

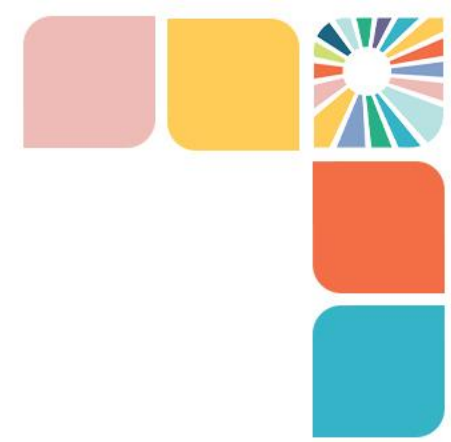


# Counseling + Recovery SERVICES

**Self-Care Skills**

**Justin Gambill, LCSW**

# Introduction



- Welcome!
  - Recognizing signs of burnout.
  - Exploring skills to address key areas of burnout to assist with prevention.



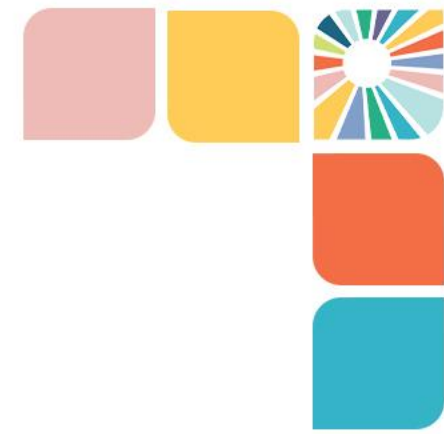
# About the presenter



- Licensed Clinical Social Worker with 7 years of experience providing direct care and transitioned to training mental health professionals in 2022
  - Family counseling
  - Early childhood focus
  - Foster care population
  - Foster parent
  - Teens



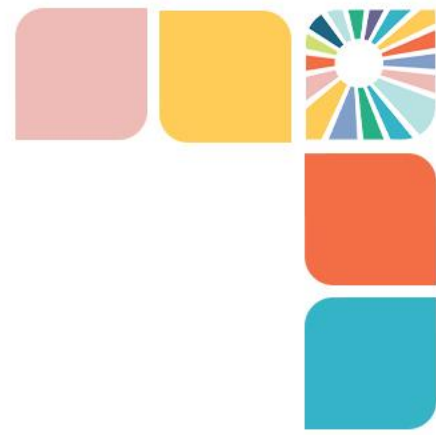
# About CRSOK



- Counseling and Recovery Services of Oklahoma
  - CCBHC that is a Nationally Certified, Trauma-informed, Sanctuary Community
  - Diverse programs
    - Adult and children outpatient programs
    - CALM Center
    - YES Tulsa
  - Locations in Tulsa and Sand Springs
  - For more info, check out our website: <https://www.crsok.org/>
  - For employment opportunities: <https://www.crsok.org/careers/>
  - For more info on the Sanctuary Model: <https://www.thesanctuaryinstitute.org/about-us/the-sanctuary-model/>



# Roadmap



- Recognizing signs of burnout
- Explore individual strategies to assist with burnout prevention
- Conclusion and Q & A



# Recognizing Signs of Burnout

# Burnout Definition



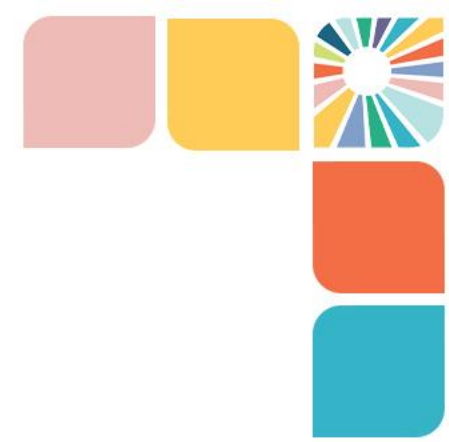
- The World Health Organization defines burnout as:
  - “Burn-out is a syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed. It is characterized by three dimensions:
    - feelings of energy depletion or exhaustion;
    - increased mental distance from one’s job, or feelings of negativism or cynicism related to one's job; and
    - reduced professional efficacy.
  - Burn-out refers specifically to phenomena in the occupational context and should not be applied to describe experiences in other areas of life.”



