

A stylized, light blue illustration of a plant with several leaves and small, round buds, positioned on the left side of the slide.

WHEN HELPING HURTS: HEALING THE HELPING PROFESSIONAL'S WEARY SOUL

Lara Krawchuk, MSW, LCSW, MPH

Healing Concepts, LLC

promoting well-being in everyday living

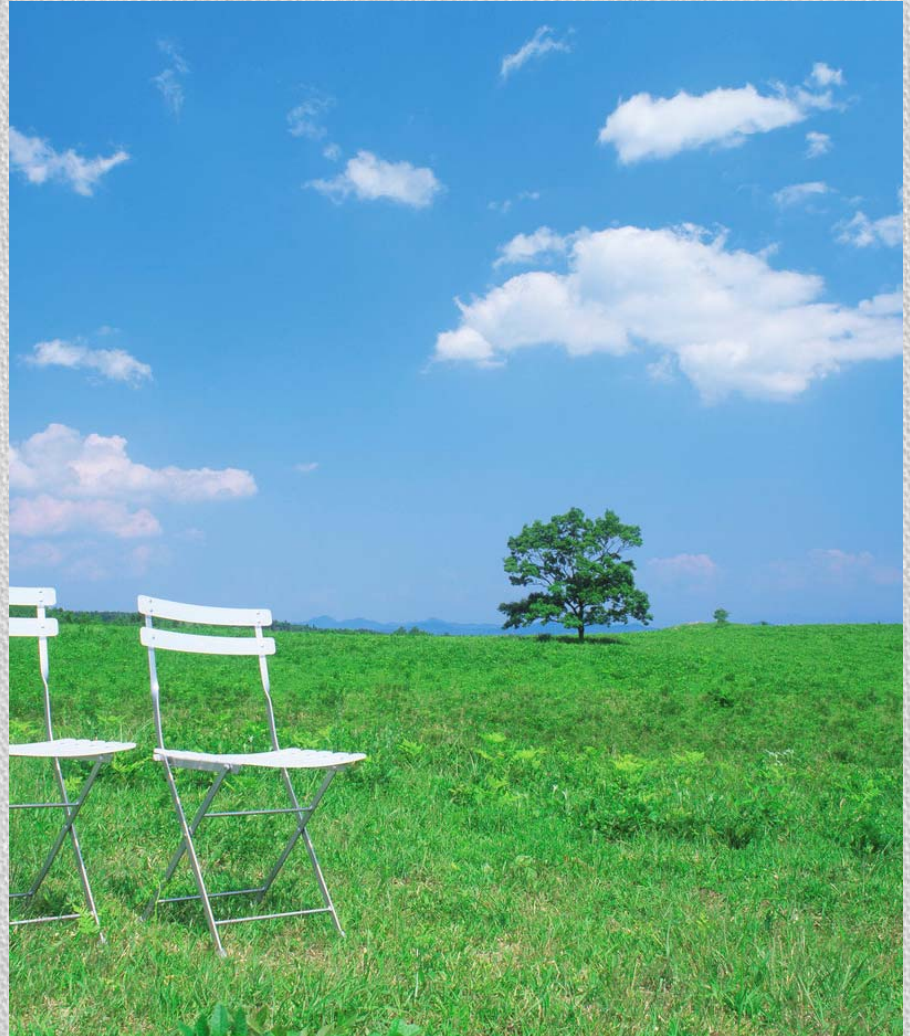
healing.concepts@yahoo.com

www.healingconceptsllc.com

The “Calling”

“Spirituality is at the heart of helping. It is the heart of empathy and care, the pulse of compassion, the vital flow of practice wisdom, and the driving force or action for service.” –Canada & Furman (1999)

- Many helpers feel called to the work
 - I help because I care
 - I want to make a difference
 - I was born to do this work



The Helping Professional's Weary Soul

Compassion Fatigue, Secondary Traumatic Stress, Burnout

- Personal Stressors
 - Empathic Exhaustion
 - Work-Life “Balance”
 - Financial Strains
 - Concurrent Personal Distress
- Systems Challenges
 - Constant Upheaval & Change
 - Unknowns
 - Challenges to Values & Integrity
 - Competing Demands
 - Isolation
 - No time to Process
 - Disenfranchised Grief

Wounded Healers: Sometimes it Hurts



Who Helps the Helper?

