



MILITARY FAMILIES LEARNING NETWORK

Wellness Strategies, Burnout Prevention, & Mindfulness: Part 1

<https://learn.extension.org/events/1878>

U.S. DEPARTMENT
OF DEFENSE



This material is based upon work supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, and the Office of Family Policy, Children and Youth, U.S. Department of Defense under Award Numbers 2010-48869-20685 and 2012-48755-20306.



MILITARY FAMILIES LEARNING NETWORK

Sign up for webinar email notifications

<http://bit.ly/MFLN-Notify>

Provide feedback and earn CEU credit with one link:

We will provide this link at the end of the webinar



MILITARY FAMILIES

LEARNING NETWORK

Research and evidenced-based
professional development
through engaged online communities.

eXtension.org/militaryfamilies

POLL

How would you best describe your current employer?



FAMILY DEVELOPMENT

Military Families Learning Network



<https://www.facebook.com/MFLNfamilydevelopment>



<https://twitter.com/MFLNFamDev>

Talk About it Tuesday: #MFLNchat



<https://www.youtube.com/user/MILFamLN>



<https://www.linkedin.com/groups/Military-Families-Learning-Network-6617392>

To subscribe to our MFLN Family Development newsletter send an email to
MFLNfamilydevelopment@gmail.com
Subject: Subscribe



Available resources

extension Learn
America's Research-based Learning Network®

Upcoming Recent Sign in Search GO



Thursday, April 2 at 11:00 am EDT
120 minute session
Add to calendar
Location: <https://learn.extension.org...>

Follow this event

military families militaryfamilies family development mifird

Related Events

- Upcoming - Wellness Strategies, Burnout Prevention, & Mindfulness-Part 2
- Latino Military Families: Current Issues & Implications for Clinical Work
- Effects of Visible & Invisible Parent Combat Injuries on Military Families
- Trauma in Young Children Under 4-Years of Age: Attachment, Neurobiology, and Interventions

Wellness Strategies, Burnout Prevention, & Mindfulness-Part 1

Thursday, April 2 at 11:00 am EDT
Link: <https://learn.extension.org/events/1845#v102-r7yPKA>

This 2 hour webinar will explore current research findings linked to burnout and wellness for mental health clinicians. The presentation will also include burnout prevention and wellness strategies utilized to promote a more mindful work-life balance.

How to obtain CEUs:

- We provide National Association of Social Workers (NASW) and Georgia Marriage and Family Therapy CE credits. More information on how to obtain CEUs can be found [here](#).

How to join the Webinar:

<https://learn.extension.org/events/1878>

Find slides and additional resources under 'event materials'





CE Credit Information

- Webinar participants who want to receive **2.0 NASW CE Credits and/or 2.0 Georgia Marriage and Family Therapy CE Credits** (or just want proof participation in the training) need to take the **post-test** provided at the end of the webinar.
- CE Certificates of completion will be automatically emailed to participants upon completion of the evaluation & post-test.
 - Questions/concerns surrounding the National Association of Social Workers (NASW) CE credit certificates can be emailed to this address:
MFLNfamilydevelopment@gmail.com
 - Sometimes state/professional licensure boards for fields other than social work recognize NASW CE credits, however, you would have to check with your state and/or professional boards if you need CE Credits for your field.
- To learn more about obtaining CE Credits, please visit this website:
<http://blogs.extension.org/militaryfamilies/family-development/professionaldevelopment/nasw-ce-credits/>





Today's Presenters:



Eric Thompson, Ph.D.

Assistant Professor of School Counseling at Nova Southeastern University. He has been a practitioner of contemplative practices and mindfulness since 1995. In addition to his personal practice, Dr. Thompson studied with numerous meditation and mindfulness instructors. Eric has presented on Mindfulness at the International American Counseling Association conference in 2010. He taught Mindful Living courses at the University of Florida from 2008-2011.



Isabel Thompson, Ph.D.

Assistant Professor in Mental Health Counseling at Nova Southeastern University in Fort Lauderdale, Florida. She holds a Ph.D. in Counselor Education and Supervision from the University of Florida and is a Licensed Mental Health Counselor in Florida. Her areas of research include wellness, mindfulness, and the application of contemplative approaches in clinical practice. Isabel has examined how counselor coping practices impact reported levels of burnout and compassion fatigue. In addition, Isabel integrates meditative and self-care practices into her day-to-day life. When not working, she enjoys spending time with her husband and son and being in nature.



