

Finding the Artist in You: Healing the Provider Through Art

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Objectives:

- Learn how stress can lead to compassion fatigue and the impact of secondary trauma.
- Learn how creative interventions / strategies can engage people emotionally and physically regardless of age, developmental level, or culture.
- Experience the healing power of creating art and how art bridges healthy relationships.




What is Trauma?



*Traumatization occurs when both
internal and external resources are
inadequate to cope with external threat.*

Van der Kolk, 1989

We are important too...

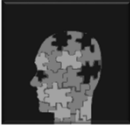


Trauma informed care 6.mp4

**THE RELATIONSHIP OF
ADVERSE CHILDHOOD
EXPERIENCES TO ADULT
HEALTH STATUS**


A collaborative effort of Kaiser Permanente and The
Centers for Disease Control

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**CHILDHOOD ADVERSITY BY CATEGORIES
(18 years or younger)**

Abuse	Household
Psychological (by parents)	Substance Abuse
Physical (by parents)	Mental Illness
Sexual (anyone)	Parental separation/divorce
Emotional neglect	Mother Treated Violently
Physical neglect	Imprisoned Household Member

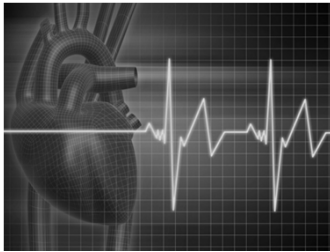
 Department of Health and Human Services
Centers for Disease Control and Prevention

Out of 350 people working in social services	
Psychological abuse (Parents)	37%
Physical abuse (parents)	29%
Sexually abused	25%
Emotional neglect	35%
Physical neglect	12%
Substance abuser in household	40%
Separated from one/both parents	41%
Witnessed Domestic Violence	21%
Imprisoned household member	10%





ALLOSTATIC LOAD

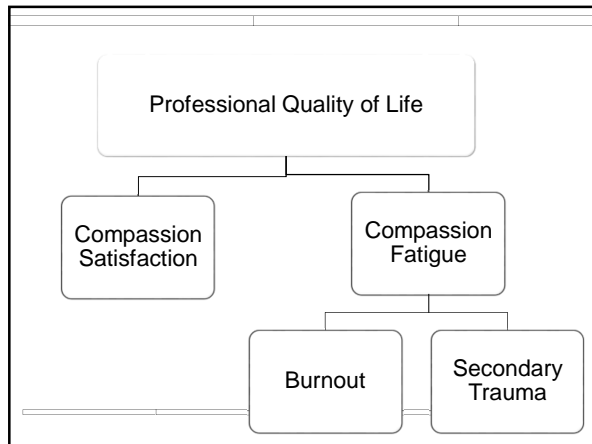


The wear-and-tear on the body and brain resulting from chronic over-activity or inactivity of physiological systems that are normally involved in adaptation to environmental challenge

What types of stress do we experience at work?







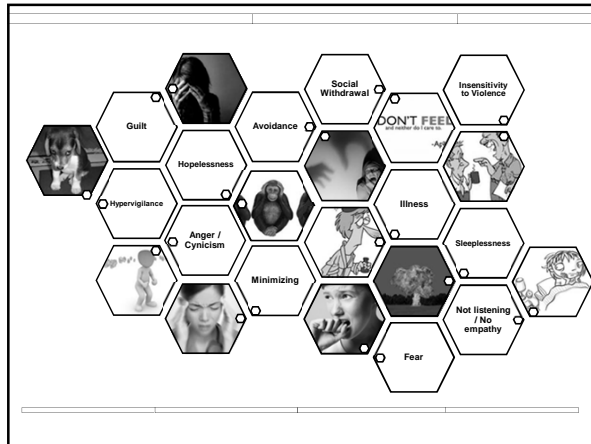
<p>Compassion Satisfaction: The pleasure and positive feeling you derive from being able to do your work well; to help people; and feel supported.</p>	<p>Compassion Fatigue: The negative aspect of helping those who experience traumatic stress and suffering.</p>
<p>Burnout: Associated with feelings of hopelessness and difficulties in dealing with work or in doing your job effectively. These negative feelings usually have a gradual onset. They can reflect the feeling that your efforts make no difference, or they can be associated with a very high workload or a non-supportive work environment.</p>	<p>Secondary Traumatic Stress: Secondary exposure to extremely or traumatic stressful events where you begin to experience symptoms as if you experienced the trauma first-hand; Related to Vicarious Trauma.</p>

**WHAT ARE WE UP AGAINST?
OUR OWN BIOLOGY: HUMAN STRESS RESPONSE:**

Fight or Flight Response

- saliva flow decreases
- skin blood vessels constrict; chills & sweating
- heart beats faster & harder
- stomach output of digestive enzymes decreases
- muscles become more tense; trembling can occur
- eyes pupils dilate
- lungs quick, deep breathing occurs
- bowel food movement slows down
- blood vessels blood pressure increases as major vessels dilate

- State of high alert
- Action, not thought
- Inability to think clearly
- Extreme thoughts
- Hyper-vigilance
- Attention to threat
- Intense and prolonged anxiety



Professional Quality of Life Scale (PROQOL)

- Scales for...
 - Compassion Satisfaction
 - Burnout
 - Secondary Trauma
- Complete Every 3-6 months

Professional Quality of Life Scale (ProQOL)
Compassion Satisfaction and Compassion Fatigue
 (ProQOL) Version 1 (2009)

When you [help] people you have direct contact with their lives. As you may have found, your compassion for those you [help] can affect you in positive and negative ways. Below are some questions about your experiences, both positive and negative, as a [helper]. Consider each of the following questions about you and your current work situation. Select the number that honestly reflects how frequently you experienced these things in the last 30 days.

1=Never	2=Rarely	3=Sometimes	4=Often	5=Very Often
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1. I am happy.
2. I am preoccupied with more than one person I [help].
3. I get satisfaction from being able to [help] people.
4. I feel connected to others.
5. I jump or am startled by unexpected sounds.

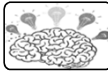


What is Art as Therapy??

"Art can be said to be – and can be used as – the externalized map of our interior self." - Peter London



How Creative Arts Heal



Changes the neurological connections in your brain & positively impacts the entire nervous system



Reduces the amount of Cortisol in your body - the stress hormone



Clears your mind – Achieve FLOW



Increases the level of Serotonin in your brain - Positively impacts your mood
