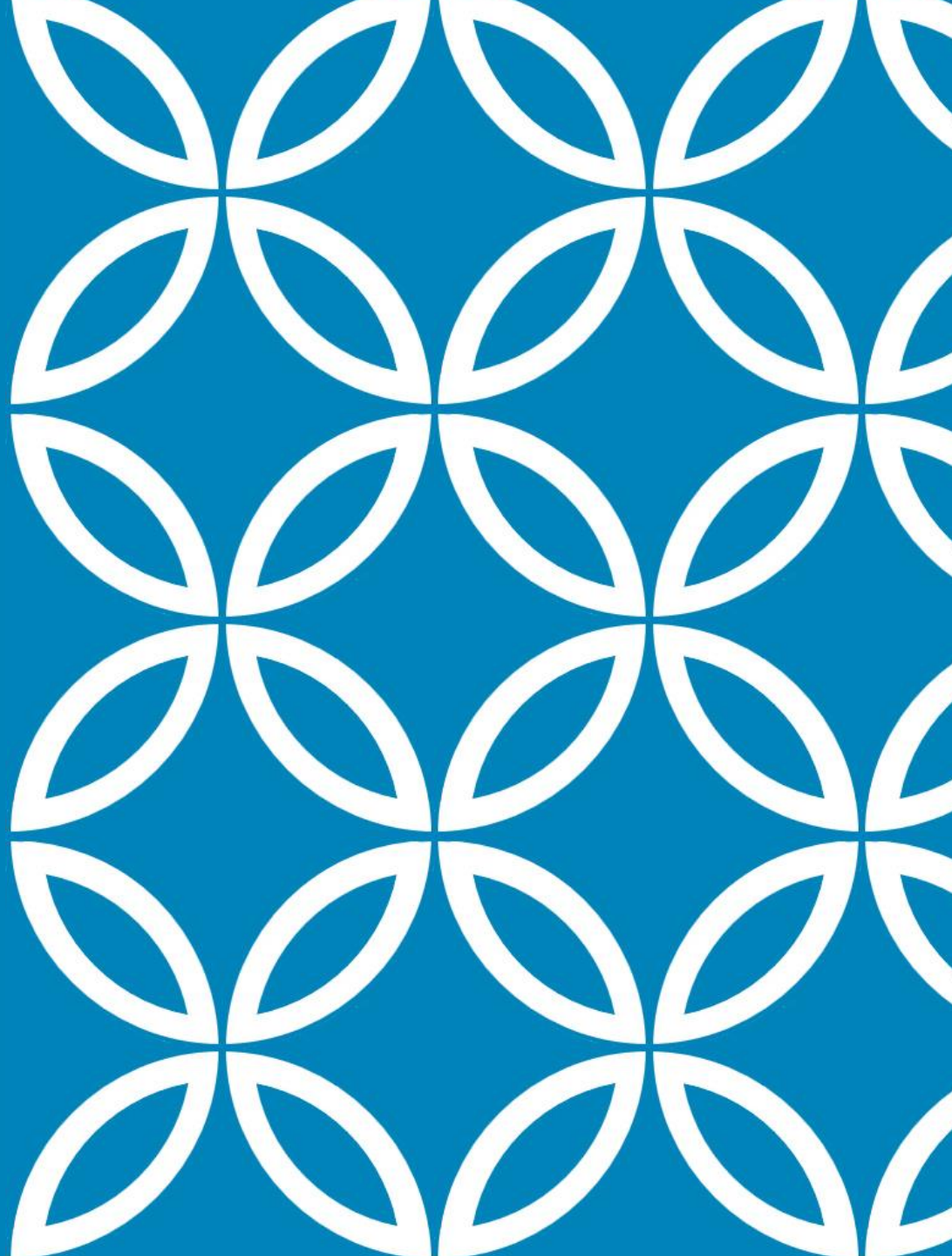


SELF-CARE: THE USE OF DBT SKILLS IN THERAPIST BURN- OUT

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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

