

Understanding Self-Care: A Primer for Healthcare Providers

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Objectives

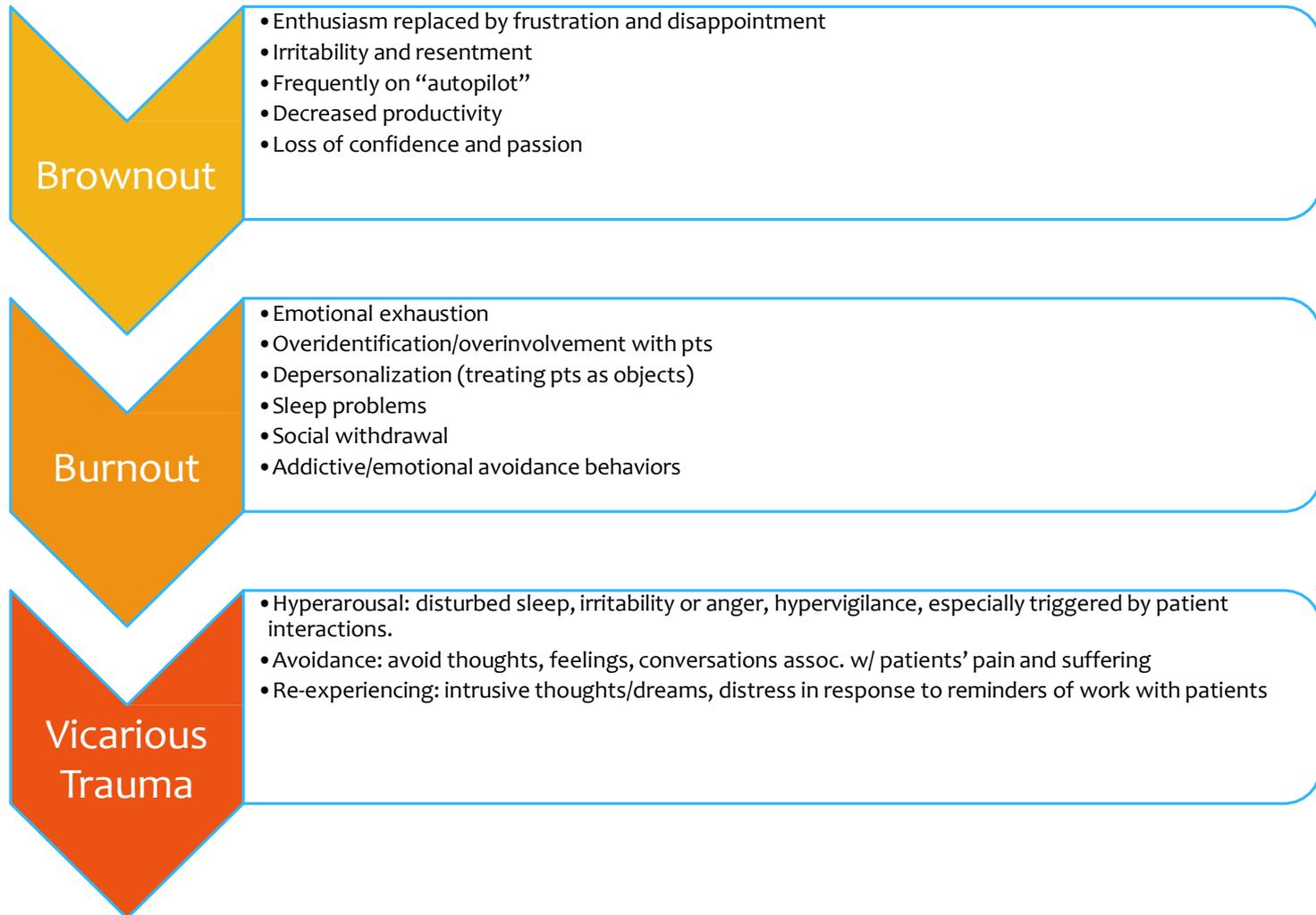
- * Understand the emotional components and behavioral patterns associated with burnout.
- * Describe tools and strategies that can be effective in reducing burnout, and promoting emotional self-care in the work environment.
- * Generating personal strategies and narratives to maintain resilience.

*The Story of Tomás

Burnout

- * Reported by 30% to 60% of physicians
- * “(healthcare providers) ... are at particular risk for burnout as we are taught early on that exhaustion is perceived as a status symbol and to base our self-worth on being productive.” Henry Kuerer, MD, PhD, FACS
- * Affects clinicians from all disciplines

Brownout, Burnout, and Vicarious Trauma



What is Burnout

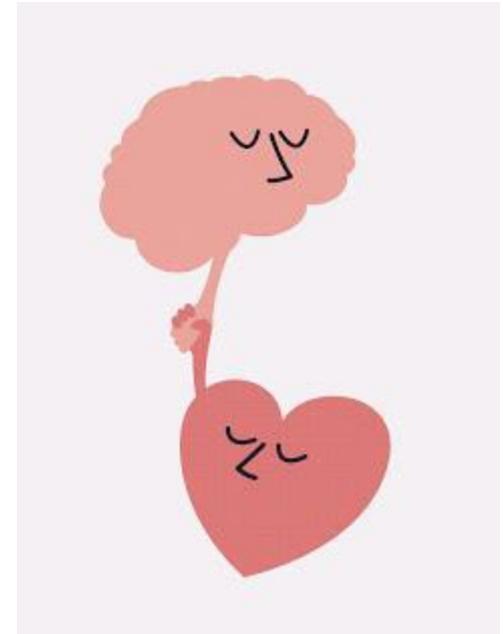
- * Primary ineffective emotional strategies we use in stress inducing situations/patient encounters
 - * Avoidance
 - * Over-involvement

Emotion vs. Intellect

- * The actual heart of our clinical work is ALWAYS interpersonal.
- * Any interpersonal interaction, by its nature, is an emotionally salient interaction.
- * “If you think you can do this work and not be affected by it emotionally... it would be like walking through water and not getting wet....”

Emotion vs. Intellect

- * The nature of the intellectual-self
- * The nature of the emotional-self



Emotional Energy

- * To influence self-care in a positive way, we must influence emotional energy.

Emotional Energy

- * Development of self-awareness skills.
 - * Present focus is essential to distinguish self from other
 - * “I feel the suffering, and I am not this person’s suffering”
 - * Ability to track/read what’s going on in your own body
 - * Ability to attend to own visceral/somatic experience.

Emotional Energy

- * Restorative experiences
 - * Often involve parts of the brain or body other than the one “over worked”
 - * Restorative social experiences to re-connect with the wide nature of human experience.

Emotional Energy

- * Self-care maintenance
 - * Replacing “time” with “energy”.
 - * “Cleansing” practices to promote renewal.
 - * Use of personal narratives.

Some Resources for Healthcare Providers

- * Katz, RS, & Johnson, TA (Eds.). (2006) *When professionals weep*. NY: Routledge.
 - *professionals weep*. NY: Routledge.
- * Meier, DE, & Beresford, L. (2006). Preventing burnout. *JPM*, 9(5), 1045-1048.
- * van Dernoot Lipsky, L. (2009). *Trauma Stewardship: An everyday guide to caring for self while caring for others*. San Francisco: BK Publishing.
- * Wicks, RJ. (2008). *The resilient clinician*. NY: Oxford.