

Welcome!

We're glad you're here

We know you're busy



Structure

- ⊗ First part = presentation
- ⊗ Second part = conversation via Q & A and chat

Agenda

- ⊗ Introduction
- ⊗ What are we up against?
 - ⊙ Technology
 - ⊙ Circumstances
 - ⊙ Others
 - ⊙ Ourselves

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Gratitude




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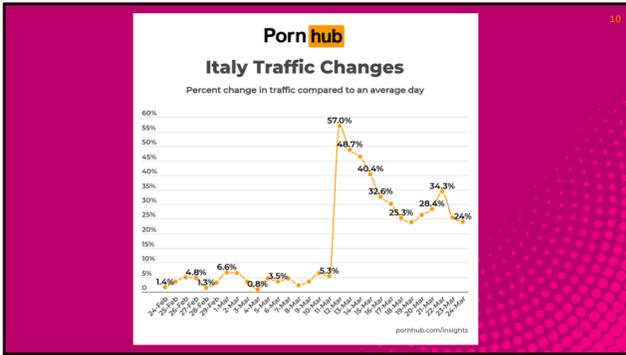
Gratitude

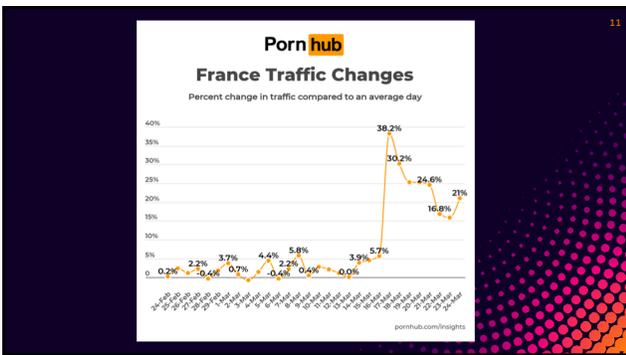


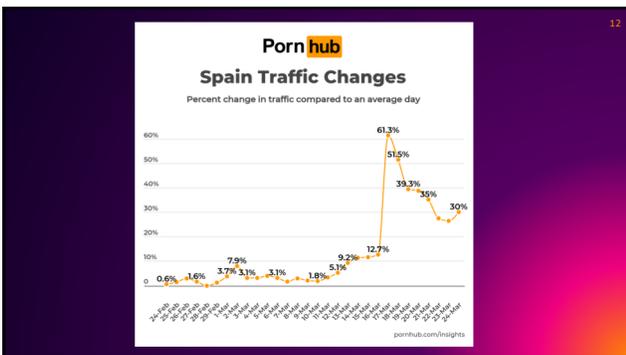


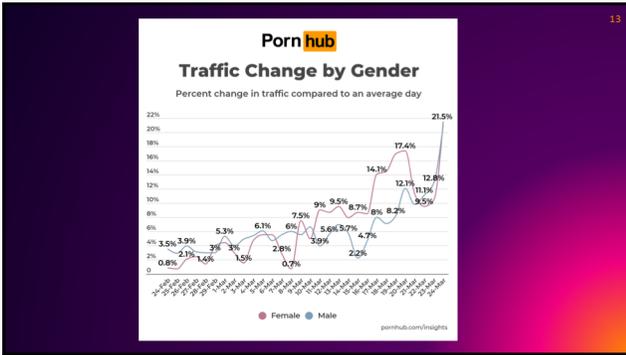
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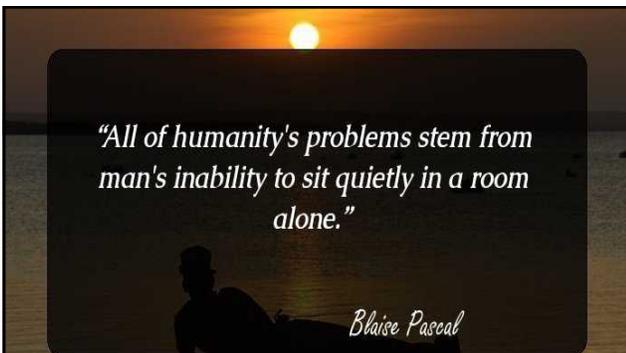
What are we seeing?











Helping others in Trying Times

Coronavirus: I'm in lockdown with my abuser
By Megan Wilson
12/17/2019

Coronavirus lockdown raises risk of online child abuse, charity says
NIPCC warns abusers will exploit shortage of moderators and children spending more time on Internet
Coronavirus: Latest updates
See all our coronavirus coverage

Neither has your support
Support The Guardian

Helping others in Trying Times

“Code 19” or “Masque 19”

The screenshot shows a CNN news article with the headline "Women are using code words at pharmacies to escape domestic violence during lockdown". The article is dated April 8, 2020. The main image shows a pharmacy storefront with a sign that says "SPORTE". There are smaller images of people and a "FX hulu" logo in the bottom right corner of the screenshot.

