



Self Care Strategies for Your Clients...and You!

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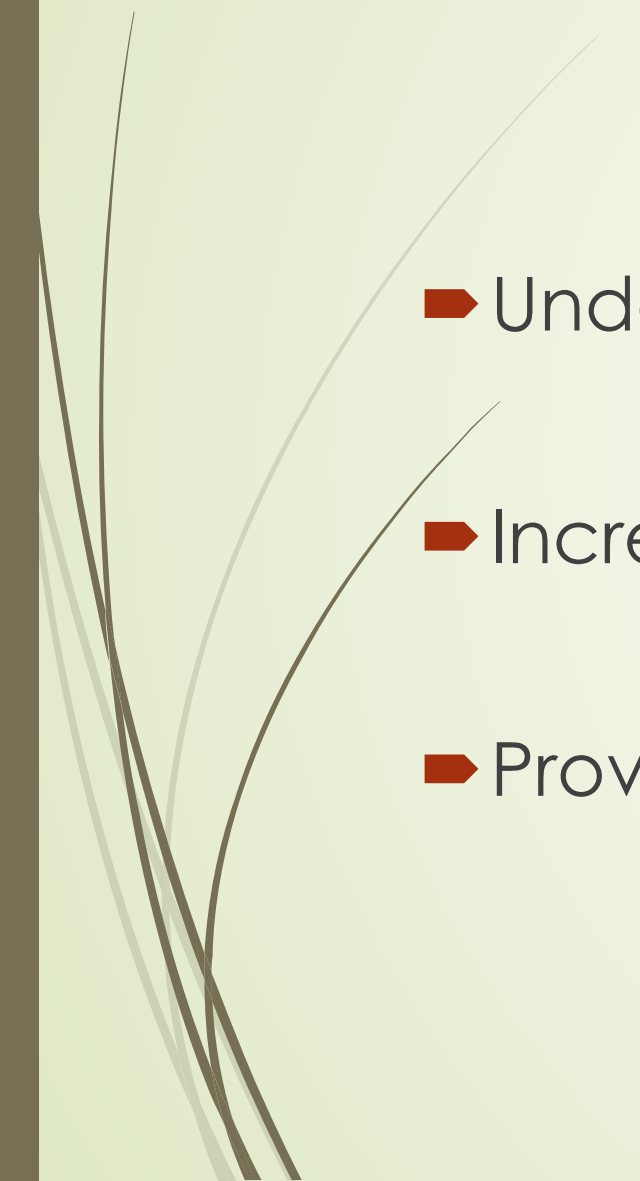
www.internetbehavior.com/selfcare



Who is here?



Goals for Today

- ▶ Understand the importance of self care
 - ▶ Increase awareness of self care
 - ▶ Provide you with knowledge & skills related to self care
- 



Self Care

- ▶ Starting with YOU!
- ▶ Often neglected by clinicians
 - ▶ I am doing ok
 - ▶ I don't need help
 - ▶ I am strong and can push through
 - ▶ I know what I need to do
 - ▶ Yeah, yeah, yeah...
 - ▶ I'm not "that clinician"
- ▶ Attending to your self care makes you a better clinician!



Parallel Process

- ▶ Parallel Process

- ▶ Asking you to...

- ▶ be willing to do what we ask our clients to do

- ▶ Open to new ideas and new ways of experiencing the world

- ▶ Attend to your denial and resistance

- ▶ Great Empathy Builder

- ▶ Improve your self care so your clients improve their self care
(parallel process)



**This work can be rewarding,
and....**




Research

- Burnout

- “a syndrome of emotional exhaustion, depersonalization, and reduced personal accomplishment” (Maslach, 2003)

- Working with sexual abuse/victimization considered high-risk or burnout-prone specialties (Way, et al., 2019)



Research (Way et al., 2004)

- Vicarious Traumatization for Clinicians
 - Sexual Abuse and/or Sexual Offense Behavior
 - Both Groups Equal Levels of Vicarious Trauma
- Negative Personal Strategies can increase impact of Vicarious Traumatization