Wellness Strategies, Burnout Prevention, & Mindfulness- Part 1

Eric S. Thompson, PhD

Isabel A. Thompson, PhD, LMHC

The following presentation is not endorsed by the Department of Defense and the information, as well as any opinions or views, contained herein are solely that of the presenter.

Overview of Presentation

Part 1 will provide participants with

- a foundational understanding of wellness strategies
- Definitions of burnout
- Explore the need for burnout prevention
 - an introduction to mindfulness
 - an introduction to mindfulness practices

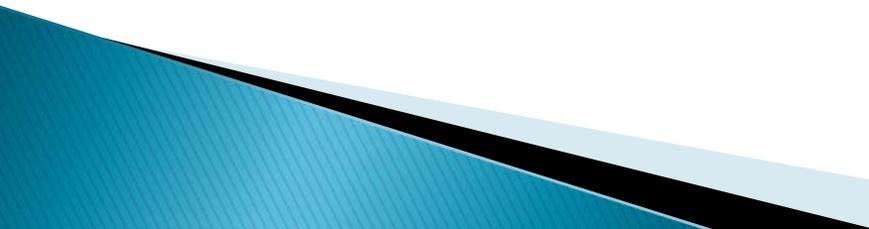
Defining Wellness

- A state of optimal well-being supported by a way of life that nourishes the body, mind, and spirit
(Myers, Sweeney, & Witmer, 2000)

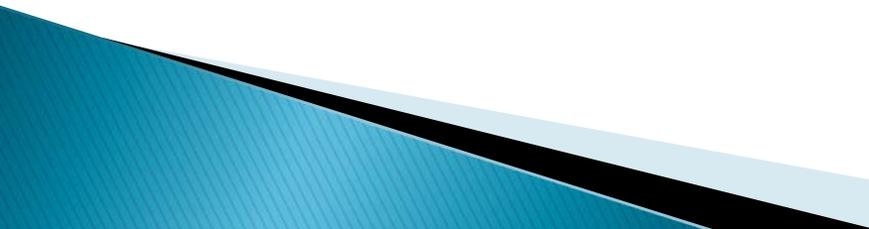
Indivisible Self Model of Wellness

- Creative self – thinking, control, emotions, work, positive humor
- Physical self – exercise and nutrition
- Coping self - leisure, realistic beliefs, stress management, self-worth
- Essential self - cultural identity, self-care, spirituality, gender identity
- Social self - friendship and love

(Hattie, Myers & Sweeney, 2004)



Definitions of Burnout

- Develops due to chronic emotional and interpersonal stress
 - Is comprised of three components:
 1. Emotional exhaustion
 2. Depersonalization
 3. Lack of personal accomplishment (Maslach, Schaufeli & Leiter, 2001)
 - Is considered a psychological condition experienced by mental health and other helping professionals (Pines & Maslach, 1978)
 - Is related to systemic factors (Maslach, 2003)
- 

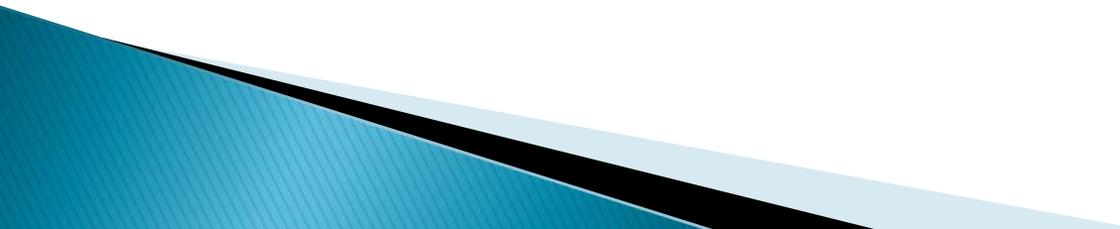
Compassion Fatigue

- Emotional fatigue that emerges after mental health professionals are exposed to traumatized clients (Figley, 1998, 2002a).
 - Associated with providing clinical services to trauma victims (Deville, Wright, & Varker, 2009)
 - Given the prevalence of trauma in the general public, mental health professionals likely to provide clinical services for clients who have experienced trauma (Williams, Helms, & Clemens, 2012).
 - Particularly relevant for mental health professionals working with a military family population
- 

