

Cambridge Supervision Training *cst*
Second Hand Shock and Supervision



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Second Hand Shock (ref: Izzo & Carpel Miller)

Passive smoking.



Ripple effect.



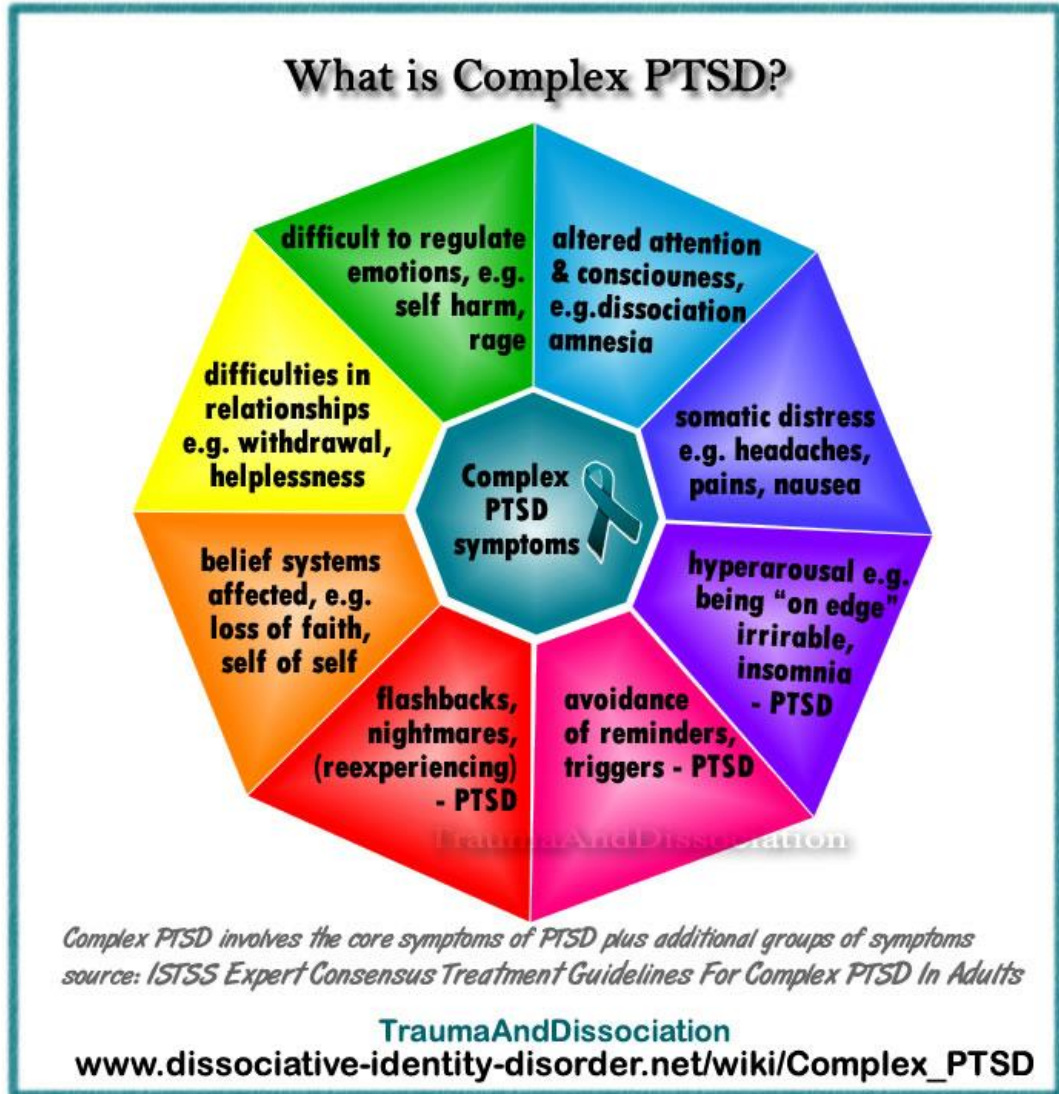
What is Trauma? DSM 5 (2013) ICD 10 (2007)

- Direct exposure to actual or threatened death, serious injury and abuse
- Witnessing traumatic events happening to those close to us.
- **Repeated extreme exposure to aversive details of traumatic events.**

