

Bull City Strong - Community Health Promoters Program
Compassion Fatigue and Introduction to The Community Resilience Model (CRM)
October 11, 2022

Slide 1:

- Compassion Fatigue and The Community Resilience Model
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Slide 2:

- Who or what uplifts you?
- What or who gives you strength?
- What or who helps you get through hard times?

Slide 3:

- Perspective Shift
- Conventional perspective based on assumption
 - People are bad
 - People need to be punished
 - What is wrong with you?
- Trauma-informed perspective based on awareness
 - People are suffering
 - People need to learn how trauma impacts a child's and adult's development
 - What happened to you?
- Resiliency-informed perspective based on action
 - People are resilient
 - People need to learn how skills of well-being can be cultivated and how they can reduce suffering.
 - What is right about you?
 - What are your strengths?
- Resiliency and trauma informed

Slide 4:

- Key Concept 1

Slide 5:

- The Resilient Zone or Ok Zone
- Goal is to widen your resiliency zone

Slide 6:

- Things happen in life and our thoughts, feelings and reactions move around in the OK ZONE
- We can be happy, sad, tired, angry, worried, excited, calm, scared, and relaxed in our resilient zones

Slide 7:

- Traumatic/Stressful Event or Stressful/Traumatic Reminders
- Being stuck in the high zone can feel like
 - Edgy
 - Irritable
 - Mania
 - Anxiety & Panic
 - Angry outbursts
 - Pain
- Being Stuck in the Low Zone can feel like
 - Depression or Sadness
- Isolated
 - Exhaustion or Fatigue
 - Numbness

Slide 8:

- Why a biological model?

Slide 9:

- Biology vs Mental Weakness
- Community Resilience Models (CRMs) focus is on the biology of the human nervous system.
- There are common human reactions to stressful/traumatic events that effect the mind, body and spirit.
- CRM helps individuals learn to read their nervous system to return to their zone of well-being, called the Resilient Zone through the use of simple wellness skills

Slide 10:

- The Spectrum of Positive, Tolerable and Toxic Stress
- Three levels of stress
 - Positive Stress
 - Body responses to a mild/moderate stressor
 - Brief stress response increases heart rate, blood pressure & hormone levels
 - Balance returns quickly
 - Tolerable Stress
 - Time-limited stress response results in short-acting changes
 - Balance returns with help from support system and other interventions
 - Toxic Stress
 - Ongoing and relentless body responses to Intense Stressors
 - Prolonged activation of stress response systems in the absence of protective relationships.
- Stressful or traumatic experiences are experienced based upon a child's or adult's perception

Slide 11:

- Compassion Fatigue
- Defined as "Physical and mental exhaustion and emotional withdrawal experienced over an extended period of time by those in the helping professions"

Slide 12:

- Secondary Traumatic Stress
- Defined as "Secondary traumatic stress (STS) can occur when a professional experiences high stress or symptoms of trauma when working with people who have experienced trauma"
- In human services professions, 25-50% of workers experience secondary traumatic stress
- Typical reaction to abnormal circumstances

Slide 13:

- Secondary Traumatic Stress Signs
 - Anxiety
 - Depression
 - Digestive problems

- Headaches
- Heart Disease
- Sleep problems
- Weight gain
- Memory and concentration difficulties
- Weakened immune system

Slide 14:

- Addressing and Preventing Compassion Fatigue
- Stay in contact with loved ones, including family and friends
- Journal writing or drawing
- Spiritual and religious practices
- Mindful movement such as yoga or tai chi
- Try to be physically active, ideally several times each week, taking part in activities you

Slide 15:

- Key Concept 2

Slide 16:

- Common Reactions
- Thinking
 - Paranoid
 - Nightmares
 - Dissociation
 - Forgetfulness
 - Poor Decisions
 - Distorted Thoughts
 - Suicidal/Homicidal
- Emotional
 - Rage/Fear
 - Avoidance
 - Depression
 - Grief
 - Guilt
 - Shame
 - Apathy
 - Anxiety
- Physical
 - Numb/Fatigue

- Physical Pain
- Rapid heart rate
- Breathing problems
- Tight Muscles
- Sleep Problems
- Stomach Upset
- Hypervigilance
- Trembling
- Spiritual
 - Hopelessness
 - Loss of Faith
 - Hyper-religiosity
 - Deconstruction of Self
 - Guilt
 - Doubt
- Behavior
 - Isolation
 - Tantrums
 - Self-Injury
 - Violent behaviors
 - Addictions
 - Eating Disorders
 - Abusive Behaviors
- Relationships
 - Angry at others
 - Isolation
 - Missing work
 - Overly Dependent
 - Irritability

Slide 17:

- Scientific Research about the Brain
- “Neuroplasticity” - the lifelong capacity of the brain to change and rewire itself in response to the stimulation of learning and experience...Hope!