Source:

Burn-out an "occupational phenomenon": International Classification of Diseases

# 3 Dimensions of Burnout



- Feelings of Exhaustion
- Depersonalization
- Professional Inefficacy

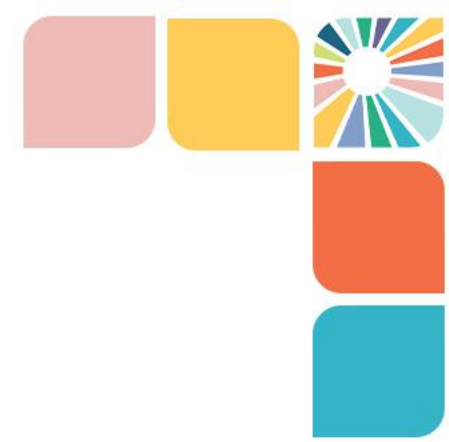


Source:

Burn-out an "occupational phenomenon": International Classification of Diseases

Addressing Burnout in the Behavioral Health Workforce through Organizational Strategies

# Other signs of burnout



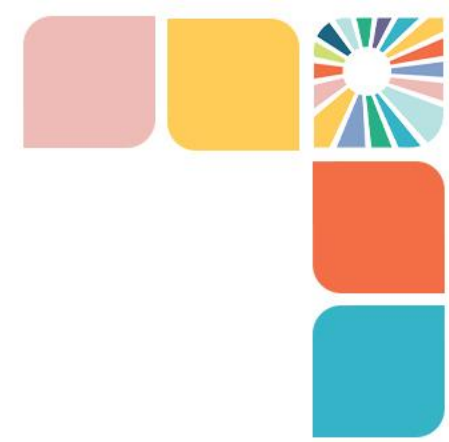
- Increase of depression like symptoms
- Calling in to work frequently
- Increased errors in work functions
- Apathy



Source:  
Therapeutic Strategies to Tackle  
Burnout

# Strategies to Address Burnout

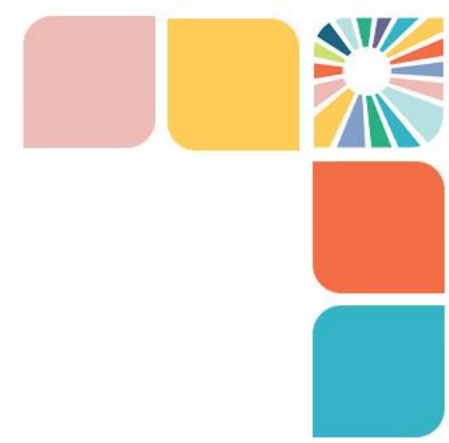
# Individual Strategies



- Feelings of Exhaustion
  - Being mindful of behavior patterns
  - Implementing self-care plan & coping skills
- Depersonalization
  - Somatic Therapy Exercises
  - Be intentional about connection
  - NCTSN Pause, Reset, Nourish
- Professional Inefficacy
  - Self-Compassion by Dr. Kristen Neff
  - Reflecting on ones needs and developing action steps.



# Feelings of Exhaustion



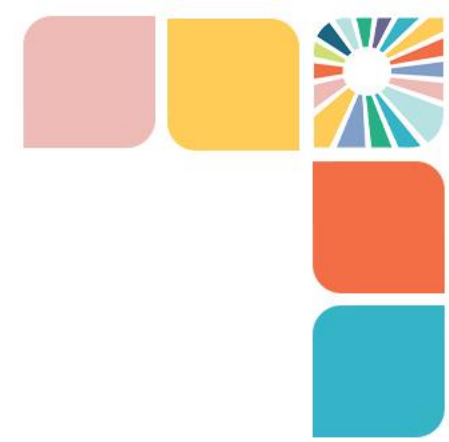
- Identify triggers
- Take breaks throughout the day
- Process what you can and can't control
- Develop a point system for unwinding
- Adopt a growth mindset
- Shift the perspective
- Spend time doing something for yourself regularly
- Seek out a qualified counselor

## Sources:

Tips to navigate workload and prevent burnout  
10 Tips for Coping with Emotional Exhaustion  
500 Free Printable Workbooks & Manuals for  
Therapists



