

SELF CARE IN PRACTICE

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INTRODUCTIONS

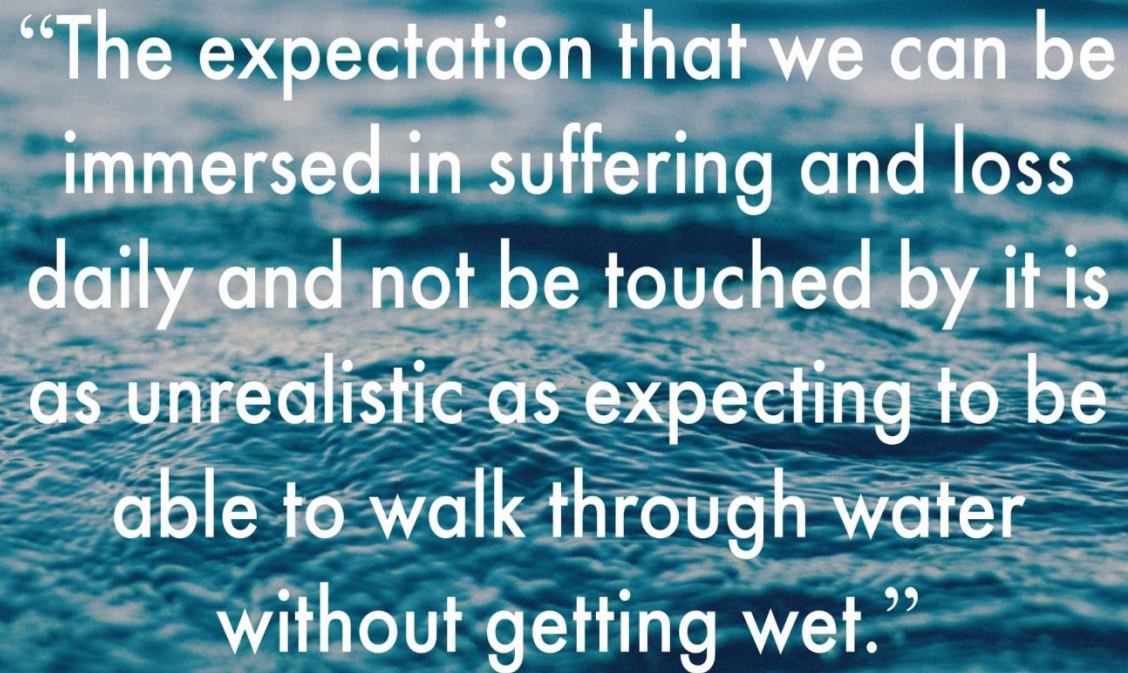
Sass Boucher

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SELF CARE – SIMPLE?

- ▶ Simple concept – tricky in practice

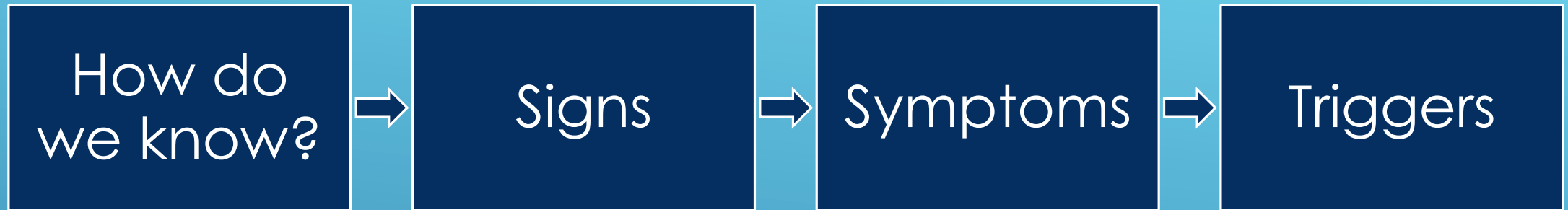


“The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as expecting to be able to walk through water without getting wet.”

Dr. Naomi Rachel Remen

jessicadolce.com

STAYING ROUND AND BOUNCY

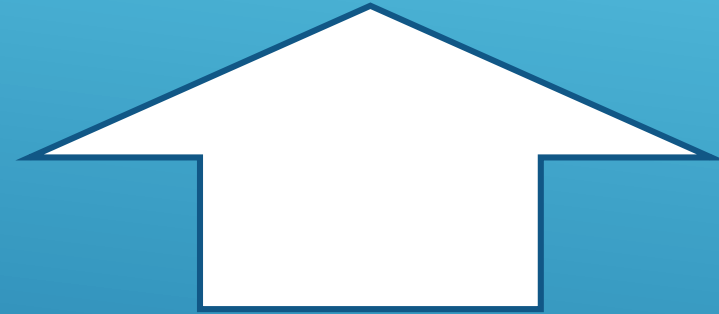


STRESS, BURNOUT, COMPASSION
FATIGUE, VICARIOUS TRAUMA



Professional Trauma and Fatigue
Physical Impact
Emotional Impact

Self Care
Healthy & Resilient
Trauma Informed
Supervision – Reflective
Peer / Team Informal Support
Training



THE BALANCE

WHAT IS SELF CARE

Norcross (2000) outlines self care strategies, suggesting that “counterconditioning” of burnout can occur through physical activities and healing activities such as yoga alongside other distractions such as reading and watching films

Kapoulitsas (2014), “the significance of promoting practitioner wellbeing was evident with all six of the participants” (p 11).