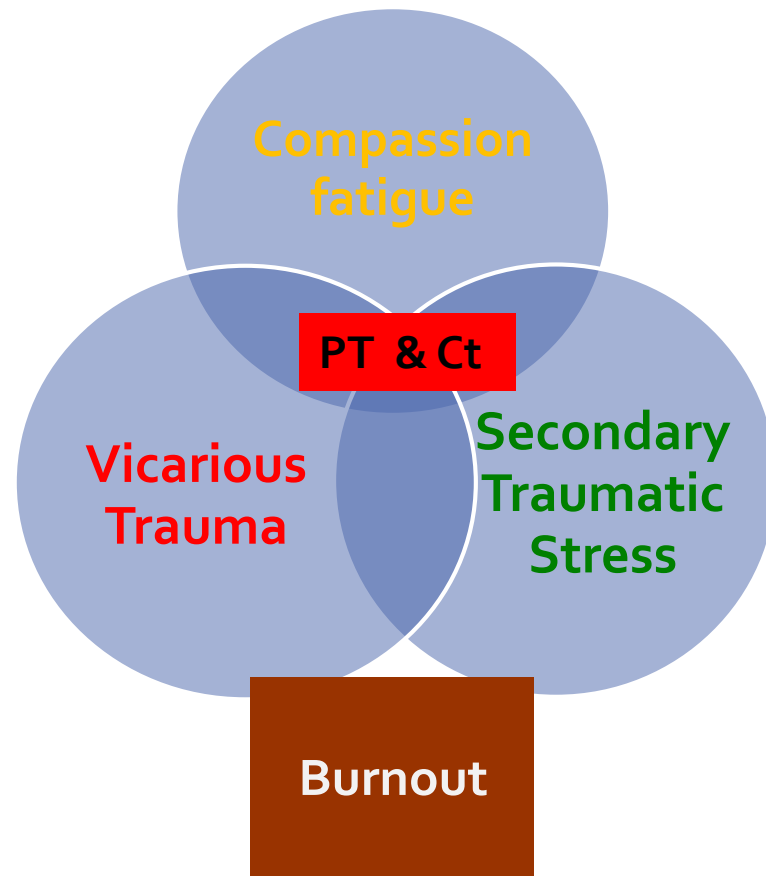


Complex / Developmental Trauma symptoms

- Difficulty in regulating emotions
- Chronic self-destructive behaviours
- Alterations in attention and consciousness : dissociative episodes
- Difficulties in relationships
- Medically unexplained somatic pain
- Alterations in systems of meaning – loss of meaning and trust, sense of hopelessnessor unrealistic optimism



