

SOWING THE SEEDS OF SELFCARE

The Practice Educator's Role

SelfCare
psychology



TRAINING



TOOLS



BLOG



#SELFCARESQUAD #PROFESSIONALSELFCARE



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How motivated are we all feeling this morning?

 Start presenting to display the poll results on this slide.

WHY?

WHAT?

HOW?

WHY?

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Is Social Work a stressful profession?

 Start presenting to display the poll results on this slide.



According to the 2016 Labour Force Survey, those who are working in health and social care have the highest incidence of sickness due to stress of all occupations recorded.



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186K



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186K

28%

the National Audit Office suggests a 28 per cent turnover of staff and a 6.6 per cent vacancy rate within social care.

WHY?

WHAT?

HOW?

WHAT?

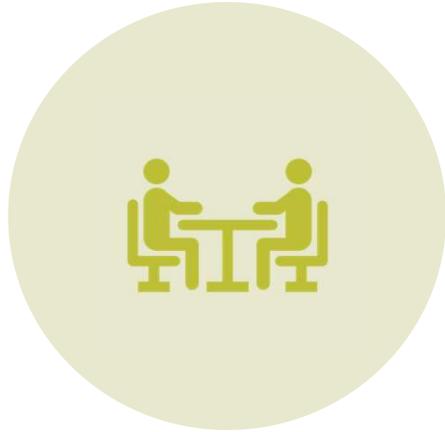


Looking Through a Lens of Terribleness

SMALL QUALITATIVE STUDY
COUNSELLORS, SOCIAL WORKERS
AND SPECIALIST DOMESTIC ABUSE
SUPPORT WORKERS



How do those
listening to and
working with trauma
in a domestic abuse
setting on a daily
basis cope?



How do those listening to and working with trauma in a domestic abuse setting on a daily basis cope?

shut off, unable to deal with hearing anymore stuff, not able to do my role

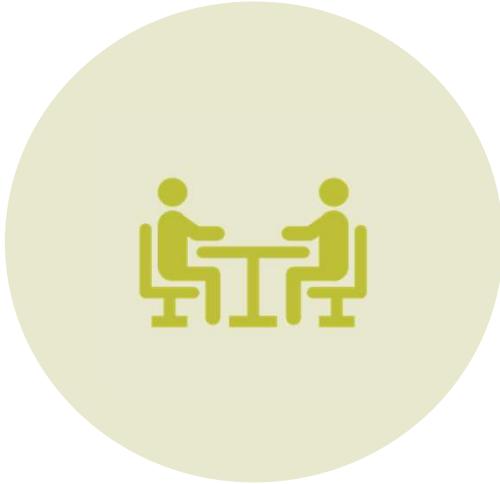
when you've got hardened to it it's time to leave

Vicarious Trauma is 'stealth' like

I worried about becoming 'battle weary', I couldn't continue to work with that level of trauma

Physically and emotionally exhausted

Fatigued, knackered, zapped of all energy



How do those listening to and working with trauma in a domestic abuse setting on a daily basis cope?