Vulnerability to Burnout and Compassion Fatigue

- Counselors' empathy and caring can leave them vulnerable to impairment, burnout, and compassion fatigue
- In a 2007 survey of counselors, Lawson found
 - 5.2% met the burnout cutoff score
 - 10.8% met the compassion fatigue cutoff score
- Professional counselors mandated to self-monitor for impairment (ACA Code of Ethics, 2014)

Why should we care about preventing burnout?

- Ensure appropriate client care
 - Sustain quality of life
 - Ethical mandates to sustain well-being
 - Prevent the potentially negative consequences of caring for others
 - Burnout, compassion fatigue, professional impairment, and vicarious traumatization
- 

Burnout Prevention

- Burnout can lead to professional impairment
- Impairment – when personal distress negatively impacts professional functioning/ competence
(Lamb, Presser, Pfof, Baum, Jackson, & Jarvis, 1987)
- Standard of care is jeopardized - impaired mental health professionals fail to meet professional standards of practice (O'Conner, 2001; Negash & Sanhin, 2011)

Predictors of Counselor Burnout and Compassion Fatigue

Online survey of 213 licensed professional counselors who work at least 20 hours per week

Examined counselor gender, length of counseling career, perceptions of working conditions, and specific personal resources to predict reported levels of burnout and compassion fatigue

Personal resources examined were mindfulness attitudes, compassion satisfaction, and coping strategies

(Thompson, Amatea, & Thompson, 2014)

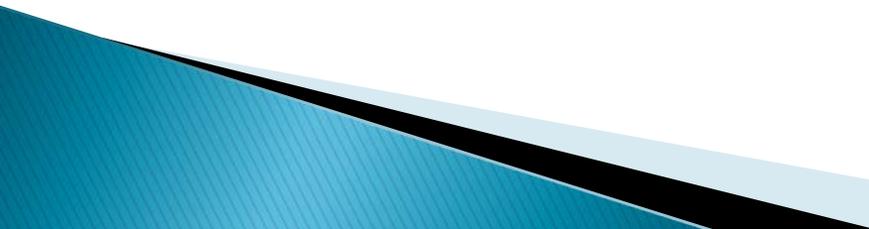


Results

Positive working conditions, counselors who had been in the field longer, and who endorsed mindfulness attitudes were found to be less likely to experience compassion fatigue or burnout

There was a gender difference in reported levels of compassion fatigue – women were more likely to report compassion fatigue than men.

(Thompson, Amatea, & Thompson, 2014)



Use of Coping Strategies

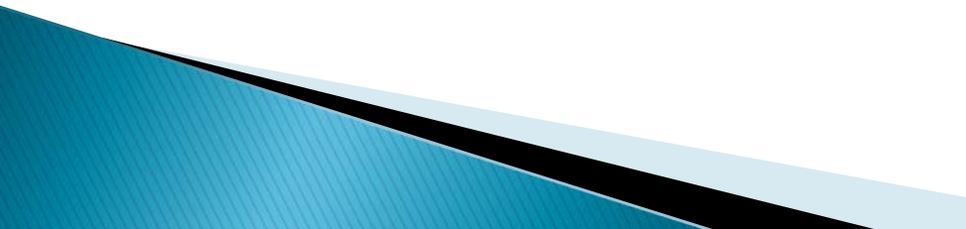
- Maladaptive coping strategies include substance use, denial, and self-blame
- Use of maladaptive coping strategies was related to compassion fatigue and burnout
- There did not appear to be a gender difference in report of burnout, but women were more likely to report compassion fatigue than men.

