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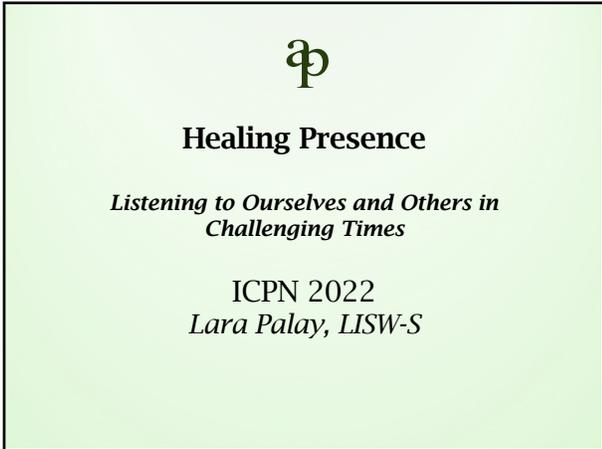
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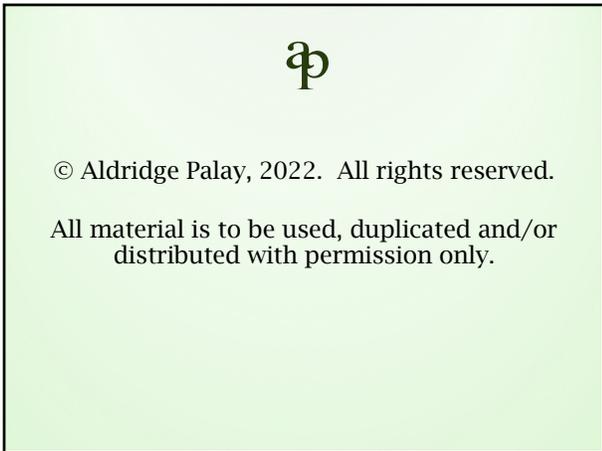
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What Happened to Us



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84,000,000 sick  
1,000,000 lost  
...in the United States



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500,000,000 sick  
6,000,000 lost  
...in the world.



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Federal helpline for mental health and substance abuse:

833,598 calls in 2020

1,200,000 calls in 2021



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What Is Left



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*"...psychological distress, fatigue, brain fog, and other conditions have increased...among people who have not been infected..."*

These may be linked to brain inflammation recently identified in people post-pandemic who did **not** get Covid

-Harvard Medical Review, Feb. 2022



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Various studies have identified:

- Anxiety
- Disrupted grieving
- Role confusion
- Lowered distress tolerance
- Parental distress
- Lowered self-efficacy
- Economic/employment worries
- Exhaustion
- Depression

in adults. The long-term impact on adolescents and children is not yet known.



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What We Can Do



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“You are your instrument.”

-actors’ saying



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What Therapists Learn

Accept everything.  
Need nothing.  
Try anything.



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Seven Brief Chapters

1. Holy listening/sacred space
2. Pain
3. OKness
4. Quiet
5. Feelings
6. Accidents
7. Faith



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*Holy Listening and Sacred Space*



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“Healing spiritual pain requires holy listening, not compulsive fixing”

-Groves and Klauser



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Seeing problems differently: a Taoist perspective



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Sadness

Sadness is a part of life; it is a part of you

Emptiness and fullness are the same

Emptiness can also be a sign that it's time to fill up  
The important part for the Taoist is the recognition of emptiness as a sign and that what you fill up with must be a part of you, that which makes you authentically whole



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Worry

Helps us guide future decisions  
Dysfunctional when we do it too often  
Taoist approach: Allowing the worry to flow

Courage is not the absence of fear  
Courage is having fear and going on in spite of it  
(anyway)

-Karsten Look



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Making a Sacred Space

*Separateness*

*Intention*

*Liminality*



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**Pain**



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We are at risk for:

Vicarious Trauma  
 Secondary Traumatic Stress  
 Burnout  
 Moral Injury



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What affects us affects the people we care for:

Children  
 Parents  
 Partners  
 Co-workers  
 Employees  
 The Individuals We Support



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Three Kinds of Empathy

*Cognitive empathy:* we understand and can identify what someone is feeling, but we do not feel it.