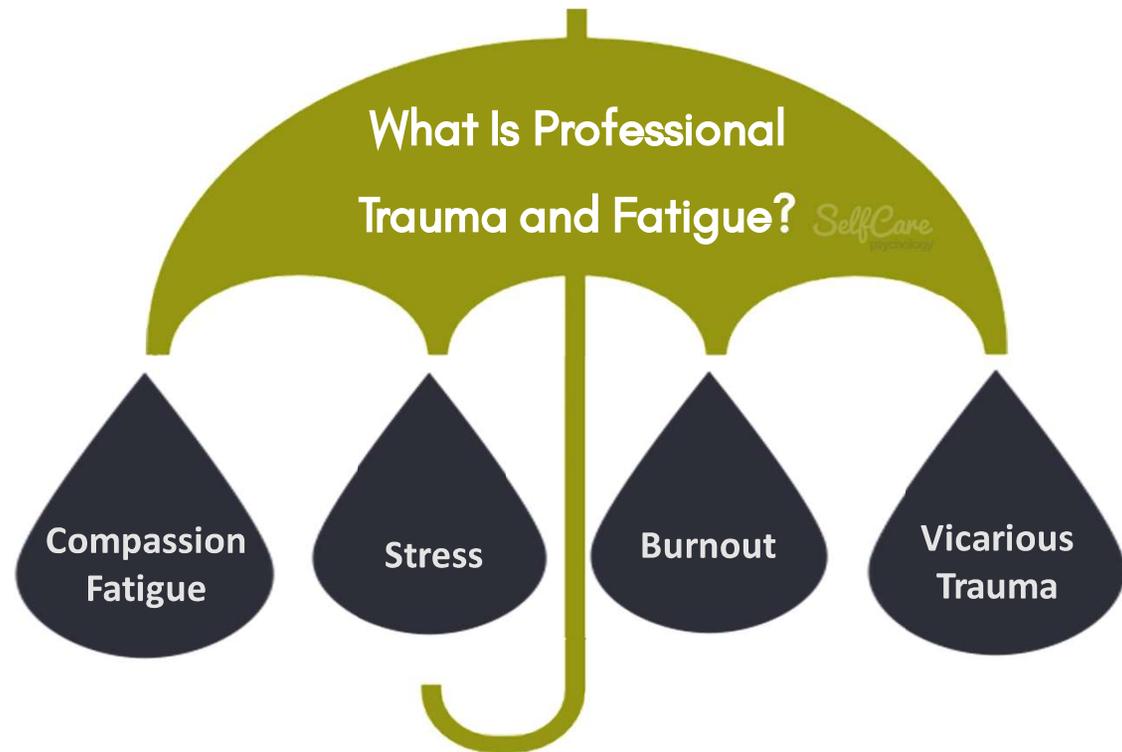


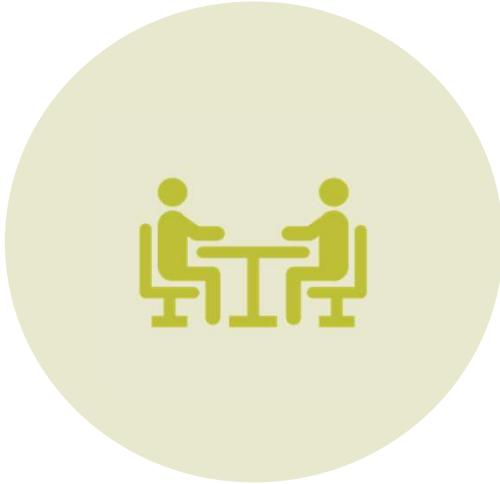
Were they aware of the risks?
professional trauma
and fatigue?



Were they aware of the risks?

professional trauma and fatigue?