(Thompson, Amatea, & Thompson, 2014)

Importance of Mindfulness

- ▶ Counselors who increase mindfulness & compassion satisfaction while reducing the use of maladaptive coping strategies could reduce burnout levels
- ▶ Counselor mindfulness attitudes matters – inversely related to both burnout and compassion fatigue

(Thompson, Amatea, & Thompson, 2014)



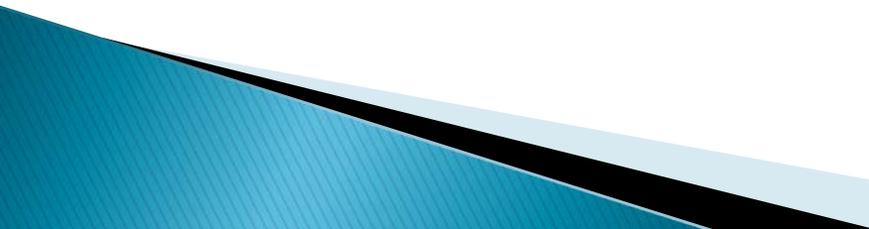
Implications for Mental Health Professionals

- Positive coping strategies address both the short term stressors and have long term positive consequences. Self-care can be considered form of positive coping.
- Maladaptive coping strategies (e.g. substance use, self-blame) - address perceived stressors in the short term, but lead to negative effects overall and associated with higher burnout (Thompson, Amatea & Thompson, 2014)
- Mindfulness attitudes associated with lower levels of burnout (Thompson, Amatea & Thompson, 2014); therefore learning about mindfulness and implementing mindfulness practices could be a powerful form of self-care
- The times when we are under high levels of stress are the times when we need self-care the most (Skovholt & Trotter-Mathison, 2011)

Contemporary Definition of Mindfulness

- Mindfulness has been defined as paying complete attention in the present moment, with moment-to-moment non-judgmental awareness (Kabat-Zinn, 1994)
 - Increase in mindfulness research, applications of mindfulness to reduce stress, and in therapy
- 

What Contemplative Traditions Have to Offer

- These traditions have long focused on human flourishing
 - Assumption: The cultivation of ethical behavior brings forth exceptional mental health
 - Premise: Mental distress is generally a symptom of a mental imbalance
 - Contemplative techniques and lifestyle change are a primary means to achieve mental balance, thereby reducing mental distress
- 

Causes of Happiness

- Wholesome way of life
 - Nurtured through cultivation of mental balance
 - Come to fruition in the experience of wisdom and compassion (Shapiro & Wallace, 2006)
- 

2 general types of Well-being

- Hedonic
 - Stimulus driven
 - Seek pleasure avoid pain
 - Sensual pleasures (8 mundane concerns)

8 mundane concerns OK to pursue but should not be the sole pursuit in life

Material goods

- Acquisitions of material goods
- Trying not to lose those you have

Feeling

- Striving for stimulus driven pleasures
- Doing your best to avoid pain and discomfort