*Emotional empathy:* feeling the feelings (and the cause of empathetic distress)

*Compassionate empathy:* recognizing and understands the feelings, but recognizes distance (rather than melding), and motivates us to meaningful action. We have a wish for their well-being.



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### Empathy vs. Compassion

Compassion *recognizes* emotions in others but does not *share* them.

Compassion is a stance of caring and desire to help **without** experiencing the feelings and distress of the other.



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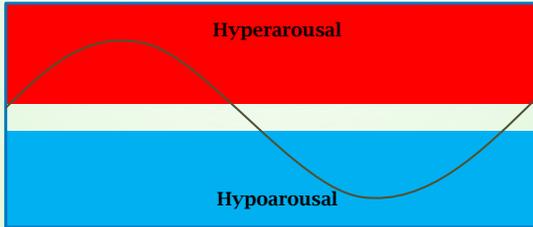
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### Hyper- and hypoarousal: being knocked out of tolerance



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### *OKness*



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### Self-Awareness and Self-Regulation

We have to be able to work *with* emotions that arise instead of becoming agitated (high arousal) shutting down (low arousal)

1. *recognize and identify* what we are experiencing and where we are in our range (self-awareness)

2. *deal with our feelings* in the moment using strategies to move back into a compassionate stance (self-regulation).



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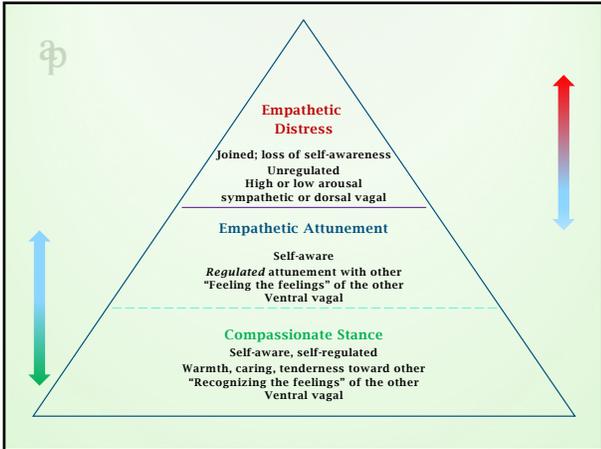
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“When you know and respect your own inner nature, you know where you belong.”

