal trouble</td>
<td>Feeling emotionally exhausted after meeting with certain clients</td>
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WARNING SIGNS

- Thinking of being elsewhere when working with clients
- Self-medicating, overlooking personal needs/health
- Find work less rewarding and gratifying than in the past
- Feeling depressed, anxious or agitated frequently
- Enjoy life less than in the past
- Having repeated headaches and other physical complaints
- Sit staring into space for hours and cannot concentrate on work
THE DIALECTICAL BEHAVIOR THERAPY SKILLS

- Core Mindfulness
- Distress Tolerance
- Emotion Regulation
- Interpersonal Effectiveness
CORE MINDFULNESS

Mind Full, or Mindful?
CORE MINDFULNESS

GOALS

- To be in control of your mind instead of your mind being in control of you
- Increase awareness
- To be in the present
- Reduce mood dependent behavior
THREE STATES OF MIND

Reasonable Mind
- Past experience
- Research
- Logic
- Statistics

Wise Mind
- So I will do this
- I feel this and I know this

Emotional Mind
- Anxiety
- Fear
- Anger
- Feelings
- Sadness
- Stress
Mindfulness
Getting Control of your Mind

- Taking a hold of your mind: “What” Skills
  - Observe
    - Simply notice the experience
    - Be alert!
  - Describe
    - Put words (facts) on your experience
  - Participate
    - Enter into & become one with your experience unselfconsciously

- Taking hold of your mind: “How” Skills
  - Non-Judgmentally
    - Remove your opinions from the facts
  - One-Mindfully
    - Do one thing at a time
  - Effectively
    - Do what works
    - Keep your eye on the ball

From Linehan, Skills Training Manual for Treating Borderline Personality Disorder, 1993
DISTRESS TOLERANCE

When The Pain Won't Go Away
Tolerating Distress and Not Making Things Worse

WHEN am I going to FEEL BETTER?!?!

I'm so worried I'll do or say something to make it worse!
DISTRESS TOLERANCE

GOALS:
- Bearing pain skillfully without making it worse
- Accepting one’s reality without putting demands on it to be different
- “Living life on life’s terms”
Distress Tolerance

Crises survival strategies: Distracting
A useful way to remember these skills is the phrase, "Wise Mind ACCEPTS."

- **With Activities:** Engage in exercise or hobbies; do cleaning; go to events; call or visit a friend; play computer games; go walking; work; play sports; go out to a meal; have decaffeinated coffee or tea; go fishing; chop wood; do gardening; play pinball.

- **With Contributing:** Contribute to someone; do volunteer work; give something to someone else; make something nice for someone else; do a surprising, thoughtful thing.

- **With Comparisons:** Compare yourself to people coping the same as you or less well than you. Compare yourself to those less fortunate than you. Watch soap operas; read about disasters, others' suffering.

- **With opposite Emotions:** Read emotional books or stories, old letters; go to emotional movies; listen to emotional music. Be sure the event creates different emotions. Ideas: scary movies, joke books, comedies, funny records, religious music, marching songs, "I am women" by Helen Reddy; going to a store and reading funny greeting cards.

- **With Pushing away:** Push the situation away by leaving it for a while. Leave the situation mentally. Build an imaginary wall between yourself and the situation. Or push the situation away by blocking it in your mind. Censor ruminating. Refuse to think about the painful aspects of the situation. Put the pain on the shelf. Box it up and put it away for a while.

- **With other Thoughts:** Count to 10; count colors in a painting or tree, window, anything; work puzzles; watch TV; read.

- **With intense other Sensations:** Hold ice in hand; squeeze a rubber ball very hard; stand under a very hard and hot shower; listen to very loud music; sex; put rubber band on wrist, pull out and let go.
SELF-SOOTHE
**Improve the moment**

**Imagery**
Imagine relaxing scenes, imagine coping well, imagine a safe place, imagine pain leaving your body.

**Meaning**
Find or create a purpose, meaning, or value in your pain, focus on the positive in the painful.

**Prayer**
Open your heart to a higher being or your wise mind, ask for strength to bear the pain in the moment.

**Relaxation**
Tense your muscles and relax each muscle group, meditate, take a hot bath, breathe deeply, half smile.

**One thing**
Do only one thing at a time, focus entirely on that one thing, focus on sensations, be aware of your body.

**(brief) Vacation**
Get in bed for 20 minutes, go away for a day to the beach, go to the park, unplug your phone.

**Encouragement**
Cheerlead yourself, repeat to yourself a helpful phrase such as ‘I can do this’ or ‘this too shall pass’.