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Were they aware of the risks?
professional trauma
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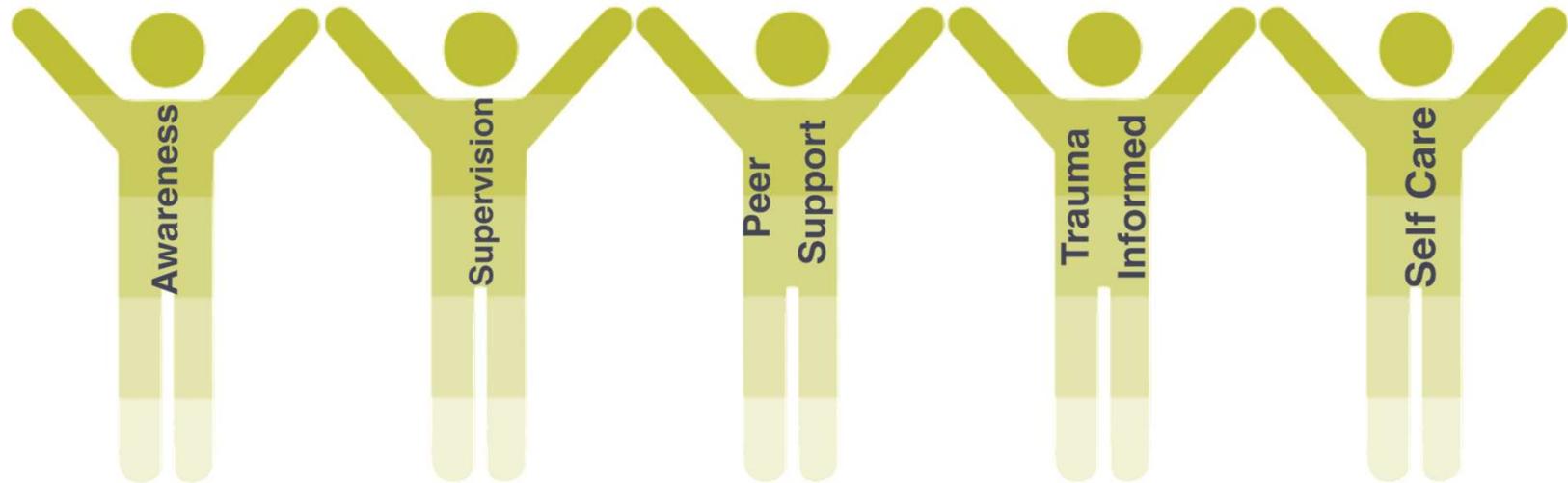
What worked for them, helped them to stay emotionally well, safe and effective?



Five Pillars of Protection

What worked for them, helped them to stay emotionally well, safe and effective?