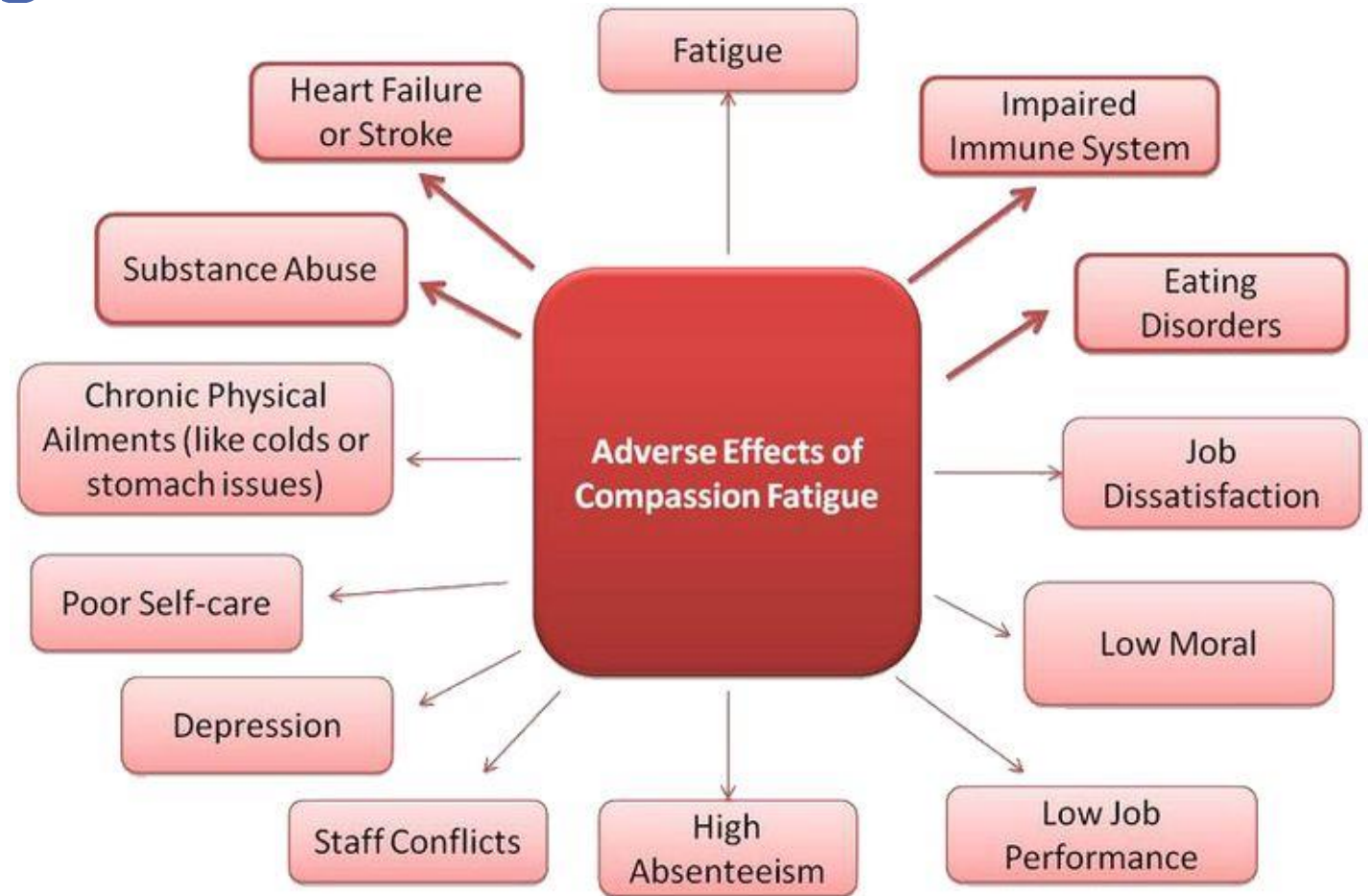
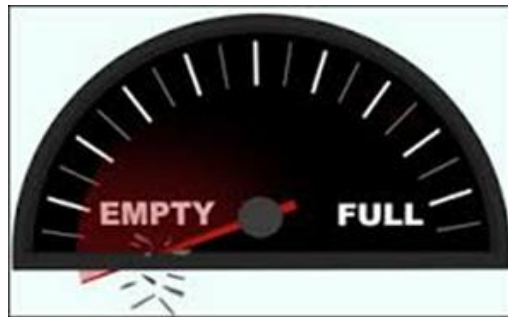
What is Second Hand Shock? (ref: Izzo & Carpel Miller)



- Compassion Fatigue
- Vicarious Trauma
- Primary Trauma (PT)
Counter transference (Ct)
- Secondary Trauma
- Burnout

Compassion Fatigue and Burnout

- Long term exhaustion and diminished interest in one's work.
- Lessening of compassion over time as a result of the continual challenge of extending compassion to those in need



The Frog and Pot of boiling water.....



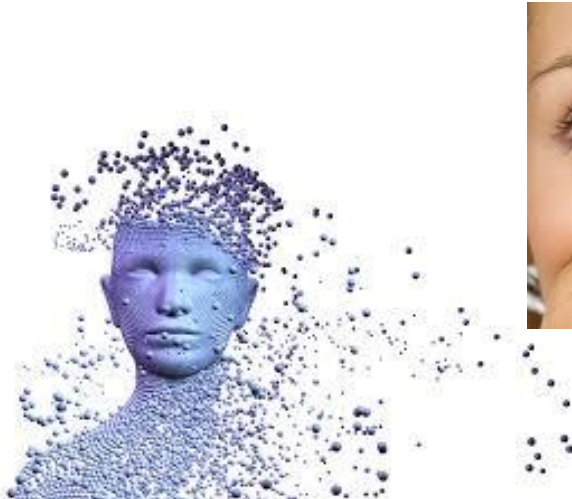
- Gradual heating means our Nervous System is not charged enough to jump out
- As the heat increases so may our denial

Secondary Traumatic Stress

- Secondary exposure to a traumatic event – happens rapidly and associated with a particular event
- Traumatic stress symptoms paralleling PTSD
- A natural rather than 'pathological' response.