Research (Parsonson and Alquicira, 2019)

- Stress, burnout, and/or vicarious trauma negatively impacts competence, especially emotional competence.
- Difficult to negotiate goals of treatment without establishing a strong therapeutic relationship. Importance of being fully present for clients



Research (Thorpe, et al., 2001)

Positive Coping Strategies =

Fewer negative effects on work performance





Tools


Tools

(adapt as needed for clients)

- Self-Awareness and Self-Monitoring (Way, et al., 2019)
 - **Self Assessment**
 - Model of Understanding - Hermes' Web
 - Emotional Banking
 - Personal Crazyness Index
 - Can be Adapted for Clients
 - Mindfulness



Self-Assessments

- ▶ Are you in Shape?
 - ▶ Burnout Signs and Solutions
 - ▶ Self-Care Assessment
- 



Self Care Assessment





Solutions

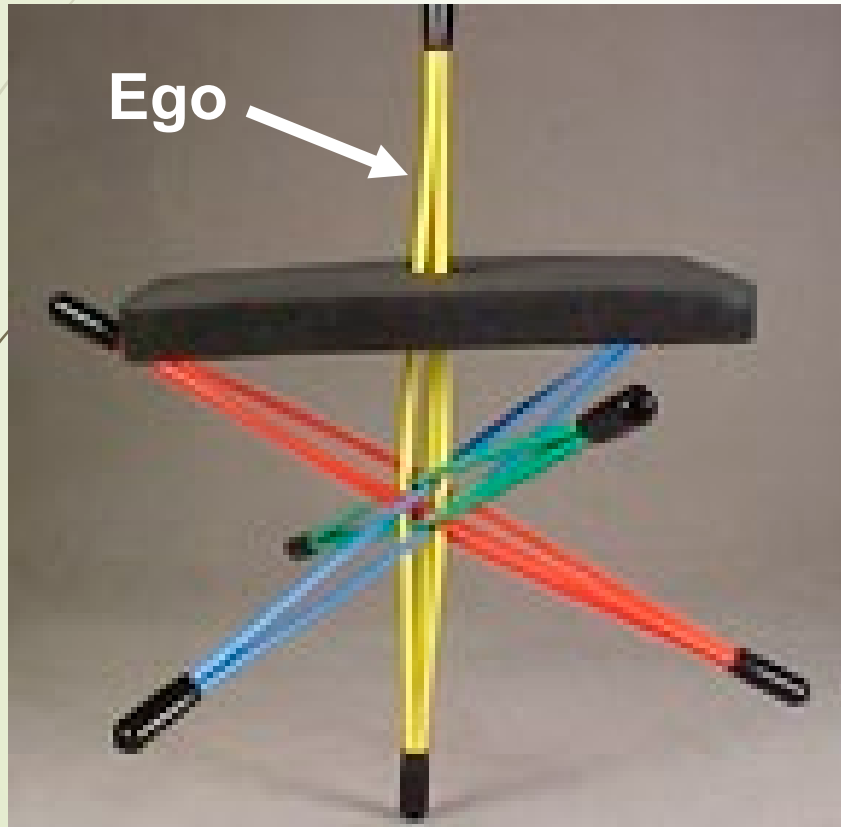
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Hermes' Web