- Who helps the wounded helper?
- Listens to our pain?
- Hears our anguish, doubts, fears?
- Helps us figure out what it all means...
- Why so many suffer?
- Why life is so unfair?
- Who helps us tend to our own precious well-being?
- Who restores our faith when our soul is weary?



A Healing Retreat-When Helping Hurts: Self-Care for the Helping Professional



When Helping Hurts Retreat

Healing the Weary Soul & Moving Towards Optimal Well-Being

- Healing Community
- Story-Telling
- Grieve Our Losses
- Contemplative Practice
- Nature As Healer
- Seek Joy & Growth
- Personal, Professional & Spiritual Renewal



Our Healing Community: Wisdom Circle

- Wisdom Circles

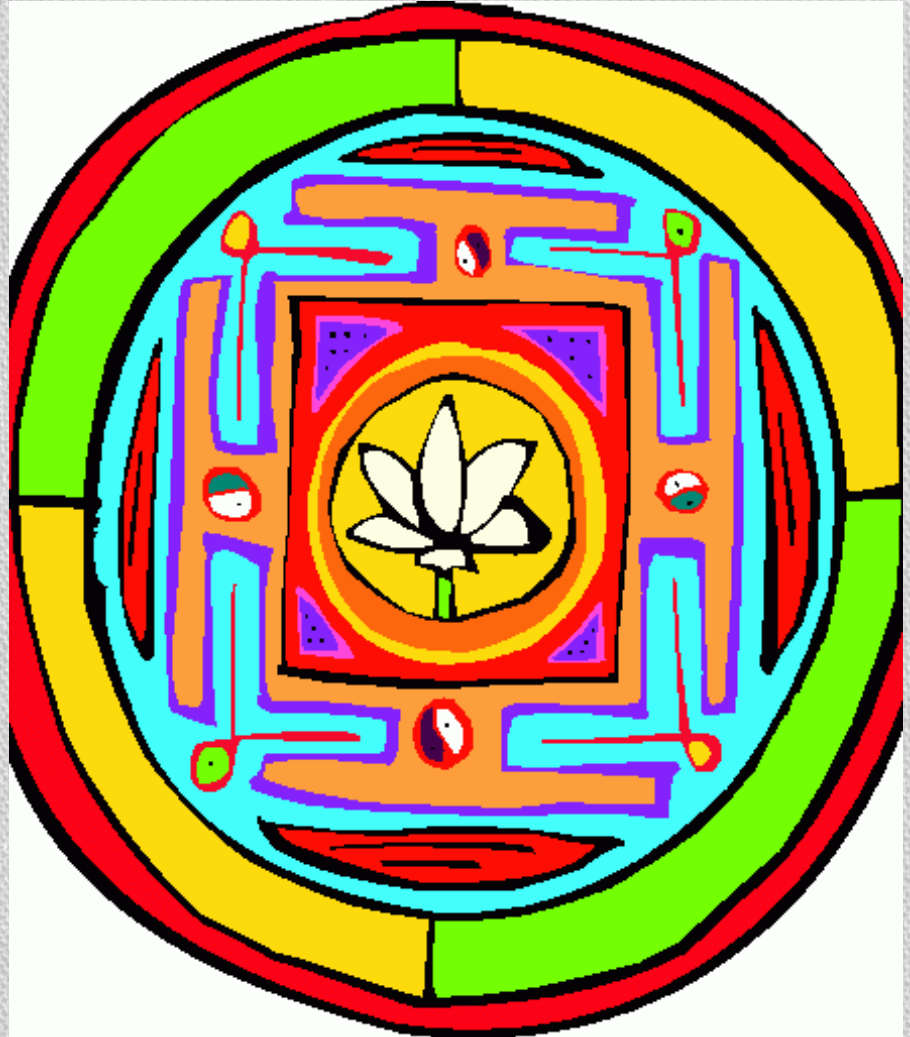
- Sacred space in many ancient & modern spiritual practices
- Heart of our healing community