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**Pros and Cons**

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<thead>
<tr>
<th>Pros of tolerating</th>
<th>Cons of tolerating</th>
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<table>
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<tr>
<th>Pros of not tolerating</th>
<th>Cons of not tolerating</th>
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Radical acceptance rests on letting go of the illusion of control and a willingness to notice and accept things as they are right now, without judging.

— Marsha M. Linehan —

AZ QUOTES
half smile
Accept reality with your body. Relax (by letting go or by just tensing and then letting go) your face, neck and shoulder muscles and half-smile with your lips. A tense smile is a grin (and might tell the brain you are hiding or masking). A half-smile is slightly up-turned lips with a relaxed face.

Try to adopt a serene facial expression. Remember, your body communicates to your mind.
EMOTION REGULATION

Increase pleasant events that prompt positive emotions

Do **ONE** THING each day

Reduce Vulnerability to Negative Emotions
PLEASE MASTER

- Treat Physical illness
- Balance Eating
- Avoid mood-Altering drugs
- Balance Sleep
- Get Exercise
- Build MASTERy – do simple activities that make you feel competent and in control
Healthy Distractions for the Mind

1) Bake something.
   2) Write a letter.
   3) Take a nap.
   4) Read a book or magazine.
   5) Work on a puzzle.
   6) Make a cup of tea.
   7) Take a hot bubble bath.
   8) Look for D.I.Y. Projects online.
   9) Think about what makes you smile.
   10) Write in your journal.
   11) Watch a favorite movie.
   12) Snuggle with your pet.
   13) Send an E-Card to make someone smile.
   14) Look up positive affirmations or quotes.
   15) Make popcorn.
   16) Meditate.
   17) Play a card game.
<table>
<thead>
<tr>
<th>Emotion</th>
<th>Emotion’s Action Urge</th>
<th>Opposite Action</th>
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<tbody>
<tr>
<td>Sad</td>
<td>Be alone, stay in bed</td>
<td>Be around others, get active</td>
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<tr>
<td>Angry</td>
<td>Yell, attack, be judgmental</td>
<td>Be extra kind, no judgments, gently avoid</td>
</tr>
<tr>
<td>Frustrated</td>
<td>Give up</td>
<td>Try Even Harder</td>
</tr>
<tr>
<td>Betrayed</td>
<td>Hurt or revenge</td>
<td>Forgiveness</td>
</tr>
<tr>
<td>Worthless</td>
<td>Harm self</td>
<td>Help others</td>
</tr>
<tr>
<td>Fear</td>
<td>Run away, avoid</td>
<td>Stay and do what is fearful</td>
</tr>
<tr>
<td>Guilt</td>
<td>Repair transgression</td>
<td>Do what makes you feel guilty or ashamed</td>
</tr>
<tr>
<td>Shame</td>
<td>Hide</td>
<td>Be public</td>
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INTERPERSONAL EFFECTIVENESS
MYTHS ABOUT INTERPERSONAL EFFECTIVENESS

I can’t stand it if someone gets upset with me
If I make a request, this will show that I am a very weak person
I must be really inadequate if I can’t fix this myself
It doesn’t make a difference. I don’t really care
I should be willing to sacrifice my own needs for others
Dear Man,

- Describe
- Express
- Assert
- Reinforce

[Speech bubble: How to get what you want]

- Mindful
- Appear confident
- Negotiate
INTERPERSONAL EFFECTIVENESS

OBJECTIVE EFFECTIVENESS

Describe the situation
Express feelings and opinions
Assert by asking or saying “no”
Reinforce ahead of time
Mindful of objectives
  • Broken Record
  • Ignore Attacks
Appear confident
Negotiate alternative solutions
INTERPERSONAL EFFECTIVENESS

RELATIONSHIP EFFECTIVENESS

Gentle manner without attack or threat
Interested in the other person
Validate the other person’s needs/feelings, without judgment
Easy manner with humor
INTERPERSONAL EFFECTIVENESS
SELF-RESPECT EFFECTIVENESS

(Be) Fair to myself and others
(No) Apologies for being alive/asking/saying “no”
Stick to values
Truthful without excuses or exaggerations
Emotion Regulation

Mindfulness

CHANGE

ACCEPTANCE

SELF REGULATION

Interpersonal Effectiveness

Distress Tolerance