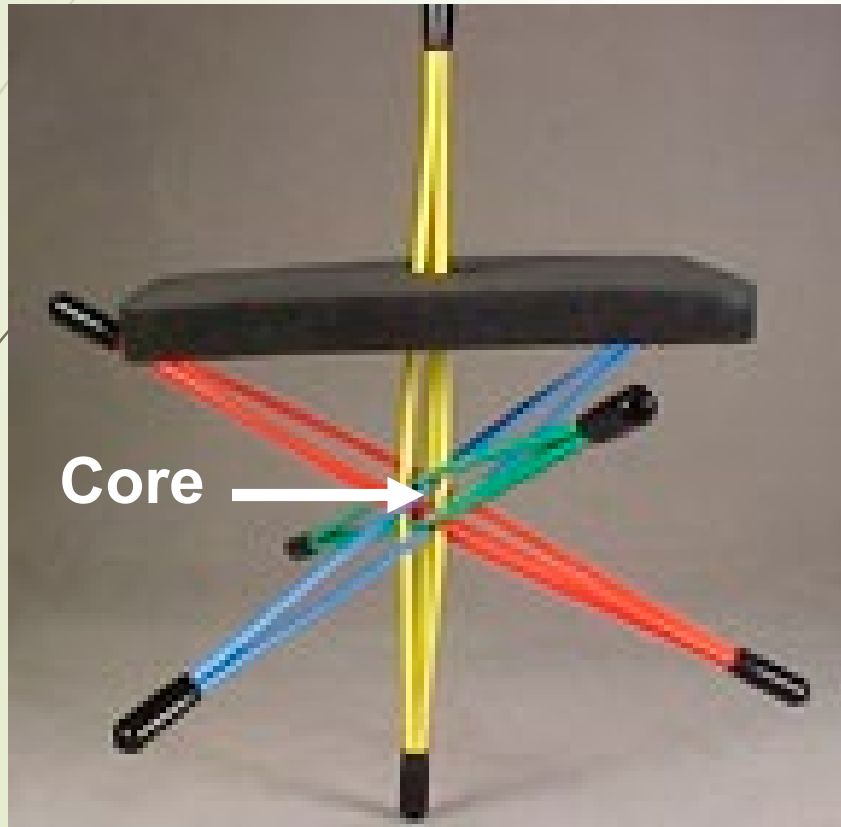
- History of Hermes' Web
 - Creator Jerry Fjerkenstad, MA, LP
 - Originally developed to use in treatment with individuals who committed sexual abuse
- Model of Understanding for Yourself & Your Clients
 - Parallel Process ("the equalizer")

The Ego



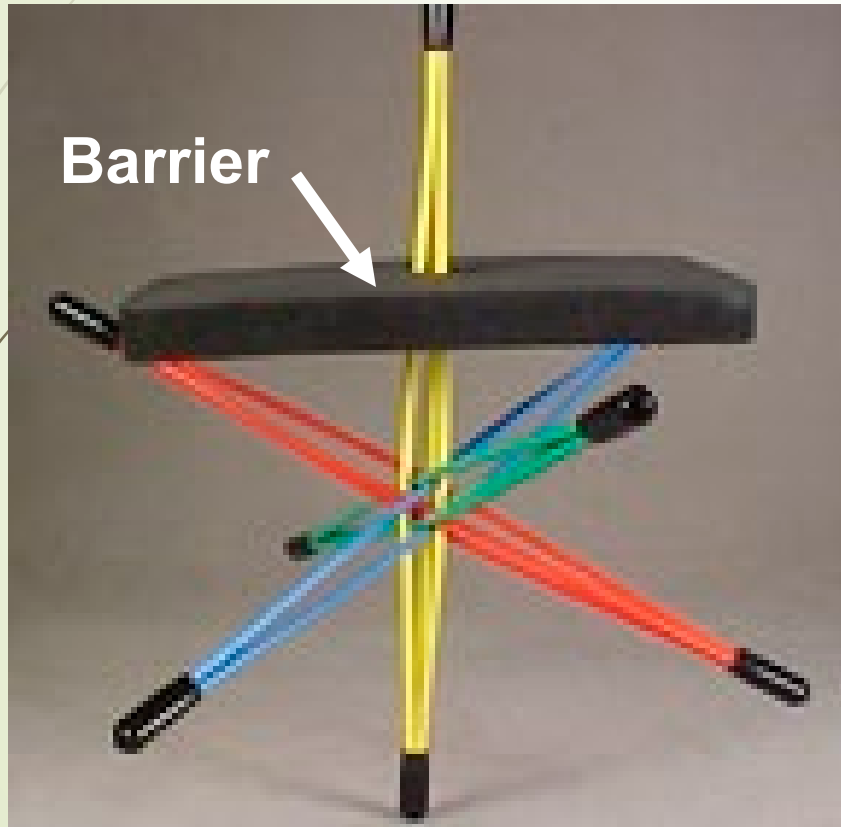
- The Ego/Conscious
 - Who we think we are
 - What we identify with
 - What we prefer to show others
 - Rational, intelligent side