Vicarious Trauma



- Cumulative effect of being compassionate to others when listening to the trauma experiences of others.....
- ...whilst ALSO controlling natural empathic responses OR being unconscious of impact of empathy

16 Warning signs of Trauma exposure response

Laura van Dernoot Lipsky (2009) 'Trauma Stewardship'

1. Feeling helpless and hopeless
2. A sense that one can never do enough
3. Hypervigilance
4. Diminished creativity
5. Inability to embrace complexity
6. Minimizing
7. Chronic exhaustion/physical ailments
8. Inability to listen/deliberate avoidance
9. Dissociative moments
10. Sense of persecution
11. Guilt
12. Fear
13. Anger and Cynicism
14. Inability to empathize/numbing
15. Addictions
16. Grandiosity: an inflated sense of the importance of one's work

Professional Quality of Life Scale (ProQOL)

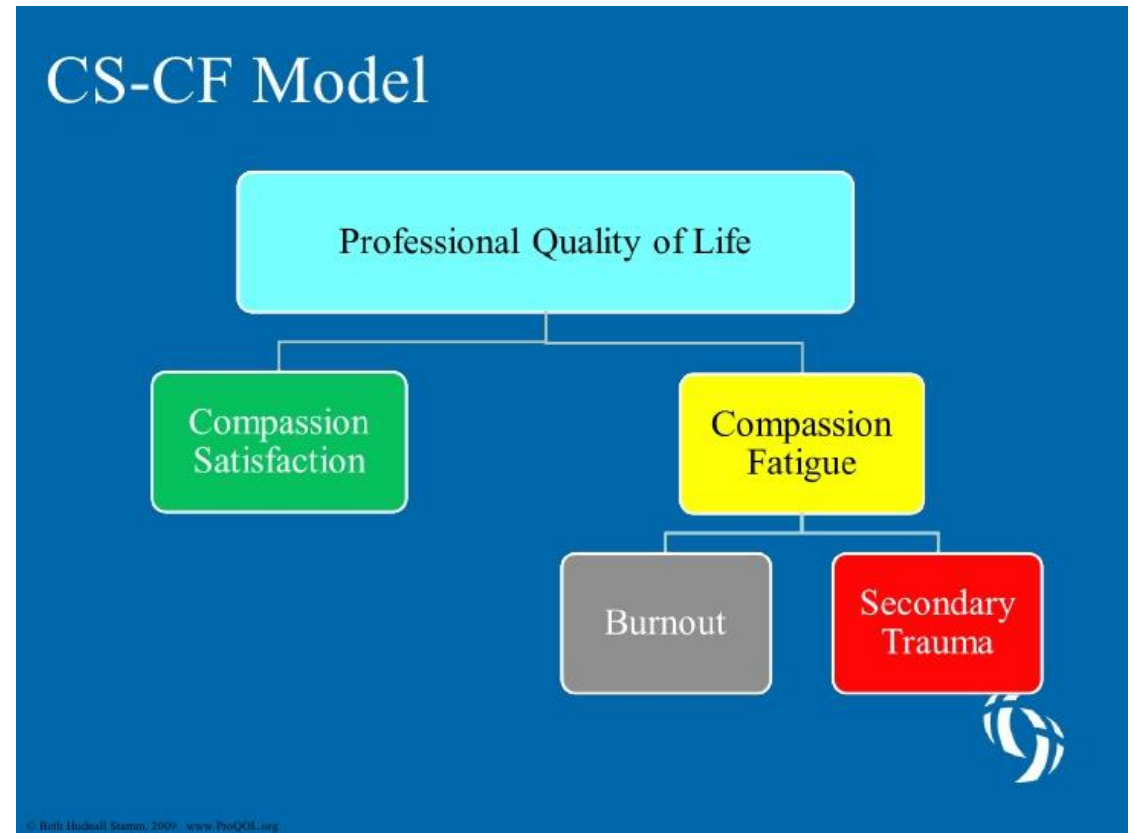
Ref: Stamm (2010)

Measure of both the negative and positive affects of helping others who experience suffering and trauma

Scales for:

- Compassion satisfaction
- Burnout
- Compassion fatigue

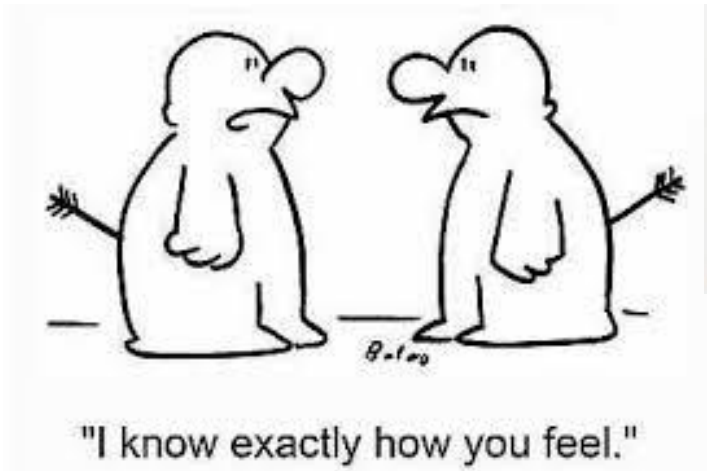
Available for free use: <http://www.proqol.org/>



What is Empathy?



Empathy



The ability to:

- Read emotions in others
- To experience another's feelings
- Take the perspective of another
- Differentiate one's own feelings from others

Empathic Strain

Wilson and Lindy (1994), Etherington 2009

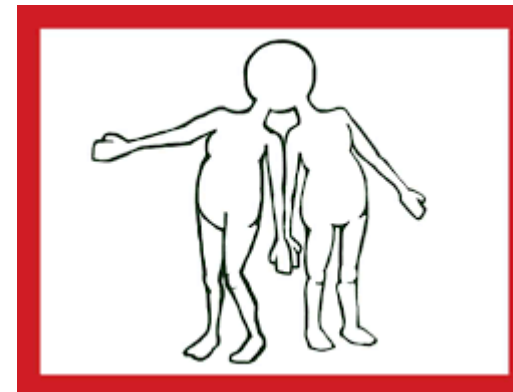
- Empathic Withdrawal



- Empathic Repression



- Empathic Enmeshment



Facial mimicry and the Botox challenge



Sensory feedback from the movement of facial muscles is essential to help us:

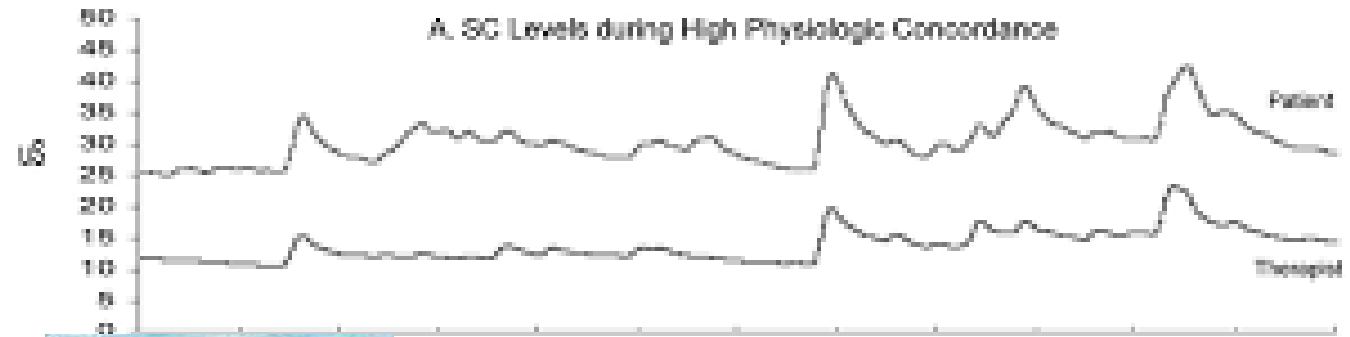
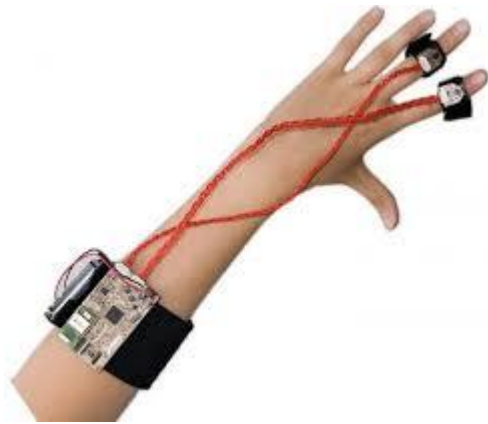
- Recognise our own emotions
- Recognise emotions in others