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

Have disturbed sleep,
eating or concentration

Isolating from family,
friends, colleagues

Failure to take
regularly scheduled
breaks

Enjoying work less than
in the past

Experiencing recent
life stressors: illness,
loss, relationship
problems, financial
problems, legal trouble

Feeling emotionally
exhausted after
meeting with certain
clients

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

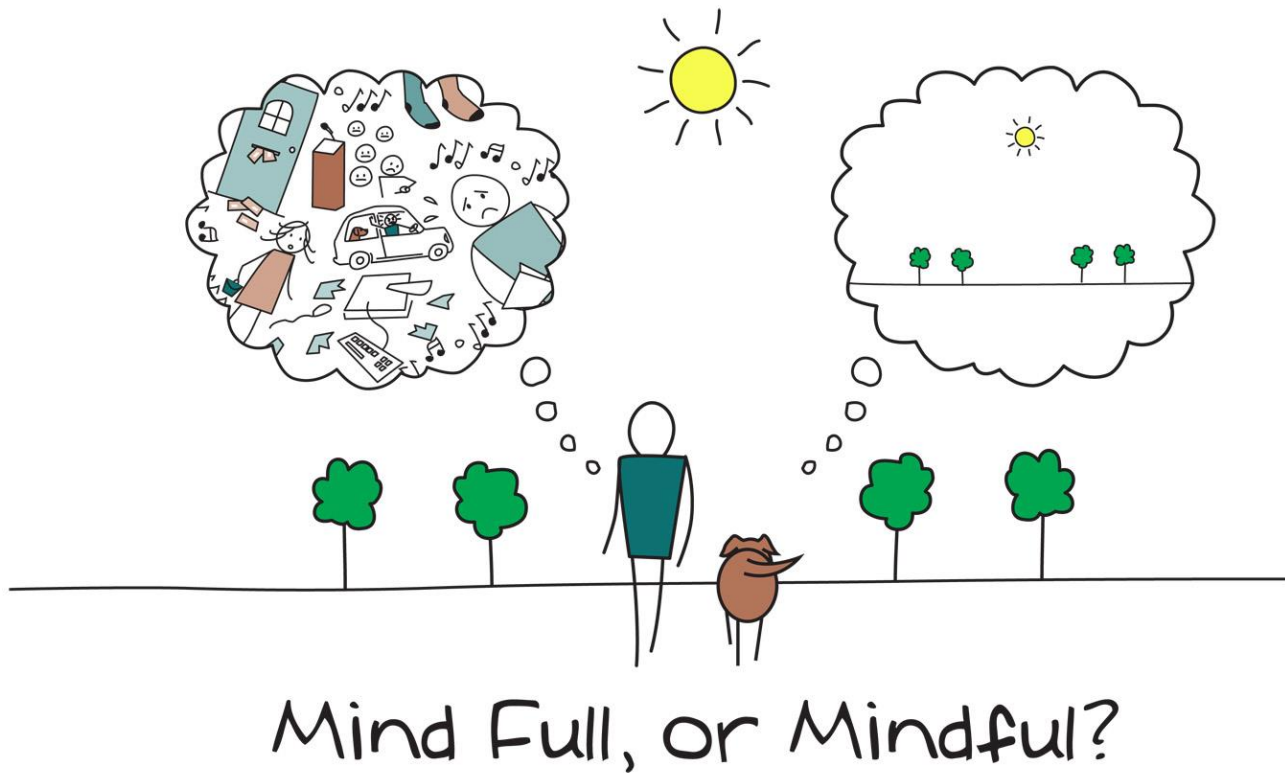
Having repeated headaches and other physical complaints