-Karsten Look



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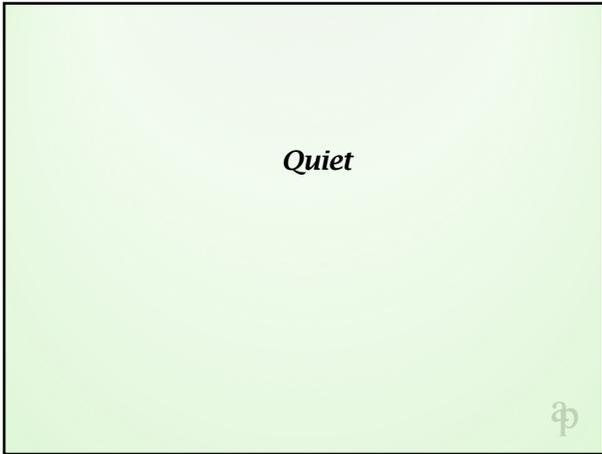
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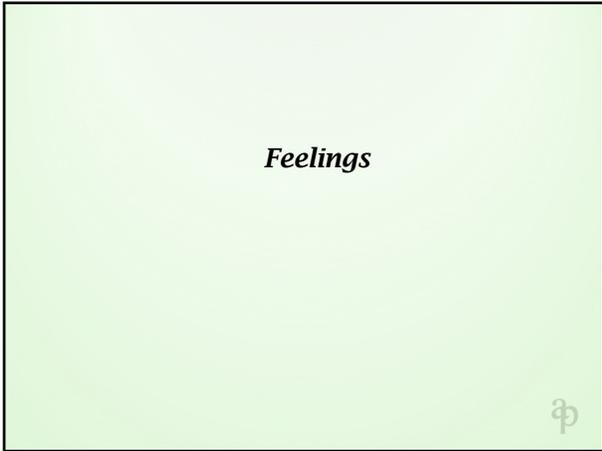
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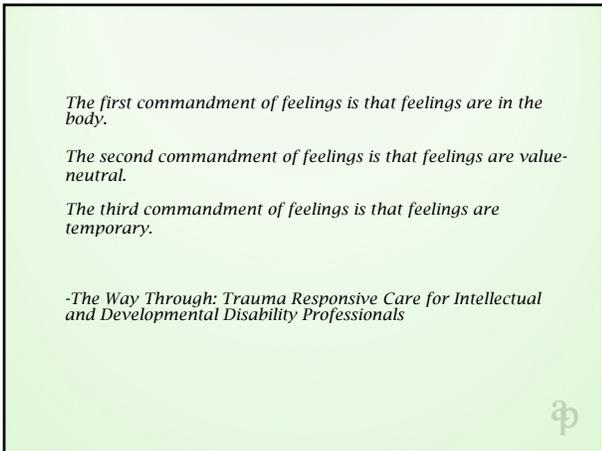
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**RAIN**  
*Applying mindfulness to difficult emotions (RAIN)*

**R - Recognize** what is going on

**A - Allow** the experience to be, just as it is

**I - Investigate** with interest and care

**N - Nourish** with self-compassion

-Tara Brach



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**The Wings of the Bird**  
*From Tara Brach*

1. Name/label the inner experience
2. Embody it (locate it in your body)
3. Ask yourself a question:  
*Can I give this permission to be?*  
*Can I make space for it?*  
*Can I say "yes" to this?*



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**Accidents**



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The Path to the Water



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“The right way to wholeness is made up of fateful detours and wrong turnings”

-Carl Jung



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*Faith*



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"I always imagined when I was a kid that adults had some kind of inner toolbox full of shiny tools: the saw of discernment, the hammer of wisdom, the sandpaper of patience. But then when I grew up I found that life handed you these rusty bent old tools - friendships, prayer, conscience, honesty - and said 'do the best you can with these, they will have to do'. And mostly, against all odds, they do."

-Anne Lamott



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"...[Q]uantum physicists are not exactly sure what happens when the wave becomes a particle. There are different theories -- the collapse of the wave function, decoherence -- but they're all agreed on one thing: that reality comes into being through an interaction."

-Emily Levine



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[www.aldridgepalay.com](http://www.aldridgepalay.com)

42

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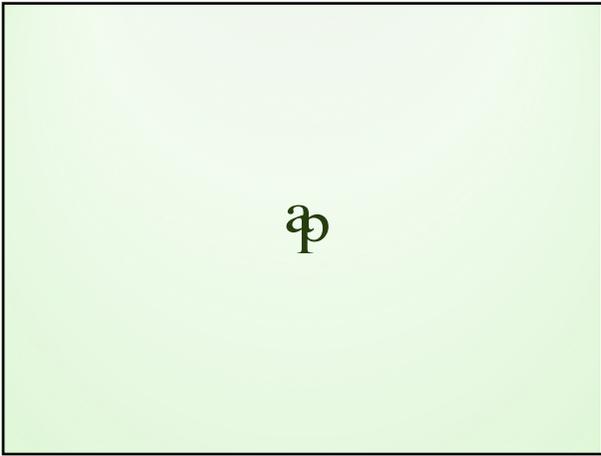
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