Botox impairs this recognition (Neal and Chartrand 2011)

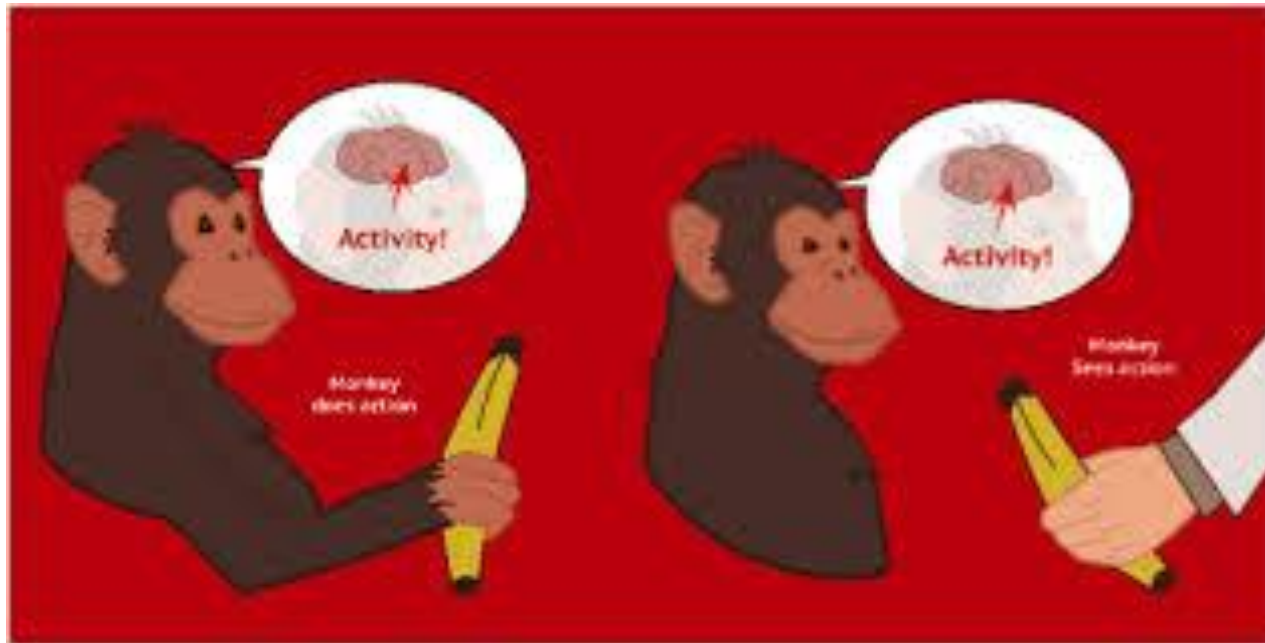
Without facial mimicry it's easy to misinterpret the emotional content of emails and texts



Carl Marci – Measuring Empathy



Mirror Neurons



Monkey do.....

Monkey see.....



Counter-Transference: The Wounded Healer and the Double Whammy

COUNTER TRANSFERENCE



A. McCarthy
COLLECTION

- Reaction TO the client in relation to our own 'stuff'
- 'Double whammy' when our 'stuff' links with the clients'. May result in stuckness and boundary difficulties

Parallel Process

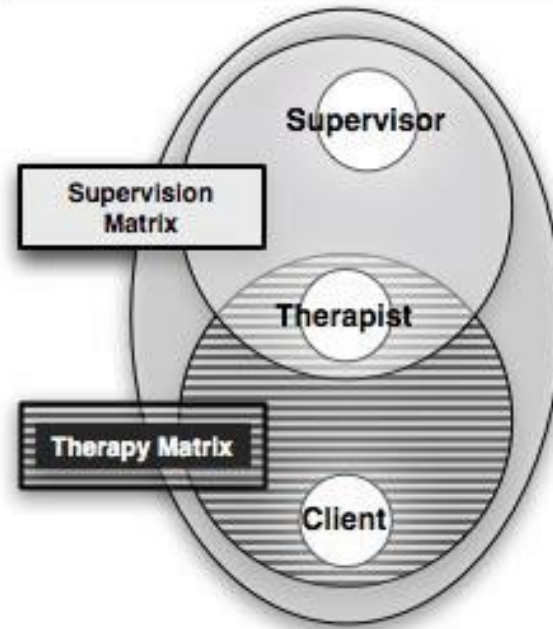
Searles 1955 Doerhman 1976

Michael Soth:

Extended model of parallel process includes:

- Client's inner world
- Client's body-mind process
- Client's past relationship scenarios

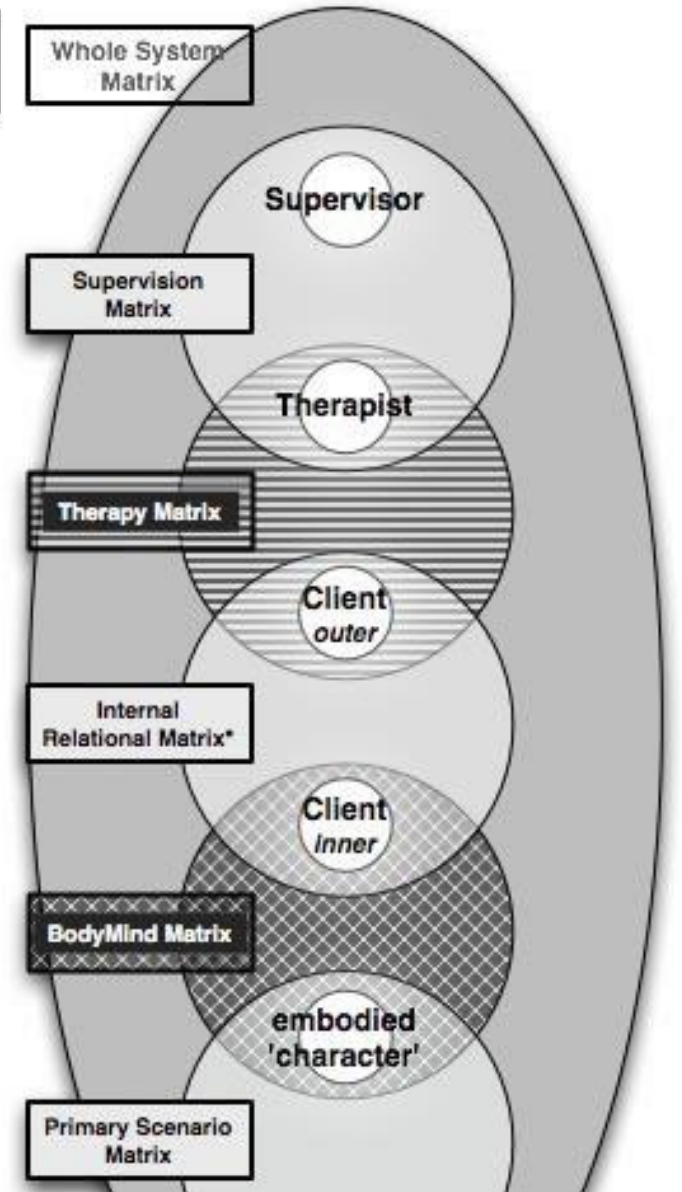
Parallel Process Models
Traditional (2-matrix) and Extended (5-matrix)



supervisor - therapist dynamic



therapist - client dynamic



What helps you 'un-mirror'?