Retrieved from <http://mandalawind.weebly.com>

Mandala

- Sanskrit word meaning “circle”
- Long embraced by Eastern religious traditions (Hindus/Buddhists)
 - More recently by Western religions and secular cultures
- Symbolic Meanings:
 - Wholeness
 - Whole world
 - Universe
 - Impermanence
 - Interconnection
 - Circle of life
- Carl Jung saw the Mandala as "movement towards psychological growth, expressing the idea of a safe refuge, inner reconciliation and wholeness."
 - “archetype of wholeness”



Native American Sacred Circles: Medicine Wheel/Hoop Dances



- Symbolic Meanings
 - Cycle of Life
 - Completeness of Life
 - Connection & Unity

“Love settles
within the **circle**,
embracing it and thereby
lasting forever, turning
within itself.”

—Luther Standing Bear, Oglala Sioux



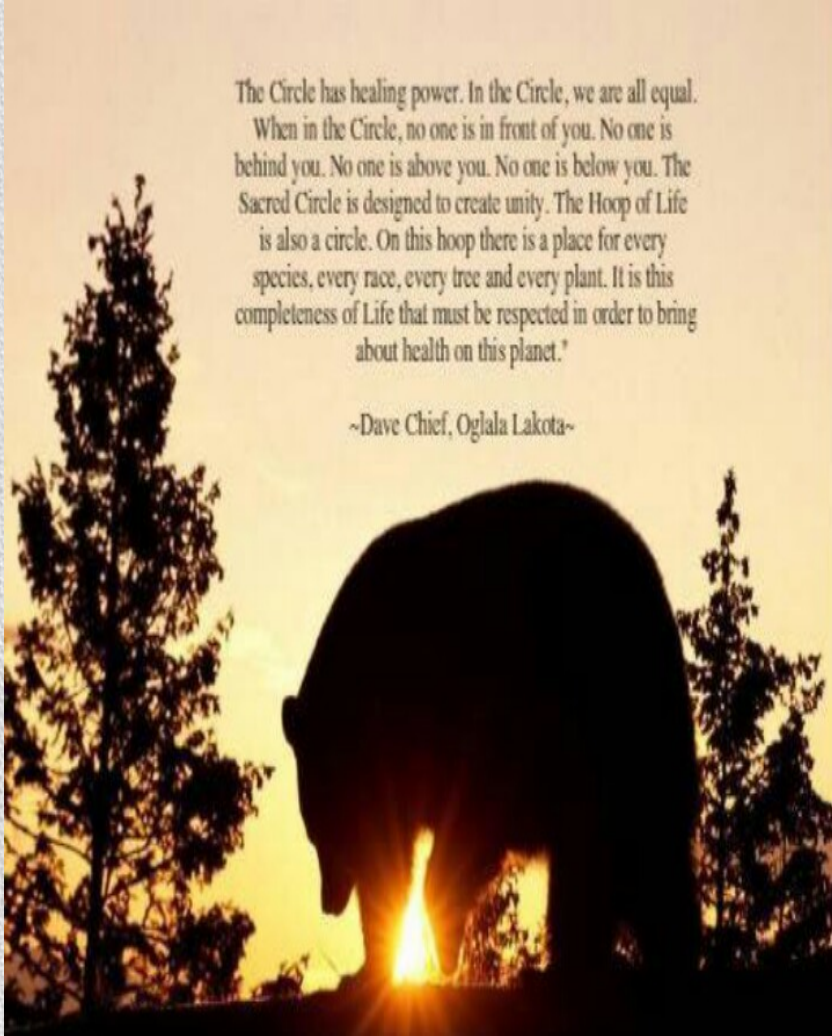
“There is nothing so wise as a circle.”
Rainer Maria Rilke

