



The resilient clinician in times of crises

Self-of-the-therapist

Jesus is our guide in self-care

- Mark 3: 7 – 9

⁷ ***Jesus withdrew with his disciples to the lake***, and a large crowd from Galilee followed. ⁸ When they heard about all he was doing, many people came to him from Judea, Jerusalem, Idumea, and the regions across the Jordan and around Tyre and Sidon. ⁹ Because of the crowd ***he told his disciples to have a small boat ready for him, to keep the people from crowding him.***

Mark 3: 13-19

¹³ Jesus went up on a mountainside and **called** to him those he wanted, and they came to him. ¹⁴ He appointed twelve^[a] that they might be with him and that he might send them out to preach ¹⁵ and to have authority to drive out demons. ¹⁶ **These are the twelve he appointed:** Simon (to whom he gave the name Peter), ¹⁷ James son of Zebedee and his brother John (to them he gave the name Boanerges, which means “sons of thunder”), ¹⁸ Andrew, Philip, Bartholomew, Matthew, Thomas, James son of Alphaeus, Thaddaeus, Simon the Zealot ¹⁹ and Judas Iscariot, who betrayed him.

Mark 6:30-34; 45-46

³⁰ The apostles gathered around Jesus and reported to him all they had done and taught. ³¹ Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, ***“Come with me by yourselves to a quiet place and get some rest.”***

³² ***So they went away by themselves in a boat to a solitary place.*** ³³ But many who saw them leaving recognized them and ran on foot from all the towns and got there ahead of them. ³⁴ When Jesus landed and saw a large crowd, he had compassion on them, because they were like sheep without a shepherd. So he began teaching them many things.

⁴⁵ ***Immediately Jesus made his disciples get into the boat and go on ahead of him to Bethsaida, while he dismissed the crowd.*** ⁴⁶ ***After leaving them, he went up on a mountainside to pray.***

Jesus' example to work/life balance

- Withdrew from work
- Spent time with friends
- Directed the necessary activities
 - setting limits
- Made the 'ask' of others
- Choose the few he would spend time with (12), and
 - the other few in his inner circle (3)
- Sought silence, rest, and solitude
- Prayer

Burnout

- We feel the despondency of our clients
- We start having sleeping issues, dietary issues, autoimmune issues
- Study (Lorentz, M. M. (2006). Stress and Psychoneuroimmunology revisited. *Alt. J. Nursing*, 11, 1-11.)
 - Psychoneuroimmunology (PNI): relationship between stress and physiological effects on the body.
 - Nurses are empowered to implement mind-body interventions, such as meditation, imagery, therapeutic touch, and humor, to reduce stress and promote self-control and positive well-being for their patients.

Stress:

Sharif, K., Watad, A., Coplan, L., Lichtbroun, B., Krosser, A., Lichtbroun, M., ... & Shoenfeld, Y. (2018). The role of stress in the mosaic of autoimmunity: an overlooked association. *Autoimmunity reviews*, 17(10), 967-983.

Stress has been shown to be associated with disease onset, and disease exacerbations in:

- Rheumatoid arthritis,
- Systemic lupus erythematosus,
- Inflammatory bowel disease,
- Multiple sclerosis,
- Graves' disease, as well as
- Other autoimmune conditions

Read: Psalm 139

Grief

- Normal human reaction (READ John 11: 33-36)
- Amy Greene, dir. of center for spiritual care at Cleveland clinic.
 1. Accept some loneliness
 2. Be gentle with yourself
 3. Choose good company
 4. Get extra rest
 5. Have a regular sleep cycle (avoid sleep aids)
 6. Feel all the feels
 7. Exercise
 8. Rhythm to your daily life & spiritual life
 9. Be cautious in big decisions

Case Example

A pastor and his wife come to see you. They have been having more conflict, exhaustion, and feel distance from each other in the past 6 months. The pastor shares that he is contemplating quitting, saying “I am just done with it all. I just want to quit.” His wife jumps in, “What do you mean!?! Our marriage?” His shoulders slump. She gets quiet. After a few minutes he states, “Because of this COVID situation I have lost a lot of parishioners ... even my mother has left my church and won’t talk with me.”

- What are you feeling?
- What is happening in your body?
- What would you do?
- What is your “*fantasy*” response?



Emotions and
where we put them



Our thoughts &
who we can tell

A close-up photograph of several people's hands and forearms stacked together in a circular formation, often referred to as a 'huddle' or 'team huddle'. The hands are of various skin tones, suggesting a diverse group. The lighting is warm and slightly dim, creating a sense of intimacy and focus. The text 'Our bodies and how we use them' is overlaid diagonally across the center of the image in a white, sans-serif font.

Our bodies and how we use them

Reactivity: Case Discussions

- Which cases have you dreading their next session?
- Which cases are sticking with you as you are at home?

How to rebalance once the threat is not present?

Body –

Mind/Thoughts –

Relationships –

Soul care –

Body

In session

- Slow down
- Regulate heart rate
- Breathe
- Move, use space

In life

- Exercise
- Eat well
- Sleep

Mind/Thoughts

- Awareness: Reality Check
 - Know your
 - Boundaries and tolerance levels
 - Amount of work per day/week
 - Type of work (balance of individuals/couples/family, types of situations, etc)
- Skills
 - Journaling
 - Prayer & Meditation

Relationships

- Find a cuddle group
 - You can be you and not your roles
 - They get not only you, but your unique job
 - They are not reactive and have space for you to share without caring for them
- Connect to life-giving individuals
- Find relationships outside of ministry and counseling
- Have at least 1 individual that can be there just for you ... not a spouse or business partner, preferably outside of the church you attend.
- Allow yourself to cry, laugh, and maybe even us some humor.

Spiritual Resources

- Pray
 - Prayer walks
 - Journaling
- Meditate
 - Regular listening to God
 - Mindfulness walk
 - Centering on Christ
- Singing
 - So good for our bodies, minds, and souls.



Discuss

- What are your self-care practices?
- When do you do them?
- How can you make them more regular in your life?
- How will you create a "cuddle group?"

Books