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

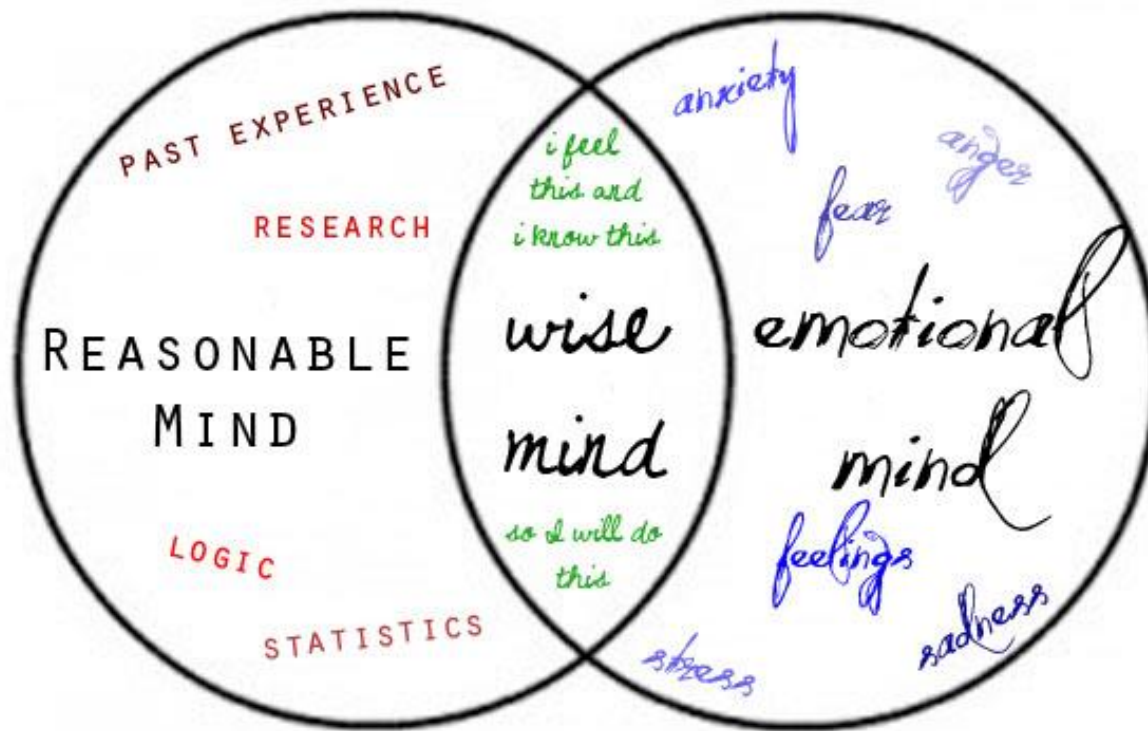


CORE MINDFULNESS

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



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

DISTRESS TOLERANCE

When The Pain Won't Go Away

Tolerating Distress and Not Making Things 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 **A**ctivities: *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 **C**ontributing: *Contribute to someone; do volunteer work; give something to someone else; make something nice for someone else; do a surprising, thoughtful thing.*

With **C**omparisons: *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 **E**motions: *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 **P**ushing 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 **T**houghts: *Count to 10; count colors in a painting or tree, window, anything; work puzzles; watch TV; read.*

With intense other **S**ensations: *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"

PROS AND CONS

pros of tolerating	cons of tolerating
pros of not tolerating	cons of not tolerating



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.