ABC of Addressing Second Hand Shock

Saakvitne & Pearlman 1996

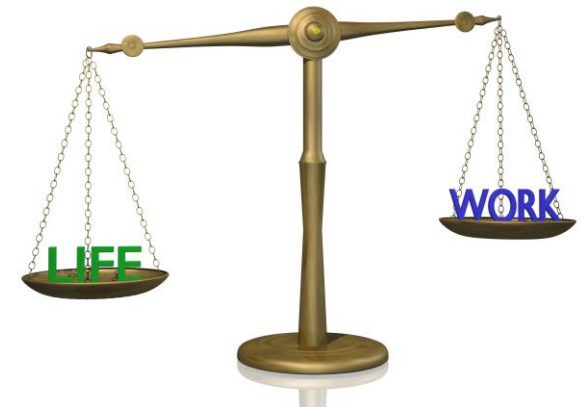
• Awareness

Identifying your own reactions and responses



• Balance

Balancing personal needs with demands of work



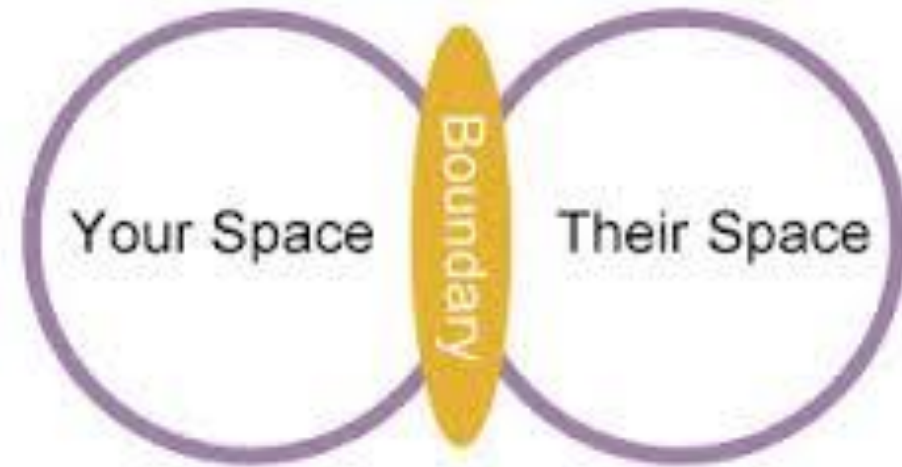
• Connection

Positive connection with others and our spiritual selves

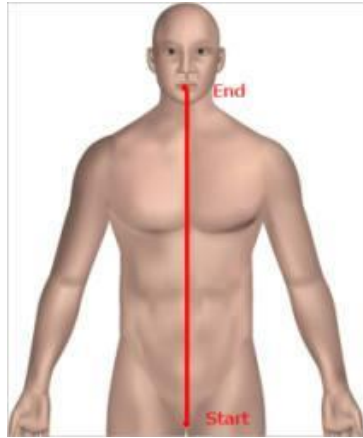


Boundaries

- Ethical issues
- Physical distance comfort zone
- Body protection



Body /Mind /Energy exercises



3 Step Breathing Space

- Becoming Aware
- Gathering and focusing attention
- Expanding attention



- Zip Up
- Wonder Woman
- Mindfulness – breathing space

Organisational stress



The approach of the organisation is central to prevention and reduction of vicarious and secondary trauma.

Bober and Regehr (2006):

The Shadow in Helping Organisations



Considerations for Organisations

Enabling staff to feel:

Connected

Capable....and that they

Count...and have

Courage....

and so are En-**Courage**-d

ref: Crucial Cs - Amy Lew and Betty-Lou Bettner

Through:

- Adequate pay and time off
- Sufficient Supervision and Training
- Ensuring Safety and support
- Enabling Positive team relationships
- Encouraging communication and staff contribution
- Giving information regarding policies and resource allocation

Supervisor's Toolkit

- Training in Trauma and 'Second Hand Shock'.
- Ability to provide informal and formal assessment of second hand shock
- Understanding supervisee's personal background
- Broad knowledge and modelling of practical interventions eg 'un-mirroring'
- Checking self-care / life balance outside work (Ref: Ethical framework)
- Links with supervisee's organisation –clear working agreement – feedback to organisation where possible
- Use of authority to check supervisee's case load and fitness to practice
- Applying all these processes to self as supervisor!

Identifying Strengths and Resources (Etherington 2009)

Resilience:

- 1) What is it about you that keeps you doing this work?
- 2) What is it about this client that has enabled them to survive these events?

Identity:

- 1) What strengths and resources and values have you developed in response to doing this work?
- 2) What strengths and resources and values has the client developed in response to their trauma?

Meaning:

- 1) What does it mean to you to do this work?
- 2) How does this person make sense or meaning of their experience?

Second Hand Joy and Satisfaction!



Cambridge Supervision Training *cst*

Diploma in Supervision 2018 – 19

October 2018 – June 2019 (7 weekend modules)

Core tutors: **Anthea Millar** and **Sarah Parkin** Guest presenters: **Peter Jenkins** and **Robin Shohet**

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