The Core



- Composed of less desirable parts of ourselves
 - Exposure to/impact of violence/abuse
 - Trauma
- The imaginal center, or soul.
- Point of balance


The Barrier/Concrete



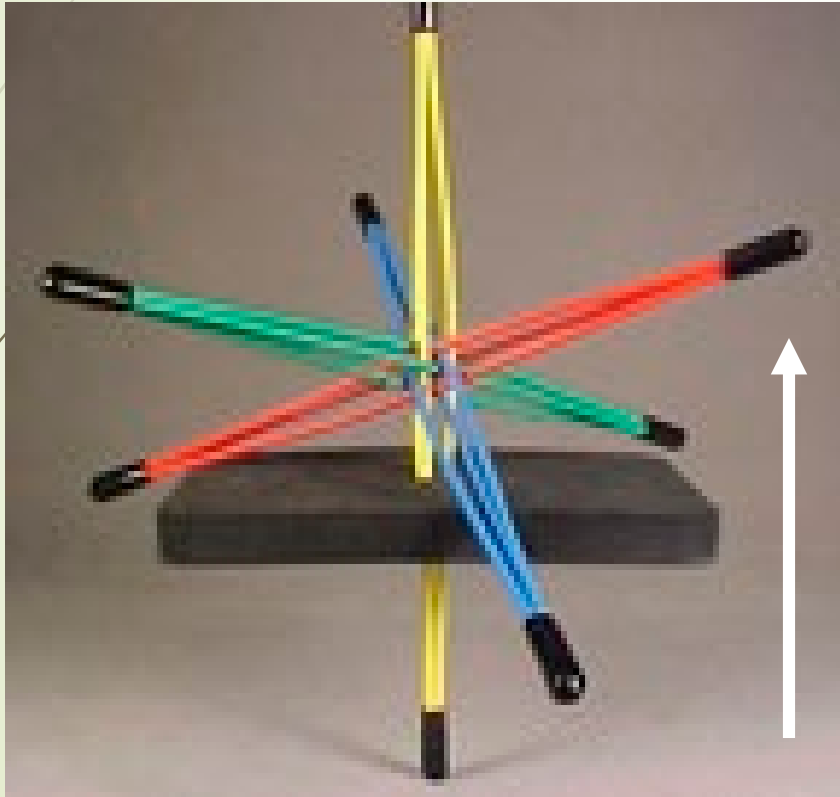
- Attempt to contain core
- Keep core separate from ego
 - Seepage



Clinician “Seepage”/Core Avoidance

- Many do not realize it is happening
 - Repeated exposure to the emotional pain of clients
 - Societal attitudes of the work
 - You cannot **not** be affected
 - Physically
 - Emotionally
 - Ignored, it can accumulate over time
 - Creates a Compressed Core
- 

The Flip



Compressed Core

Needs Breathing Room

➤ Temporarily revolts

➤ Rebels

➤ Acts out

➤ Food, Alcohol, Sex,

➤ Shopping, Gambling

➤ Critical, Verbally
Abusive, Sarcasm,
Inappropriate Humor

➤ Self-Loathing

➤ Sexually acting out



Denial

- After the Flip...the Ego
 - Pretends nothing happened OR
 - Works to be ok with the flip using cognitive distortions
 - I have worked so hard I deserve....
 - My job is so difficult I deserve....
 - Just this one time...