When Helping Hurts Wisdom Circle: Connection

The Circle has healing power. In the Circle, we are all equal. When in the Circle, no one is in front of you. No one is behind you. No one is above you. No one is below you. The Sacred Circle is designed to create unity. The Hoop of Life is also a circle. On this hoop there is a place for every species, every race, every tree and every plant. It is this completeness of Life that must be respected in order to bring about health on this planet.*

~Dave Chief, Oglala Lakota~

- Ancient Circle Wisdom
- Yalom's Wisdom
 - Universality
 - Altruism
 - Instillation of Hope
 - Modeling



Reflective Story Telling: Healing by Telling Our Truths

- Narrative & Constructivist Therapy Traditions
- Narrative Medicine
- Meaning Making Constructs
- Self-reflection
 - Wisdom Circle
 - Journaling
 - Quiet Moments
- Break Isolation by Bearing Witness
 - To the Self
 - To and By Others
- Ask Ourselves:
 - How am I doing?
 - What Hurts?
 - What Energizes/Motivates?
 - What do I Want?
 - How do I Start to Carve a Better Path?

Grieving Our Losses



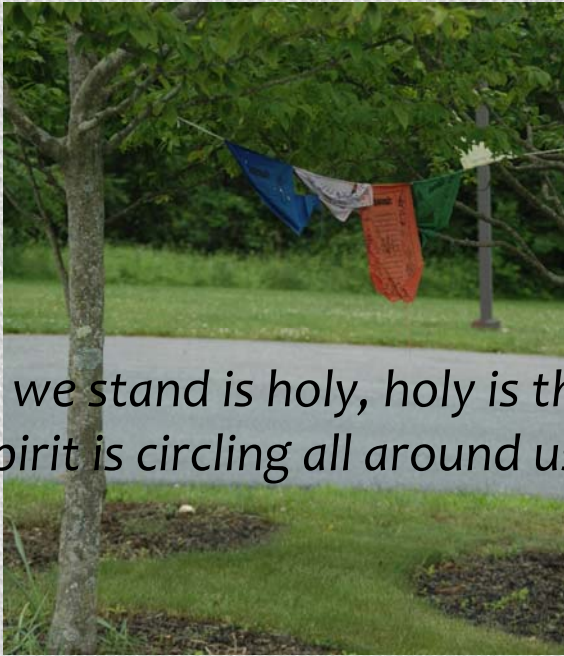
- Sometimes it Hurts...
- Disenfranchised Grief
- Wounds are Deep
- Healing Through:
 - Stating Our Truths
 - Being DEEPLY HEARD
 - Being Cared for OVERTLY
 - Caring for Others
 - Meaning Making-Robert Neimeyer
 - Opening of Inner Space & Spiritual Renewal

Contemplative Practice: Tools of Healing



- Close your eyes
- Get comfortable in your seat
- Give yourself permission to take a break from the day
- Allow whatever happens to happen
- Imagine....

Nature as Healer: Guided Imagery & Walking Meditation



"Where we stand is holy, holy is the ground, forest, mountain, river, listen to the sound,
Great Spirit is circling all around us." ~ Circle Song





Seeking Joy and Growth Self**FULL**ness:

The art of I matter too!

“AT THE VERY HEART OF EXCELLENT
PATIENT CARE IS EXCELLENT SELF-
CARE!

YOU SIMPLY CAN'T SUSTAIN ONE
WITHOUT THE OTHER!”