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psychology



Awareness

Supervision

Peer
Support

Trauma
Informed

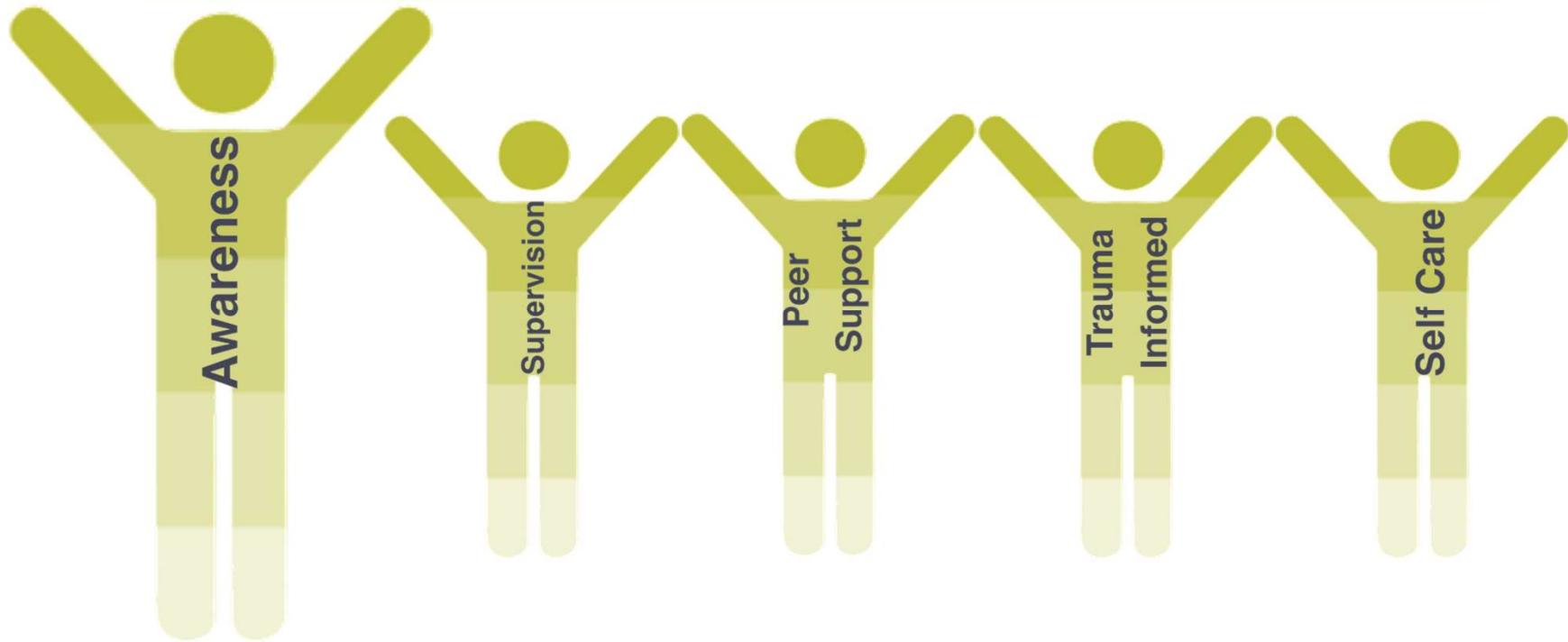
Self Care

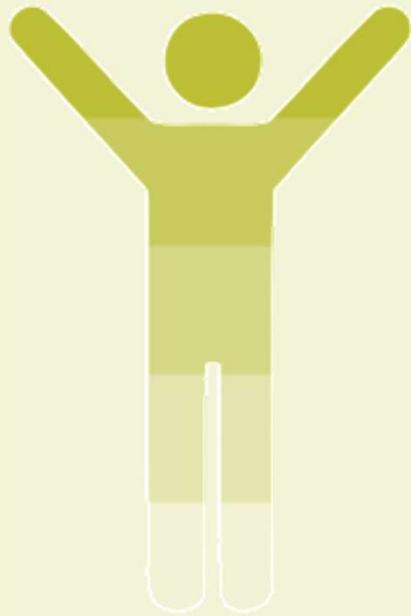


Five Pillars of Protection

What worked for them, helped them to stay emotionally well, safe and effective?

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psychology





Self Care

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What is self care?

 Start presenting to display the poll results on this slide.

Self Care



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

WHY?

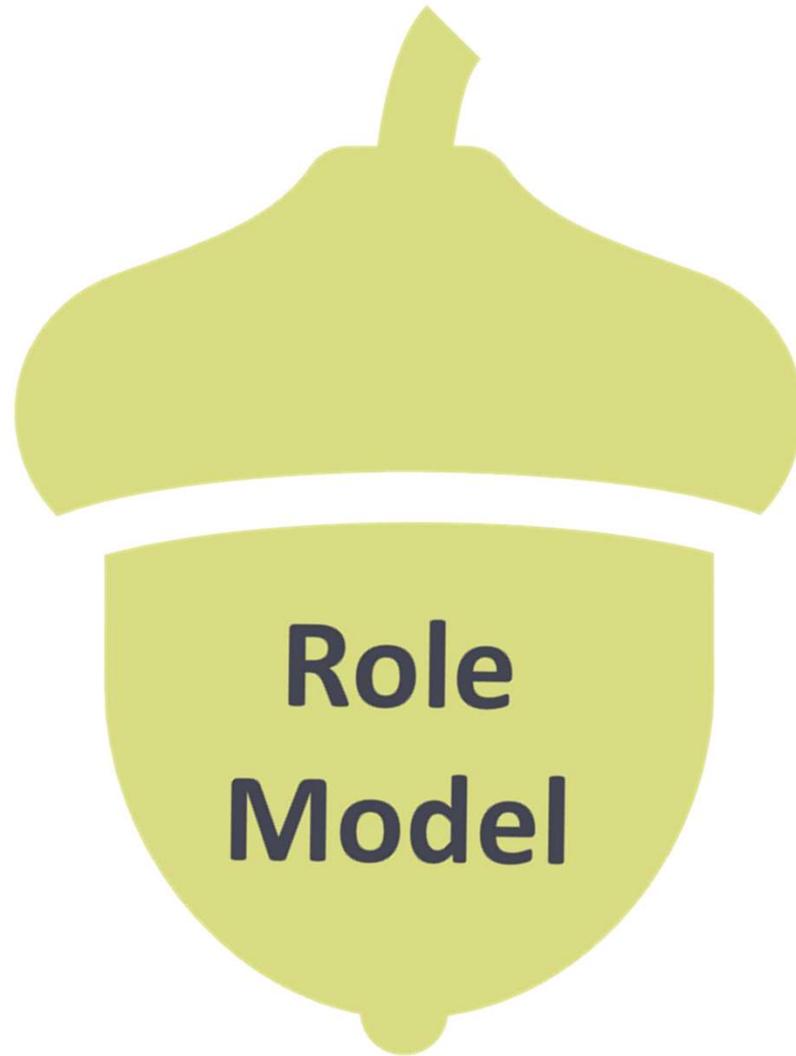
WHAT?