In participants words - suggested that self care can reduce the impact, this means doing “what you enjoy doing,” activities that “validate who are you are, and that bring some of your identity back to you.”

DEFINITIONS OF SELF CARE

'The actions that individuals take for themselves, on behalf of and with others in order to develop, protect, maintain and improve their health, wellbeing or wellness'

The Self Care Forum

'Self-care is any activity that you do voluntarily which helps you maintain your physical, mental or emotional health. It can help you feel healthy, relaxed and ready to take on your work and responsibilities'

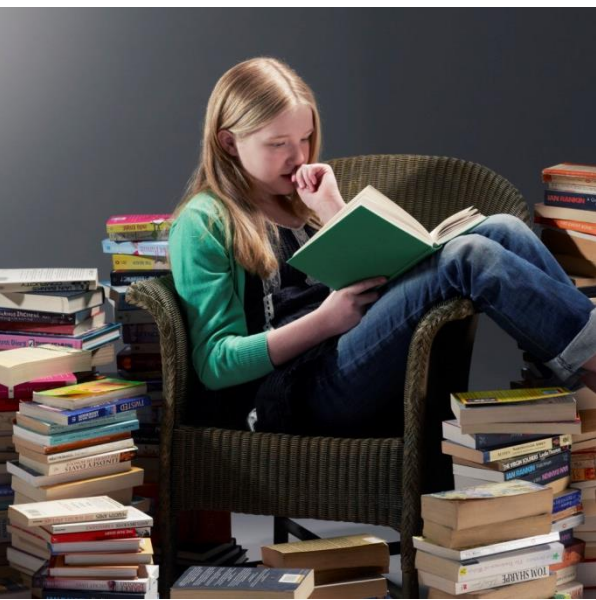
ReachOut

'Achieving your full potential by **choosing actions** to **balance** your **physical and emotional** health'

SelfCare Psychology



WHAT DOES
SELF CARE
LOOK LIKE
TO YOU?



BARRIERS TO SELF CARE

- ▶ Time
- ▶ Targets
- ▶ Lack of self worth
- ▶ Responsibility – client first – family first -

“...Place the oxygen mask on yourself first before helping small children or others who may need your assistance.”