L. KRAWCHUK

WHO & WHAT BRINGS YOU JOY?
HOW DO YOU FILL YOURSELF UP?



Seeking Renewal in the Healing Retreat :

Guidance from

Spiritual Activism: Grounding Ourselves in the Spirit

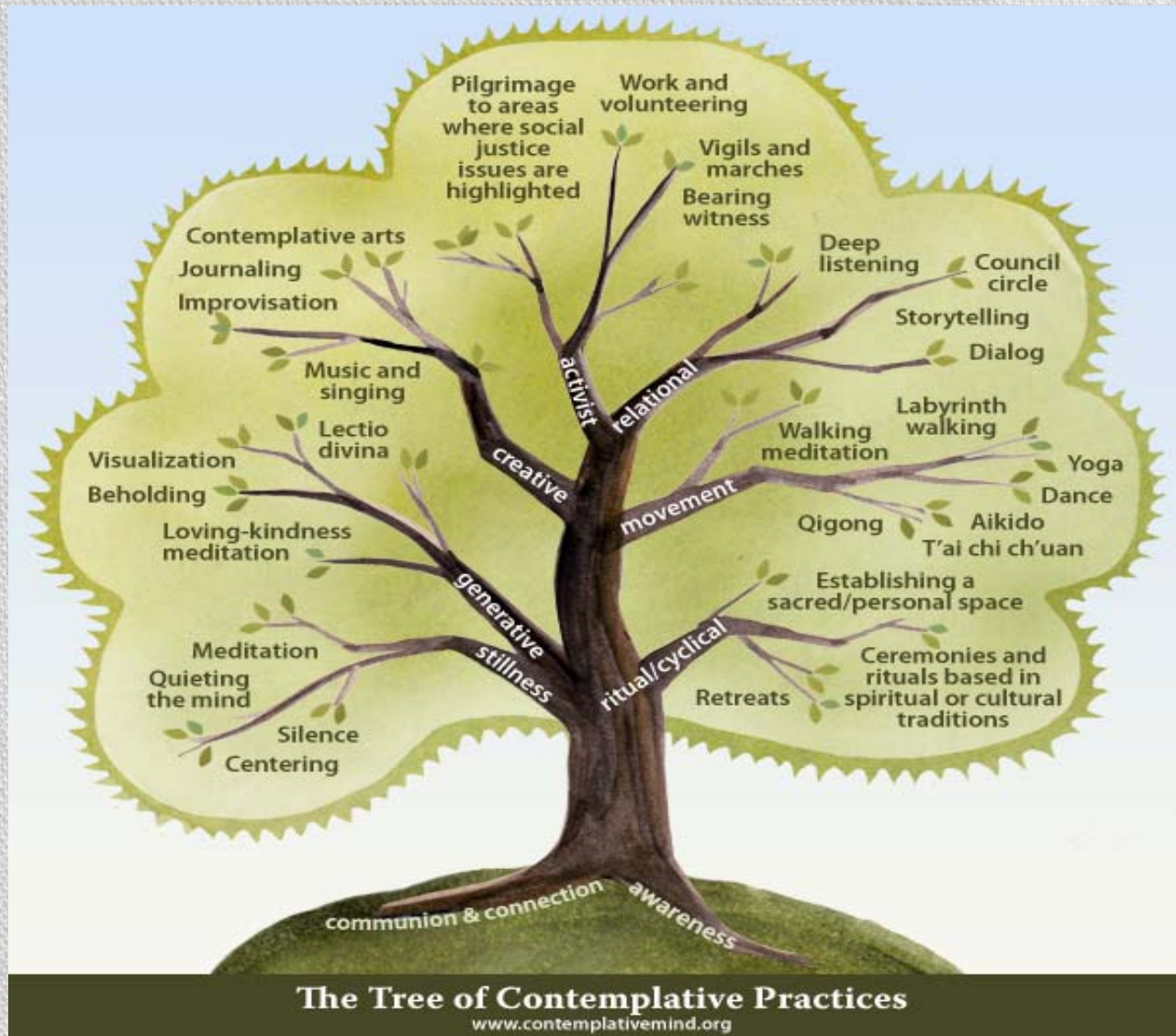
(Michael Sheridan 2012)