Hermes' Web

- ▶ Hermes' Web Model of Understanding for Clients
 - ▶ What is their seepage?
 - ▶ How do they flip?
 - ▶ How do they respond to the flip?
 - ▶ May illustrate some client's cycles
 - ▶ Back to Hermes...



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Emotional Bank Account

(adapted from material by Stephen Covey)

➤ Savings

- Solutions add to your savings account
- Important to deposit into your checking/savings account

➤ Checking

- 500 emotional units (EU) per day
- Can you live on that?

Emotional Bank Account

- What are Your Balances
 - Checking
 - Savings
- Healthy Deposits
 - Checking
 - Savings
- Unhealthy Debits
- Unhealthy People
 - Can drain your account fast
 - Can loan you EU's at high interest
- Healthy People
 - Can deposit into your account
 - Can loan you EUs at low interest



Emotional banking sheet

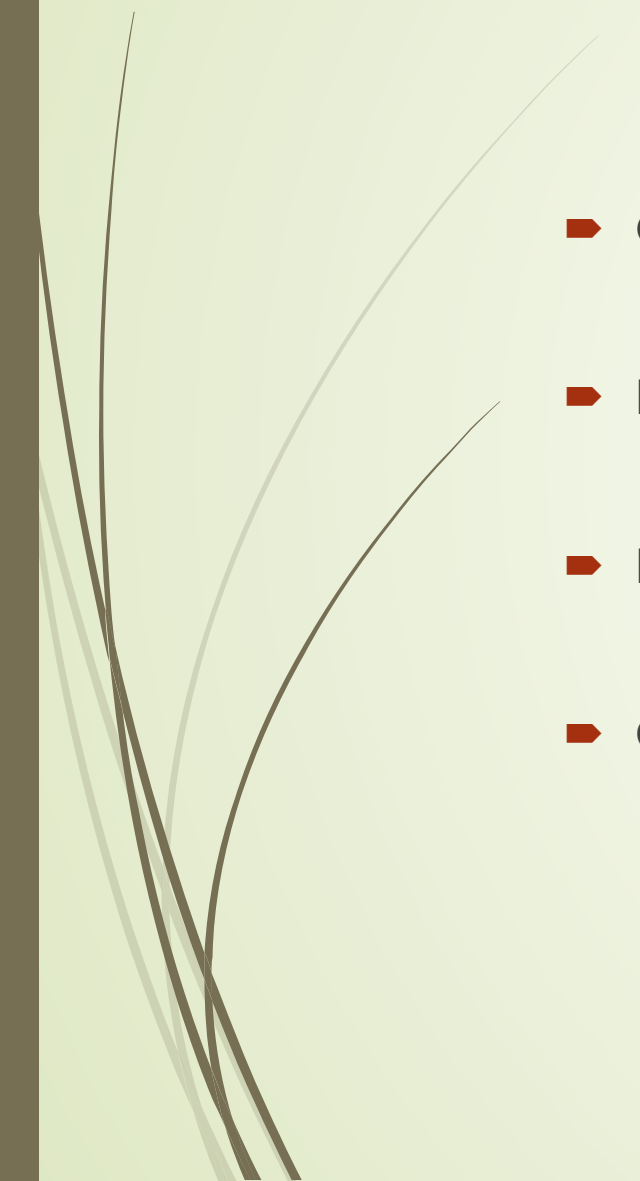


Emotional Checking Account Sample

- ▶ Started the day with 450
 - ▶ Stayed up late
- ▶ Deductions
 - ▶ 100 (Woke up late/Missed workout)
 - ▶ 50 (Rushing to get materials together for first mtg of day)
 - ▶ 100 (Presenting on New Topic)
 - ▶ 100 (Crisis at work/with client that required 90 minute call)
 - ▶ 50 (Rushing home to walk dog/Dog walker cancelled)
 - ▶ 50 (Speeding Ticket)
 - ▶ 100 (Friend/Family member in crisis and needed support)
- ▶ Don't anticipate any deposits
- ▶ End of day will be overdrawn by 100 EUs
- ▶ Savings Account Balance is \$0