HOW?

HOW?

HOW?





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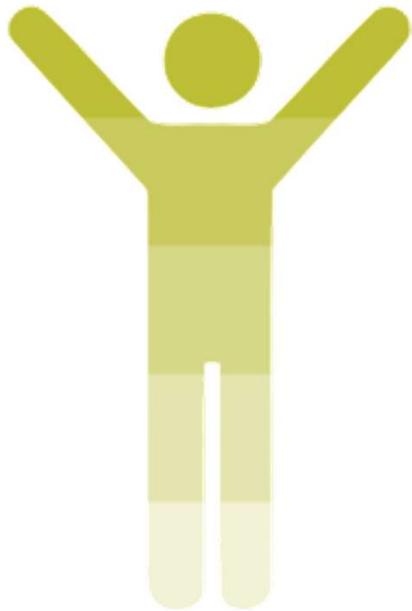
How important do you think self care is?

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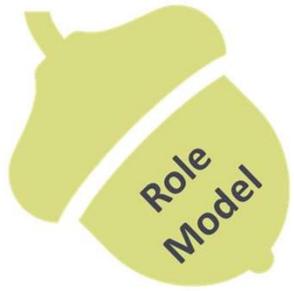
How well do you self care?

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“ *When we suppress our needs, we model that neglect and abuse are acceptable* ”

Jennifer Nadel



- What do you model to your team?
- What boundaries do you demonstrate?
- What positive practices do you exhibit?

HOW?







What do you do to foster a self care culture within your teams/communities? How do you support others, implicitly and explicitly?

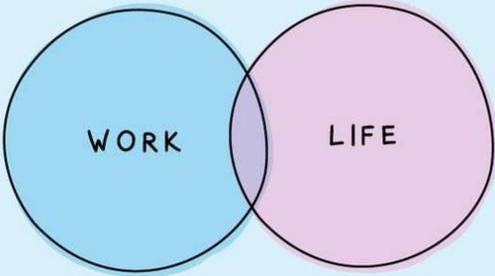
HOW?



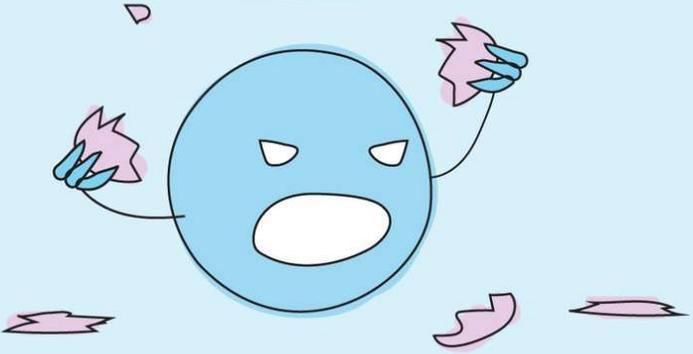




PRE - PANDEMIC



NOW



@LIZ ANDMOLLIE

HOW?



Culture of Self Care





**Culture of
Self Care**

AUTHENTICITY

is

KEY



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Audience Q&A Session

 Start presenting to display the audience questions on this slide.

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