- **Spiritual Motivation for our Work**
 - Acknowledge our “calling”
 - Understand the role of emotions in the work we do
 - Love and accept ourselves-warts and all
 - Work from a place of love and compassion even when faced by challenges & hurts
- **Interdependence**-everything and everyone is connected
 - Consider the Tree (Sheridan, M.J. p. 69)
 - Opening Ritual-Invite our wise guide and/or inspirations
 - Allows us to be more careful with ourselves and one another
- **Acceptance of NOT Knowing**
 - Explore the ambiguity of truth
 - No need to classify as right or wrong
 - Practice curiosity and compassion-relinquish expert status

Renewal in Retreat: More Guidance from Spiritual Activism

- Openness to Suffering
 - Open our hearts to the hurts and confusion brought by other helpers
 - Benevolent witness
 - Full presence
- Outer Change Requires Inner Work
- “You must be the change you want to see in the world.”-M. Ghandi
- To heal others we must first heal ourselves
 - “Holy selfFULLness”-L.Krawchuk
- Commit to Spiritual Practice
 - Exploration of seeking joy, growth and meaning
 - Invitation to create own path & define it any way that is comfortable
- Commitment to the Self
- Intention
 - Cultivate Awareness & Connection
 - Others
 - God
 - Spirits
 - Inner wisdom

Tree of Contemplative Practices (The Contemplative Mind in Society)



Goal: Personal, Professional & Spiritual Renewal



Planting the Seed: Connection, Reflection & Renewal

Living in the Open

I have such passion For speaking
truth From my heart.

I wonder what sustained me
When it was only Possible to do
this In pockets and corners?

We looked in each other's
eyes And we knew.

We knew, we knew.

--Sallie Ann Harrison

retrieved from:

<http://www.healingwordsproductions.com/poems5.html>



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When Helping Hurts:

A Day of Healing for Helping Professionals

Witnessing intense client pain, navigating stressful workplaces, and managing hectic personal lives places helping professionals at risk for compassion fatigue and burnout. Please join

Lara Krawchuk, MSW, LCSW, MPH for a unique, healing retreat in the beautiful countryside of Chester County. Together we will review the root causes of compassion fatigue and practice creative self-care techniques. Self-Care practice opportunities include:

***Journaling for Healing *Mindfulness Meditation * Guided Imagery * Healing Rituals *Self-Care Planning**

We will return to our lives and clients rejuvenated and refreshed.

Skills practiced are applicable to use with a variety of clients

GIVE THIS GIFT OF SELF-CARE TODAY!

When/Where: NEW DATE!!!

Friday January 17, 2014

From **9:30 AM- 4:00 PM**

Temenos Retreat Center-

1564 Telegraph Rd. West Chester, PA 19382

Facilitator: **Lara Krawchuk, MSW, LCSW, MPH** is co-founder and CEO of Healing Concepts, LLC. She is a therapist in private practice. She teaches Advanced Clinical Practice, Death Dying and Terminal Illness and Loss Across A lifecycle for University of Pennsylvania School of Social Policy & Practice. She is a national lecturer on issues of grief & loss, illness & caregiving, guided imagery, creative healing and compassion fatigue. She has written two chapters for **Techniques of Grief Therapy**, edited by Robert Neimeyer, PhD.

Participants: Retreat is open to all helping professional with a desire to deeply explore issues of compassion fatigue and self-care.

5 CEU credits available for PA MSW, MFT, LPC

FOR MORE INFORMATION CONTACT LARA AT 610-209-3111 OR HEALING.CONCEPTS@YAHOO.COM