Let's face it

- ⊗ We are up against panic
- ⊗ We are up against negativity
- ⊗ We are up against uncertainty
- ⊗ If we don't help others, who will?
- ⊗ If we don't help ourselves, who will?

Framing our Message

“The most important thing in art is the frame”

-- Frank Zappa

Messaging: words matter



What's our message?

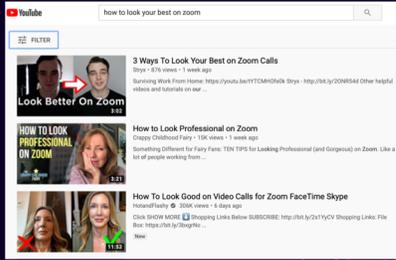
- ⊗ We can stay focused
- ⊗ We can stay empathic
- ⊗ We can be effective "caremongers"
- ⊗ We can take care of ourselves
- ⊗ We don't know how we will come through all of this but we know that we will

Are we up against...

- ⊗ Technology?

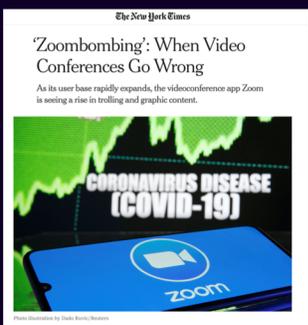
We can learn new skills!

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Some tips

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- ⊗ Ensure that your client knows how to use technology.
- ⊗ Ensure that the client is in a private location where others will not unduly influence the nature of the discussion you are having.
- ⊗ Ensure that the session is not recorded unless all parties agree in writing.

Some tips

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- ⊗ Ensure that all parties on the call are dressed appropriately (as they would for an in-person appointment) and in an appropriate location (as they would be for an in-person appointment. For example, not in bed or in the bathroom).
- ⊗ Consider whether the client may have access to weapons or other methods of self-harm.
- ⊗ Ensure that the client is able to send you any homework or related materials for review prior to the session.

Some tips

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- ⊗ Use services, such as Zoom, that can be considered HIPAA compliant. In many areas, Zoom is becoming the preferred vehicle for meetings that involve confidential client information.
- ⊗ Have a plan for what to do if the session is unexpectedly disconnected due to technical difficulties.
- ⊗ Discuss risks and benefits of engaging in on-line therapy versus face to face therapy during the initial session.
- ⊗ Be aware of the presence of others listening on the client end and adjust conversation accordingly.

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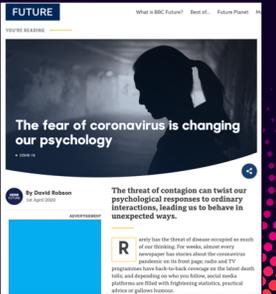
Some tips

- ⊗ Remember that you need to be licensed in the state where the client is located. If your client is outside of your state, for example, you may need to check the regulations for that state.
- ⊗ Provide earphones with mics for the client and use them yourself. This will decrease problems with audio and enhance communication.
- ⊗ Be thoughtful about your background, proximity to the camera and composition of the video shot. If you are assisting a client for a video conference, help them be as visible as possible for the person they are meeting with. As much as possible, safeguard their privacy and provide a quiet, distraction free space.

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Are we up against...

- ⊗ Others?



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Behavioral Immune System

(Murray & Schaller, 2015)

- ⊗ "A motivational system that evolved as a means of inhibiting contact with disease-causing parasites and that, in contemporary human societies, influences social cognition and social behavior"
- ⊗ Disgust response

Behavioral Immune System

(Murray & Schaller, 2015)

- ⊗ Moral judgments become harsher
- ⊗ Social attitudes become more conservative
- ⊗ Especially true when considering:
 - ⊙ Immigration
 - ⊙ Sexual freedom
 - ⊙ Equality
- ⊗ Leads to values placed on conformity and reduced eccentricity

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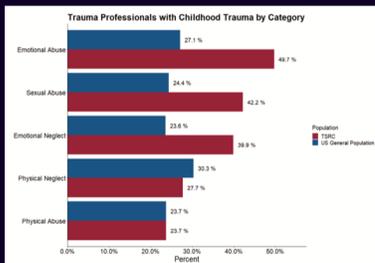
Are we up against...

- ⊗ Ourselves?



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Traumatic Stress Resource Center (2020)



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Bottom line

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- ⊗ If you find yourself exhausted, there are good reasons for it!
- ⊗ Self-care is crucial
- ⊗ Compassion for others is a process, not just an intention
- ⊗ Self-compassion is key to staying effective
- ⊗ These times call for *radical hope*
 - ⊙ Includes pride in the work that we do

It's not just about self-care!

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- ⊗ Self-care is vital
- ⊗ It's about understanding the impact of our circumstances
- ⊗ It's not "If I only did more yoga I wouldn't feel this way"
- ⊗ It's about self-care as a way to stay engaged

It's not just about self-care!

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- ⊗ It's about taking pride in the work we do!
- ⊗ We are all in the field of violence prevention
- ⊗ Your work has a broader impact than you may know.

Thank you!

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Now it's your turn!



Thank You!

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