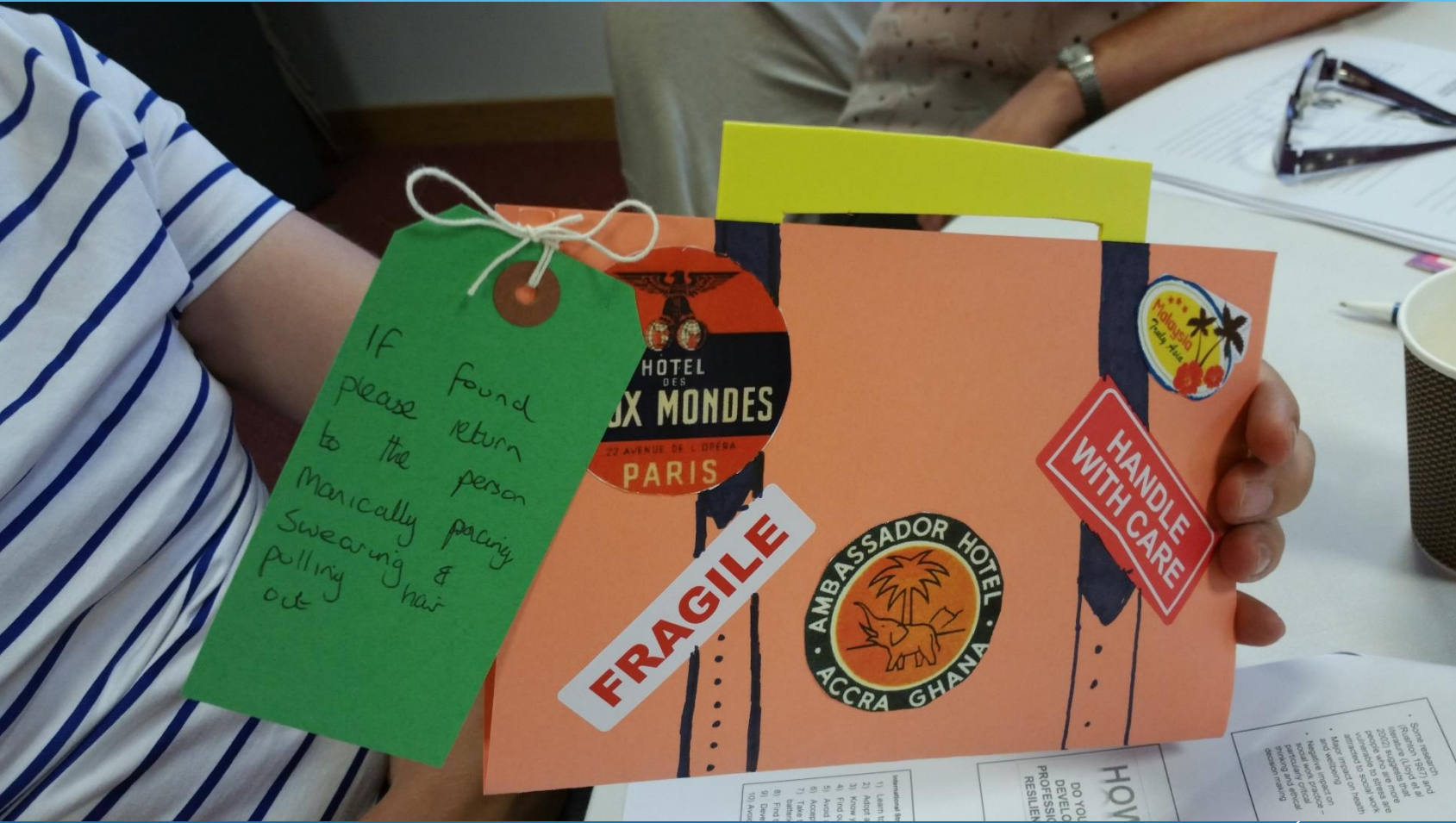


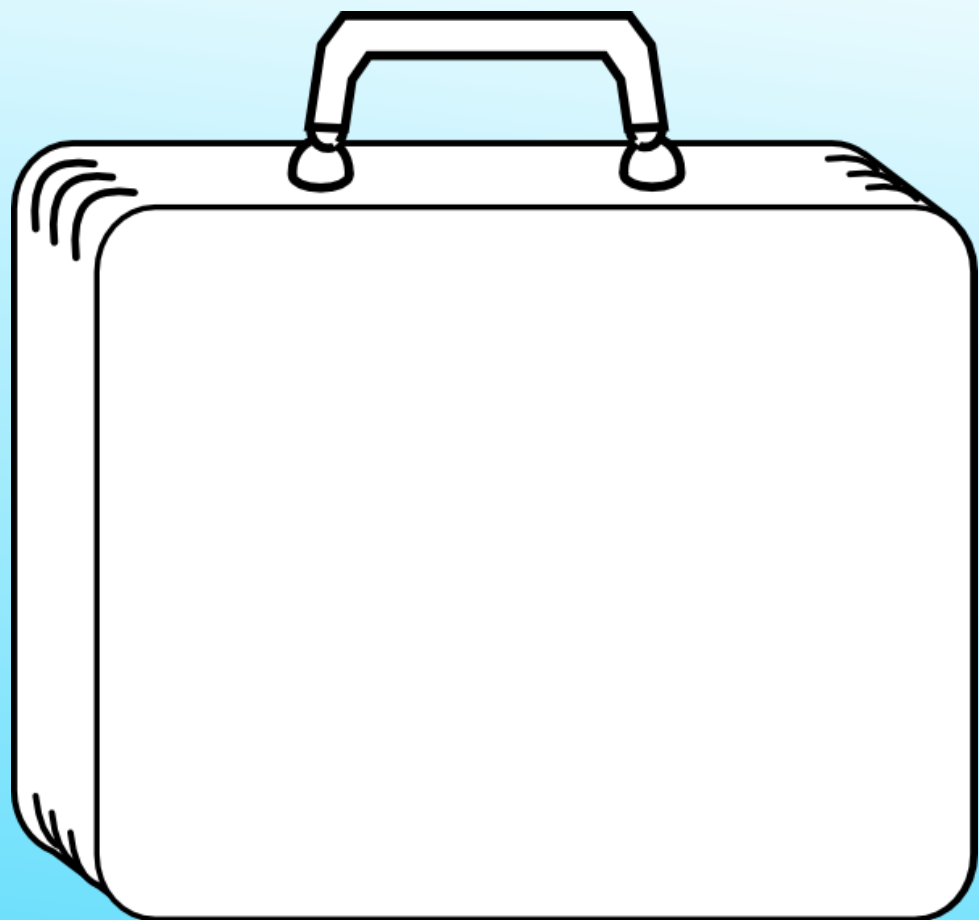
DON'T FORGET YOUR OXYGEN MASK



SELF CARE – WHAT'S IN YOUR SUITCASE?

SELF CARE SUITCASES...





SELF CARE SUITCASE (SELF CARE PLAN)



THANK YOU!

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