Praise

- Seeking praise
- Avoiding abuse

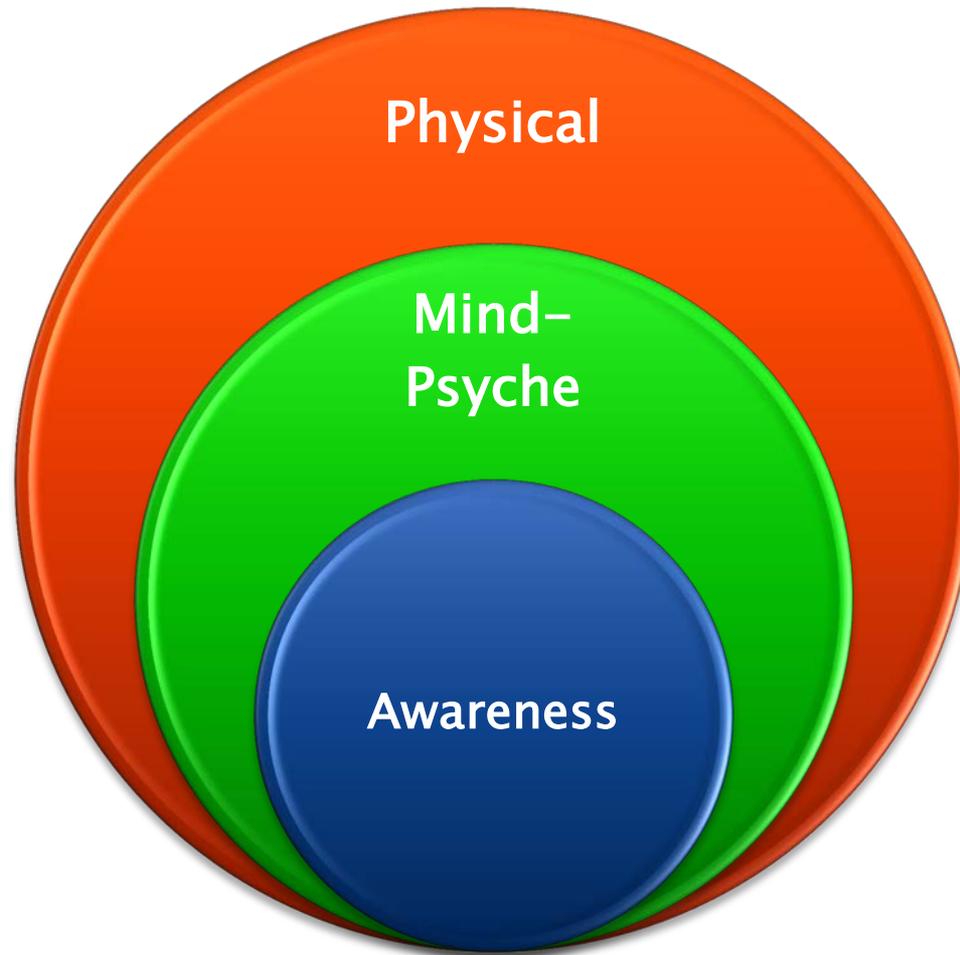
Reputation

- Yearning for a good reputation
- Fearing disgrace

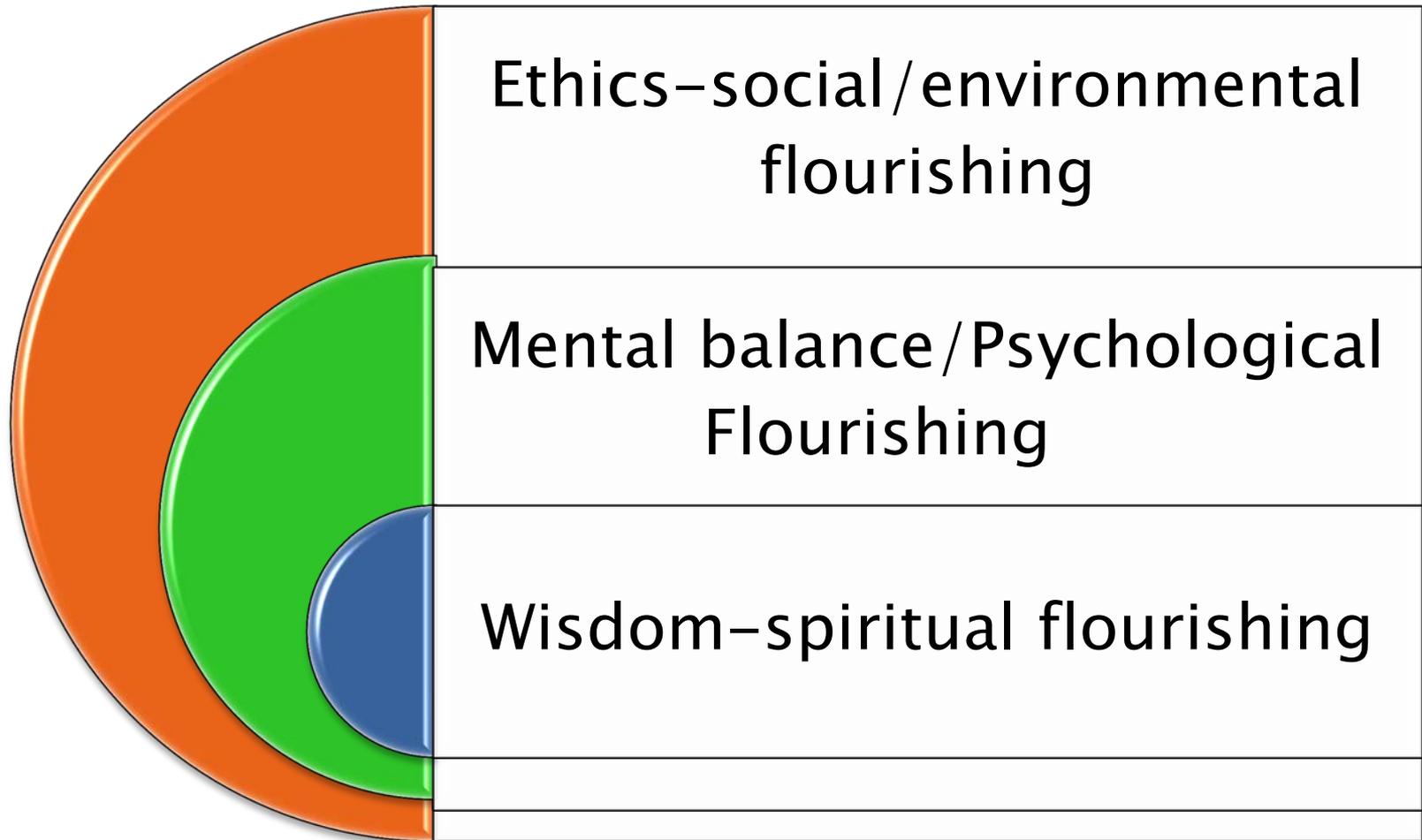
Eudemonia

- Aristotle: “a being at work of the soul in accordance with virtue, and should there be more than one virtue it is in accordance with the highest virtue;”
 - A work in progress
 - Not a destination
 - Results from cultivation
 - Ethical questions are essential
- 

Theoretical Underpinnings



The Framework of Contemplative Practice



Types of mental balance

- Conative-intentions and volitions that are conducive to one's own and others' well-being
 - Attentional-how you attend to things
 - Cognitive-engaging with the world of experience without imposing conceptual misapprehensions or distortions
 - Affective-Freedom from excessive emotional vacillation, emotional apathy, and inappropriate emotions—emotion regulation
- 

Psychological Flourishing

- A sense of well-being that is not contingent on external or internal stimuli, and is qualified by serenity, joy, and contentment, rather than excitement and arousal
 - Derives from conative, attentional, cognitive, and affective balance