dbt



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

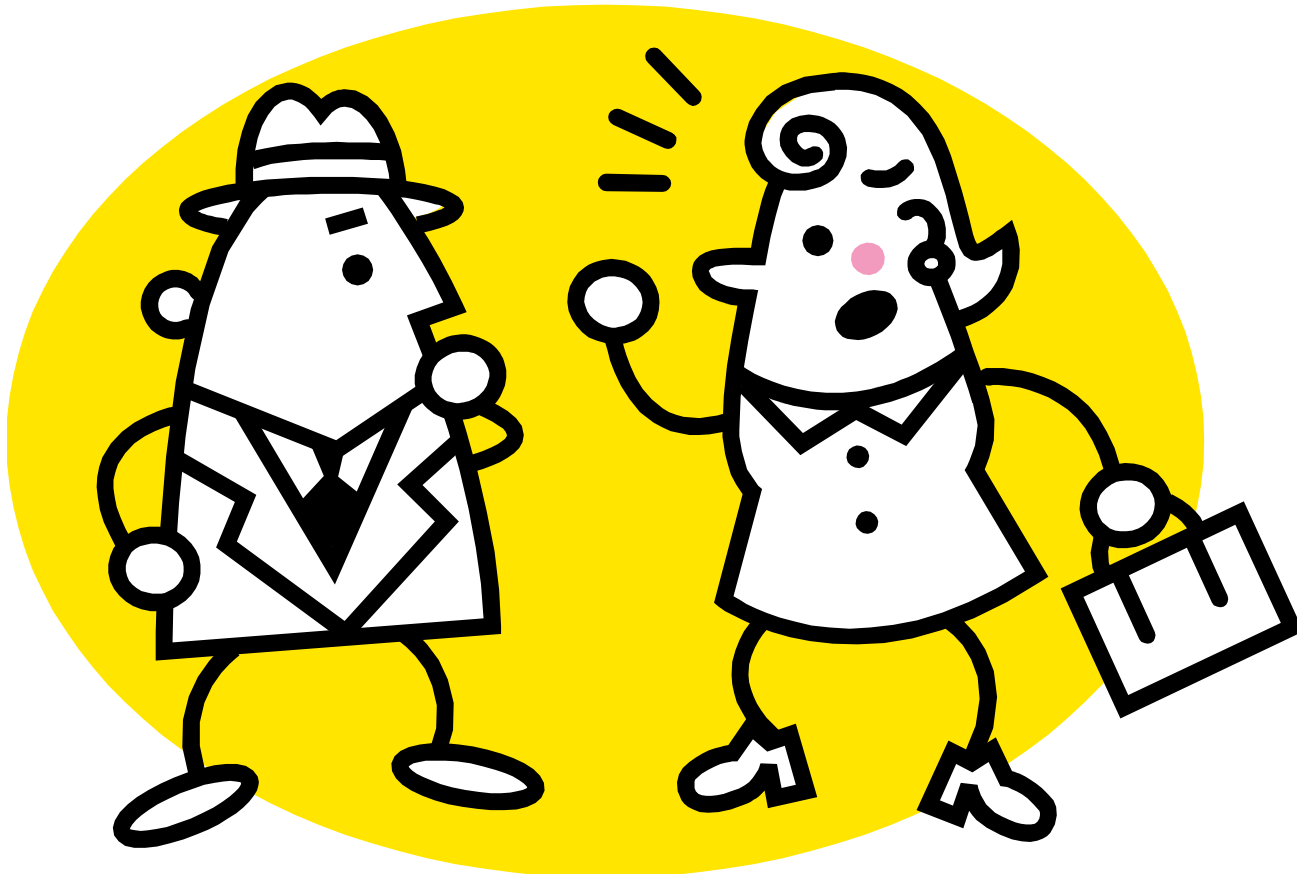
- Treat **P**hysical illness
- Balance **E**ating
- Avoid mood-**A**ltering drugs
- Balance **S**leep
- Get **E**xercise
- Build **M**ASTERy – do simple activities that make you feel competent and in control

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 on line.
- 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.

Emotion	Emotion's Action Urge	Opposite Action
Sad	Be alone, stay in bed	Be around others, get active
Angry	Yell, attack, be judgmental	Be extra kind, no judgments, gently avoid
Frustrated	Give up	Try Even Harder
Betrayed	Hurt or revenge	Forgiveness
Worthless	Harm self	Help others
Fear	Run away, avoid	Stay and do what is fearful
Guilt	Repair transgression	Do what makes you feel guilty or ashamed
Shame	Hide	Be public

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



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



Interpersonal
Effectiveness

Distress
Tolerance