Slide 18:

- Tracking the Autonomic Nervous System
- Two parts
- Sympathetic Prepares for Action
 - The sympathetic nervous system controls organs during times of stress
 - Increases in

- Breathing rate
 - Heart rate
 - Pupils Dilate
 - Blood Pressure
 - Sweating
 - Stress Hormones
- Decreases in
 - Digestion
 - Saliva
- Parasympathetic prepares for rest
 - The parasympathetic nervous system controls the body during rest
 - Decreases in
 - Breathing rate
 - Heart rate
 - Pupils Constrict
 - Blood Pressure
 - Sweating
 - Stress Hormones
 - Increase in
 - Digestion
 - Saliva

Slide 19:

- Key Concepts 3

Slide 20:

- A Community Resiliency Model guide is a person who shares the wellness skills of the Community Resiliency Model with others

Slide 21:

- The Community Resiliency Model - The Basic Three
- Three basic skills
 - Tracking
 - Resourcing
 - Grounding
- Other skills
 - Gesturing
 - Shift and stay
 - Help Now!

Slide 22:

- Skill 1: Tracking or Reading Sensation

Slide 23:

- Tracking is the foundation for helping stabilize the nervous system
- Tracking is noticing or paying attention to sensations - to what is happening inside the body in the present moment

Slide 24:

- What we pay attention to grows

Slide 25:

- Tracking is noticing or paying attention to what is happening inside your body at the present moment
- Determining if the sensation is pleasant, unpleasant or neutral
- Sitting or staying with sensations that are pleasant or neutral
- Curiosity questions:
 - What do you notice on the inside?
 - Are the sensations pleasant, unpleasant or neutral?

Slide 26:

- Learning Sensation Words
- Vibration
 - Shaking
 - Twitching
 - Trembling
 - Fast/slow
- Size/position
 - Small
 - Medium
 - Large
 - Up/down
 - Center
- Temperature
 - Cold
 - Hot
 - Warm
 - Neutral

- Pain
 - Intense
 - Medium
 - Mild
 - Throbbing
 - Stabbing
- Muscles
 - Tight
 - Loose
 - Calm
 - Rigid
- Breathing
 - Rapid
 - Deep
 - Shallow
 - Light
- Heart
 - Fast
 - Slow
 - Rhythmic
 - Flutters
 - Jittery
- Taste
 - Spicy
 - Sweet
 - Sour
 - Juicy
 - Bland
- Density
 - Rough
 - Smooth
 - Thick
 - Thin
- Weight
 - Heavy
 - Light
 - Firm
 - Gentle

Slide 27:

- Skill 2: Resourcing

Slide 28:

- One of the best ways to learn how to develop your sensory vocabulary is through identifying a personal resource and then noticing sensations on the inside
- What might be pleasant for the people in this photo?

Slide 29:

- Resourcing
- A Resource is any person, place, thing, memory or part of yourself that makes you feel calm, pleasant, peaceful, strong or resilient.
- A Resource can be real or imagined
- A Resource can be internal or external

Slide 30:

- Resource Intensification
- Ask 3 or 4 additional questions about the resource to expand the sensations connected to the resource
- Resource intensification strengthens the “felt sense” of the resource and overrides attention that automatically goes to unpleasant sensations

Slide 31:

- Skill 2: Resources can have many natures
- Discussion of a Resource can sometimes shift out of pleasant sensations and into difficult memories and/or uncomfortable body sensations. This can be a common occurrence.
 - Acknowledge the shift (i.e. notice tears)
 - Gently invite awareness to more pleasant memories of the resource
 - Invite awareness to part of the body that feels more comfortable or neutral
- If this is too hard, ask if it would be helpful to think of a different resource.

Slide 32:

- Skill 3: Grounding

Slide 33:

- Skill 3: Grounding
- The direct contact of the body or part of the body with something that provides support in the present moment

- Gravitational security is the foundation upon which we build our interpersonal relationships.
- If our relationship to the earth is not safe, then all other relationships do not develop optimally.
- When we are grounded, we have a sense of self in relationship to present time and space.
- We are not worried about the past or the future.

Slide 34:

- You can ground in many positions
- Walking and paying attention to steps
- Standing against a wall
- Laying down on a surface or floating in water
- Sitting on a chair, sofa or ground
- Through a part of your body like your hands or feet

Slide 35:

- iChill App
- iChillapp.com