- 

Conative imbalance

- Conation refers to faculties of desire and volition.
- Conative imbalances occur when:
 - desires and intentions lead us away from psychological flourishing and into distress-not conducive to well being (Addiction)
- Conative deficit occurs when we experience an apathy for our own and others' happiness and its causes
 - Unwilling to alleviate our own and others' suffering

Attentional Imbalance

- Deficit-mind cannot focus on chosen object for a period of time (falling asleep)
 - Hyperactivity-when mind is excessively aroused resulting in distraction and arousal
 - Compare this culture's view of normal attention to the contemplative view of normal attention.
 - Dysfunction- attending in afflictive ways (giving rise to grasping/attachment)
- 

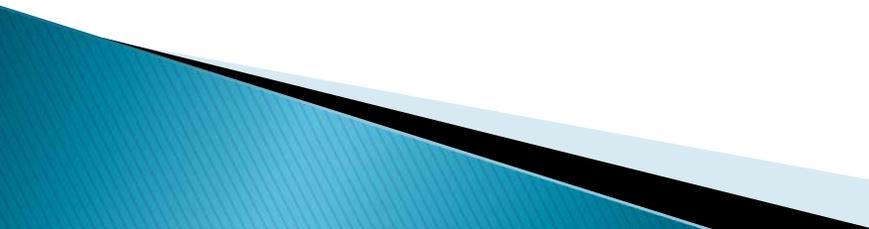
Cognitive Imbalance

- Failing to distinguish between fantasy and reality.
 - **Deficit**- failure to see what is present (absent minded)
 - **Hyperactivity** - Conflate conceptual projections with perceptual experience
 - **Dysfunction** – misapprehend the way things are (e.g. rope is actually a snake)
- Don't forget about unconscious projections!