Emotional Bank Account Sheet

- ▶ Opening Balance
 - ▶ Debits
 - ▶ Deposits
 - ▶ Closing Balance for the Day
- 



Tools

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Personal Crazyiness Index (PCI)

- ▶ Developed by Patrick Carnes, Ph.D.
 - ▶ Originally designed for therapists struggling with compulsive sexual behavior
 - ▶ Works for everyone!
- ▶ Awareness of balanced life vs out of control life
 - ▶ 10 Areas
 - ▶ Physical Health, Transportation, Environment, Work, Interest, Social Life, Relationships with Significant Others/Family/Friends, Finances, Spiritual Life/Reflection and Other



Personal Crazyiness Inventory



Personal Crazyiness Index (PCI) Tracking Sheet

Client name: _____

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Sunday												
Monday												
Tuesday												
Wednesday												
Thursday												
Friday												
Saturday												
Weekly PCI Total												
Interpretation												

My 7 Key Signs of Personal Crazyiness (Warning Signs)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Interpretation of the PCI numbers

- From 0-9 - Healthy
- From 10-19 - Stable
- From 20-29 - On the Edge
- From 30-39 - Falling
- From 40-49 - Over the Edge




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Mindfulness



The principle of enhanced awareness, without judgment, in the present moment



A way of relating to your experience
and basically inviting your mind to
hangout without being a JERK



Mindfulness Material credited to
Colette DeHarpporte, MA

Jon Kabat-Zin


"Paying attention in a particular way: on purpose, to the present moment, non-judgmentally."

Shauna Shapiro

"The awareness that arises through intentionally attending in an open, caring and discerning way."

Brown & Ryan

"A receptive attention to and awareness of present events and experience."



Mindfulness

3rd wave of CBT

- Goals
 - Identify/increase awareness of cognitions-takes practice
 - Acceptance based techniques to help feel more fully and without avoidance or judgment
- Clients
 - Increase awareness of inner thoughts and experiences
 - Recognize dysfunctional thoughts
 - Separate unhelpful/unhealthy cognitions from oneself
 - **YOU ARE NOT YOUR BEHAVIOR!**



Unique challenges in mindfulness with adolescent clients

(Caution...)

- ▶ Clients may carry impact from past negative experiences
 - ▶ Neglect, Trauma
 - ▶ Affect sense of self/others/the world
 - ▶ Developed effective strategies to manage past that may be obstacles in mindfulness exercises
 - ▶ Some strategies may be connected to sexual reactivity
 - ▶ Mindful focusing on immediate experiences/introspection may be triggering for some clients


Invite participation with patience, acceptance
and compassion

Client strategies...

- ▶ Guided imagery
 - ▶ Explicit direction
 - ▶ Spoken protocols
- ▶ Provide toolkit/smorgasbord of multiple pathways
 - ▶ Breathing
 - ▶ Visual concentration tasks
 - ▶ Nature walks
 - ▶ Sensory exploration
 - ▶ Other?



Mindfulness Benefits

- Decreased Negative Affect
 - Increased Attention and Focus
 - Improvement in Working Memory
 - Increased Cognitive Flexibility]
 - Stress Management
 - Enhanced Immune Function
 - Enhanced Emotional Awareness/Empathy
 - Decreased Reactivity
- 



BUT THE
RESEARCH
SHOWS

Consistency is more important than amount of time and as little as 12 minutes a day has shown to provide statistically significant benefits.



Favorite Resources for Mindfulness

- Sitting Still Like a Frog
 - For Children, Juveniles, Adults
- www.palousemindfulness.com
 - 12 Week Curriculum (Free)
- 10% Happier (Book and Website)
- The Buddha's Brain
- Just One Thing



Thank you!

Thoughts/Comments/Observations?



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