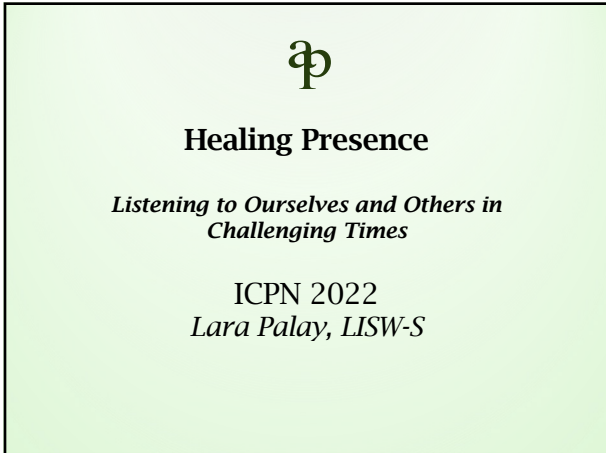
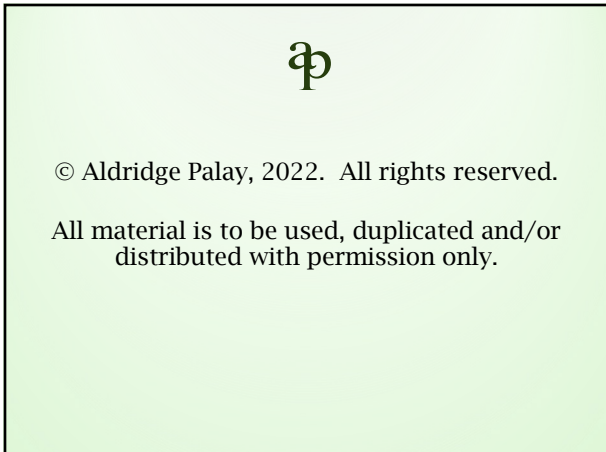


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3

What Happened to Us




4

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



5

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



6

Federal helpline for mental health and substance abuse:

833,598 calls in 2020

1,200,000 calls in 2021



7

What Is Left



8

"...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




9

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.



10


What We Can Do



11

“You are your instrument.”

-actors’ saying



12

What Therapists Learn


Accept everything.
Need nothing.
Try anything.



13


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



15

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

-Groves and Klauser



16

Seeing problems differently: a Taoist perspective



17

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



18

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



19

Making a Sacred Space

Separateness

Intention

Liminality



20


Pain



21

We are at risk for:


Vicarious Trauma
 Secondary Traumatic Stress
 Burnout
 Moral Injury



22

What affects us affects the people we care for:

Children
 Parents
 Partners
 Co-workers
 Employees
 The Individuals We Support




23

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

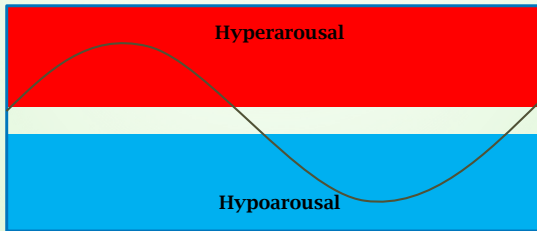
Compassion *recognizes* emotions in others but does not *share* them.

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



25

Hyper- and hypoarousal: being knocked out of tolerance



26

OKness



27

Self-Awareness and Self-Regulation

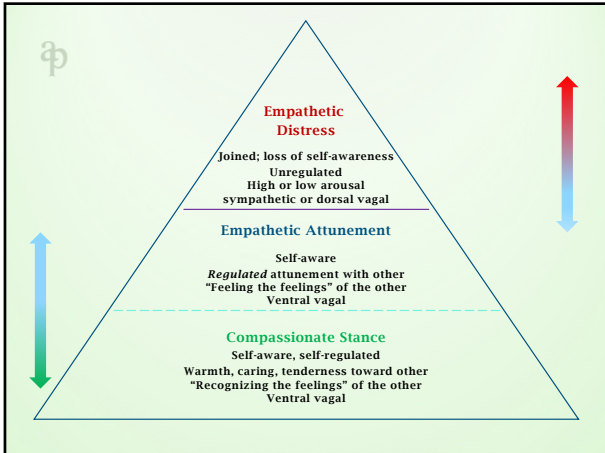
We have to be able to work *with* emotions that arise instead of becoming agitated (high arousal) shutting down (low arousal)

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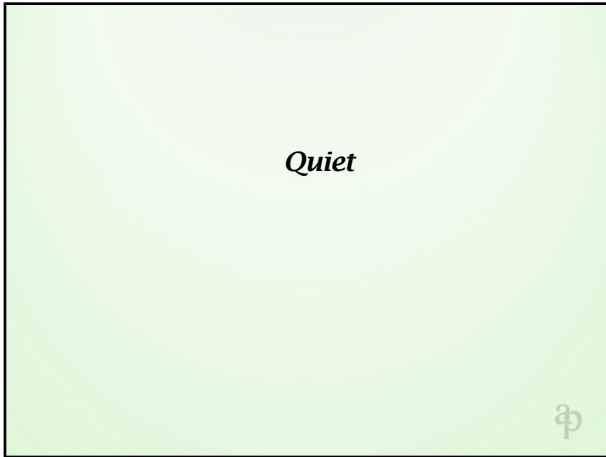
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"When you know and respect your own inner nature, you know where you belong."

-Karsten Look



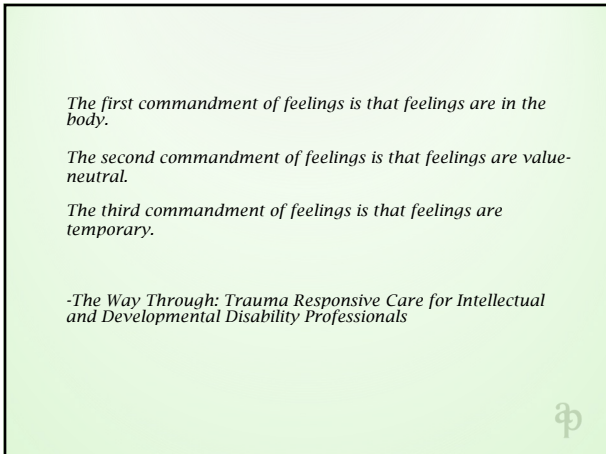
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32



33

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



34


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?




35

Accidents



36


The Path to the Water



37

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

-Carl Jung



38

Faith



39

"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



40



"...[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



41

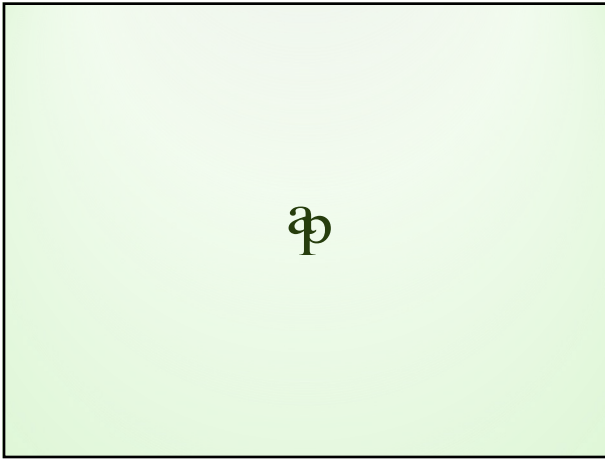


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