# Depersonalization

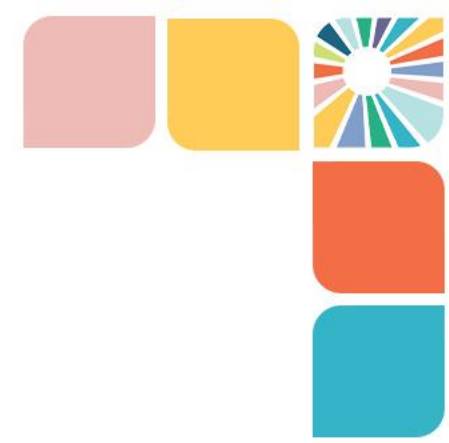


- Somatic Experiencing Exercises
  - Self-soothing touch
  - Grounding and centering
  - Guided Meditation
- Be intentional about connection



Source:  
Somatic Experiencing Therapy: 10 Best  
Exercises & Examples

# Professional Inefficacy



- Self-Compassion by Dr. Kristin Neff
  - 3 Elements of Self-Compassion
    - Self-Kindness vs. Self-Judgement
    - Common humanity vs Isolation
    - Mindfulness vs Over-identification
- Reflecting on areas of concern
- Implementing an action plan
- Journaling



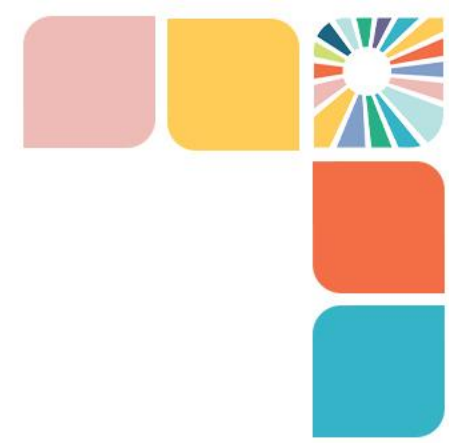
Sources:

Self-Compassion

Therapeutic Strategies to Tackle Burnout

Counseling Today: The Battle Against Burnout

# Discussion



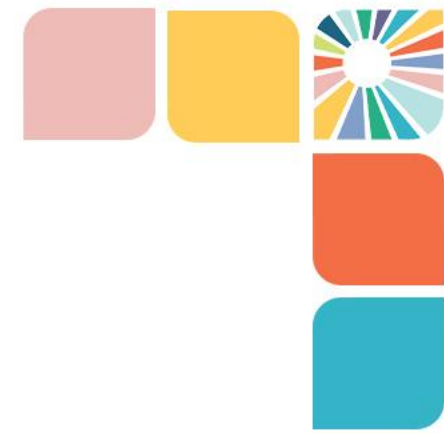
- Thoughts on the skills covered today?
- Any stand out that you would like to try?
- What skills are you currently utilizing to manage stress?



# Conclusion and Q&A



Counseling  
+ Recovery  
SERVICES



**Thank you!**

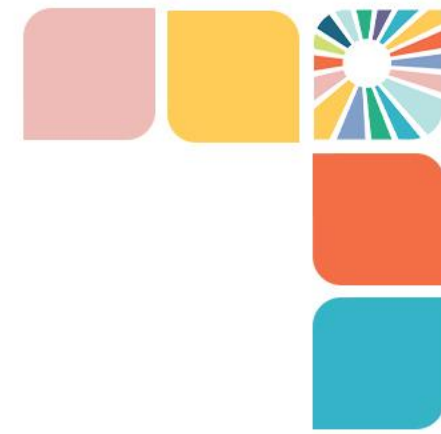
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CRSOK Clinical Training:

<https://www.crsok.org/clinical-training/>



# Resources



500+ free printable workbooks, manuals and self-help guides:

<https://mindremakeproject.org/2018/11/12/free-printable-pdf-workbooks-manuals-and-self-help-guides/>

Somatic Experiencing Therapy: 10 Best Exercises & Examples

<https://positivepsychology.com/somatic-experiencing/>

4 Somatic Therapy Exercises for Healing from Trauma

<https://psychcentral.com/lib/somatic-therapy-exercises-for-trauma>

Self-Compassion: Dr. Kristin Neff:

<https://self-compassion.org/>

Maslach Burnout Inventory:

<https://www.mindgarden.com/117-maslach-burnout-inventory-mbi>

Sanctuary Institute:

<https://www.thesanctuaryinstitute.org/>