Affective Imbalances

- **Deficit** – emotional deadness and cold indifference towards others
 - **Hyperactivity** - alternating elation and depression
 - **Dysfunction** - emotional responses inappropriate to circumstances (such as malice)
- 

Contemporary Definition of Mindfulness

- Mindfulness has been defined as paying complete attention in the present moment, with moment-to-moment non-judgmental awareness (Kabat-Zinn, 1994)
 - The capacity to attend to the present moment without evaluation or judgment to cloud perception. A moment-to-moment non-judgmental awareness of life that frees one of suffering and attachments, allowing for the development of spiritual traits.
- 

Mindfulness

- Traditional Definitions: “Mindfulness, when it arises, calls to mind wholesome and unwholesome tendencies, with faults and faultless, inferior and refined, dark and pure, together with their counterparts...”
- Mindfulness, when it arises, follows the courses of beneficial and unbeneficial tendencies:... these tendencies are helpful, these unhelpful. Thus, one who practices ...rejects unbeneficial tendencies and cultivates beneficial tendencies.”
- Sustained, voluntary attention continuously focused on a familiar object, without forgetfulness or distraction

(Asanga, 2001, p. 9; Buddhaghosa, 1979, p. 524; Gethin, 2001, pp. 36–44),



Vividness

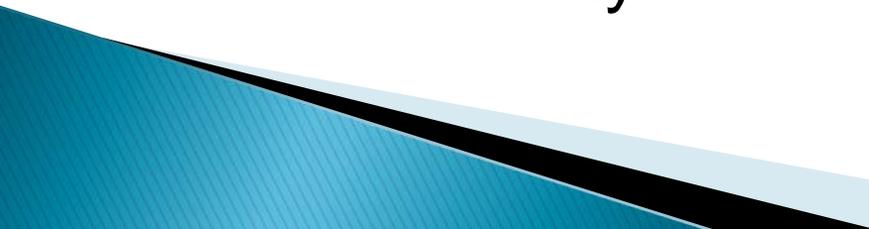
Stability

Relaxation

Overcoming conative imbalances

- Reflecting on meaningful desires
 - Recognizing that unwholesome desires lead to suffering
 - What are the consequences for me and my loved ones of maintaining this way of life?
 - Developing meaningful goals
 - Interventions matched to client's conative level are effective
 - Two Terms are important
 - Mindfulness
 - Introspection
- 

Remedies to attentional Imbalance

- Cultivating mindfulness and Introspection
 - Meta attention-ability to alter state of mind by swiftly recognizing whether one's attention succumbs to laxity or excitation.
 - Mindfulness of breath
 - Excitation—relax
 - Laxity/dullness-refresh interest in object
 - Emphasize mental effort and physical relaxation simultaneously
- 

Overcoming cognitive imbalances

- Application of mindfulness
 - Distinguishing between what is being presented to senses and what is being conceptually projected onto experiences.
 -
 - 4 applications of mindfulness
 - Develop attention skills then apply skills to carefully examination of one's own and others physical and mental experiences.
 - In mindfulness one changes relationship to thoughts, in Cognitive therapy one changes the contents.
- 

Overcoming Affective Imbalances

- Loving-kindness
 - Compassion
 - Empathetic joy
 - Equanimity
 - List what you are grateful for
- 

Meditation: What is it?

- “...meditation refers to a family of techniques which have in common a conscious attempt to focus attention in a non-analytical way, and an attempt not to dwell on discursive, ruminating thought” (Shapiro, p. 14, 1980)
 - Meditation is a form of mental training that helps us know our own consciousness and awareness.
- 

Purposes of Meditation

- There are as many reasons to meditate as there are types of meditation!
 - Increase awareness, become centered, and gain better concentration
 - Develop more meaning in life
 - Connect with a transpersonal state of consciousness
 - Relieve anxiety and stress-related disease
 - Sharpen the attention
 - contemplative practices can ease mental imbalances that cause distress
- 

Meditation: What is it not?

- Meditation is not about having a blank mind, becoming self-obsessed, navel-gazing, or being a zombie!
 - Although meditation is simple, it is not necessarily easy!
- 

Demystifying Meditation

- Thoughts arise in meditation. In fact, when you begin certain meditation practices, you may notice the sheer volume of thoughts that you have!
 - Meditation helps you cultivate a new way of relating with internal stimuli such as thoughts and feelings – having more choice over how you engage with your own internal world
- 

Guided Meditations- 15 min

- **Body Scan (Cognitive)**
 - **Mindfulness of breathing** – can be used to add counselors in recovery after a difficult or emotionally intense session (Attentional)
 - **Lovingkindness** (Conative/Affective)
 - **Compassion** (Conative/Affective)
- 

References

- Jacobs, T. L., Epel, E. S., Lin, J., Blackburn, E. H., Wolkowitz, O. M., Bridwell, D. a, Zanesco, A. P., et al. (2011). Intensive meditation training, immune cell telomerase activity, and psychological mediators. *Psychoneuroendocrinology*, 36(5), 664–81. doi:10.1016/j.psyneuen.2010.09.010
- Kabat-Zinn, J. (1994). *Wherever you go there you are: Mindfulness meditation in everyday life*. New York, NY: Hyperion.
- Kemeny, M. E., Foltz, C., Cavanagh, J. F., Cullen, M., Giese-Davis, J., Jennings, P., Rosenberg, E. L., et al. (2011). Contemplative/emotion training reduces negative emotional behavior and promotes prosocial responses. *Emotion (Washington, D.C.)*, 12(2), 338–350. doi:10.1037/a0026118
- Lamb, D. H., Presser, N. R., Pfost, K. S., Baum, M. C., Jackson, V. R., & Jarvis, P. A. (1987). Confronting professional impairment during the internship: Identification, due process, and remediation. *Professional Psychology: Research and Practice*, 18(6), 597-603.
- Maslach, C., Schaufeli, W. B., & Leiter, M. P. (2001). Job burnout. *Annual Review of Psychology*, 52, 397-422.
- Skovholt, T. M., & Trotter-Mathison, M. J. (2011). *The resilient practitioner: Burnout prevention and self-care strategies for counselors, therapists, teachers, and health professionals* (2nd ed.). New York, NY: Taylor and Francis.
- Wallace, B. A., & Shapiro, S. L. (2006). Mental balance and well-being: Building bridges between Buddhism and Western psychology., 61(7), 690–701. doi:10.1037/0003-066X.61.7.690
- Wallace, B. A. (2005). *Genuine Happiness: Meditation as the Path to Fulfillment* (p. 256). Wiley. Retrieved from <http://www.amazon.com/Genuine-Happiness-Meditation-Path-Fulfillment/dp/047146984X>



Key Take-Away Applications

- Recognize the warning signs of burnout, and when to seek help.
- Identify various types of wellness strategies.
- Understand the importance of clinicians and those who work in a helping profession to implement wellness strategies into their routine.
- Discover tips for clinicians and advocates to implement when working with families.





CE Credit Information

- Webinar participants who want to receive **2.0 NASW CE Credits and/or 2.0 Georgia Marriage and Family Therapy CE Credits** (or just want proof participation in the training) need to take this **post-test AND evaluation**:
 - https://vte.co1.qualtrics.com/SE/?SID=SV_3z3wDuzvA2yJULr
- CE Certificates of completion will be automatically emailed to participants upon completion of the evaluation & post-test.
 - Questions/concerns surrounding the National Association of Social Workers (NASW) CE credit certificates can be emailed to this address:
MFLNfamilydevelopment@gmail.com
 - Sometimes state/professional licensure boards for fields other than social work recognize NASW CE credits, however, you would have to check with your state and/or professional boards if you need CE Credits for your field.
- To learn more about obtaining CE Credits, please visit this website:
<http://blogs.extension.org/militaryfamilies/family-development/professional-development/nasw-ce-credits/>





FAMILY DEVELOPMENT

Military Families Learning Network

Upcoming Webinars:



Part 2 Wellness Strategies, Burnout Prevention, & Mindfulness

Thursday April 23rd @ 11 a.m. Eastern

http://bit.ly/MFLN_FD_23April_WSBPM_P2



Links Between PTSD & Domestic Violence in Military Couples

Thursday May 28th @ 11 a.m. Eastern

http://bit.ly/MFLN_FD_28May_LinksPTSDandDV



MILITARY FAMILIES LEARNING NETWORK

**Find all upcoming and recorded webinars
covering:**

Family Development
Military Caregiving
Network Literacy
Personal Finance

<http://www.extension.org/62581>

U.S. DEPARTMENT
OF DEFENSE

