

# **Self-Care for Professionals**

Looking after the Workforce part 2

Loss, Change and the Drama Triangle

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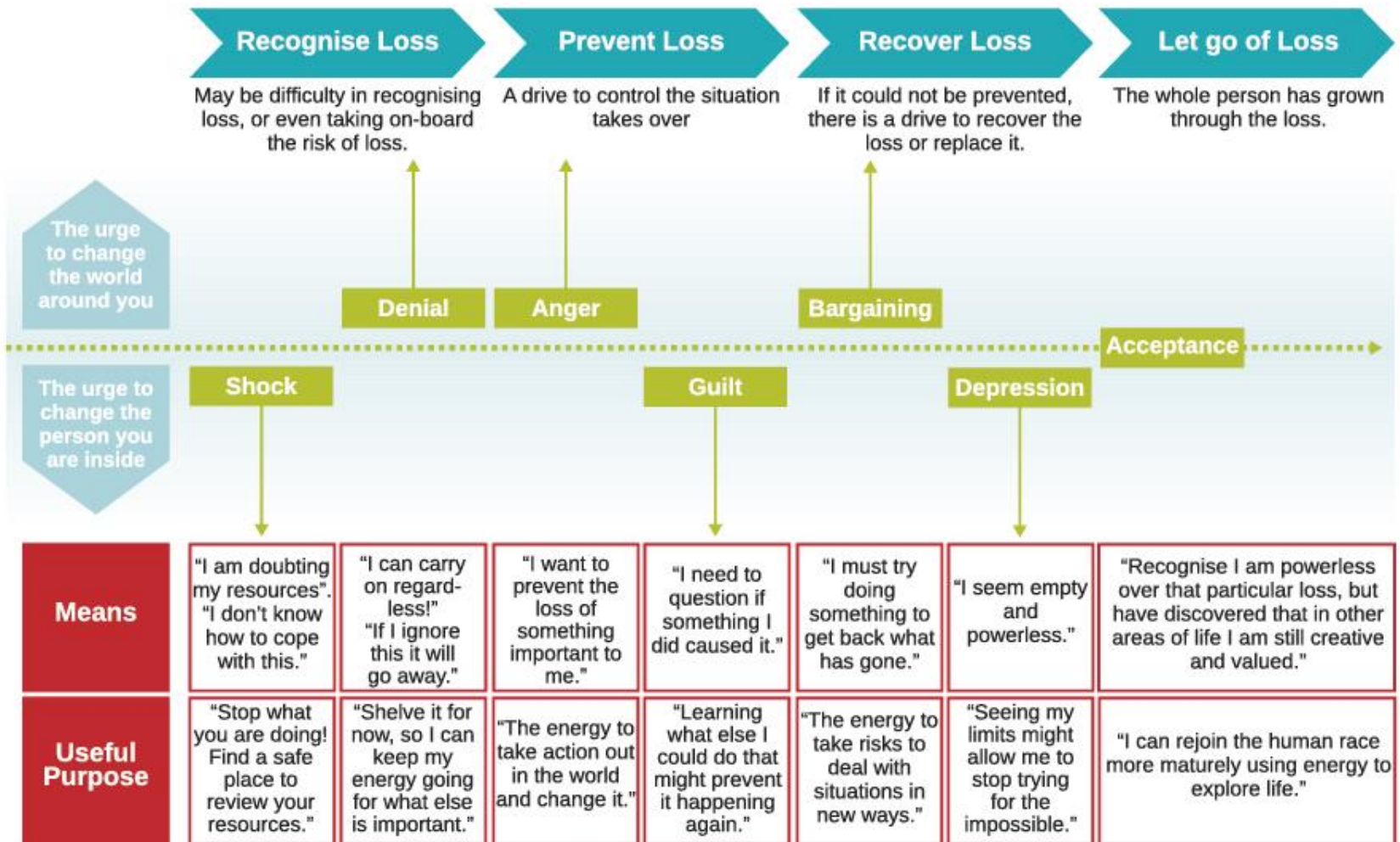


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# Human Software Working

- Loss and Change
- How Life Works
- Giving Meaning to Life's experiences

## Turning Points as you Adjust to Change



**Growth cycle - repeatedly revisiting Bargaining and Acceptance**

*Health and Self-Care, Thanks to Alex Aylward with Acknowledgment to Emotional Logic Centre"*

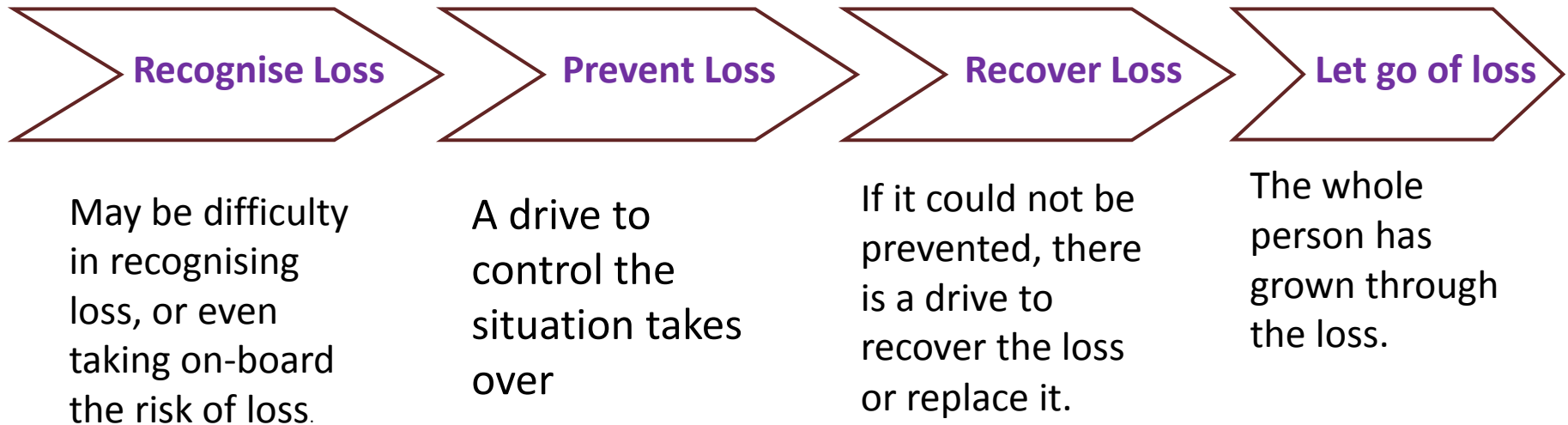
# Turning points as you adjust to change and Loss

The first step to understanding adjusting to change emotions is to learn the different phases we go through when adjusting, known as turning points.

There are four turning points.

With thanks to Emotional Logic Centre  
([www.emotionallogiccentre.org.uk](http://www.emotionallogiccentre.org.uk) and Alex Aylward

# Turning Points as you adjust to change



# Shock

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Anxious	Panicky
Apprehensive	Paralysed
Cold sweat	Overwhelmed
Confused	Scared
Disorientated	Shaken
Dread	Stunned
Fearful	Trembly
Numb	Unprepared

What other words might you add?

# Shock emotional energy

Three types of 'safe place'

A physical place

A state of mind

A relationship

A safe place is a place to go to when you get over the initial shock where you can review your resources and **plan** your next steps.

Exercise: think of your own safe places.



# Preventing Loss

- Anger
- Guilt

## Three styles of Bargaining

Bargaining is what I DO to get back something I value that I have lost and still yearn for.

### **Aggressive**

I am going to take it, and I don't care what effect that has on you.

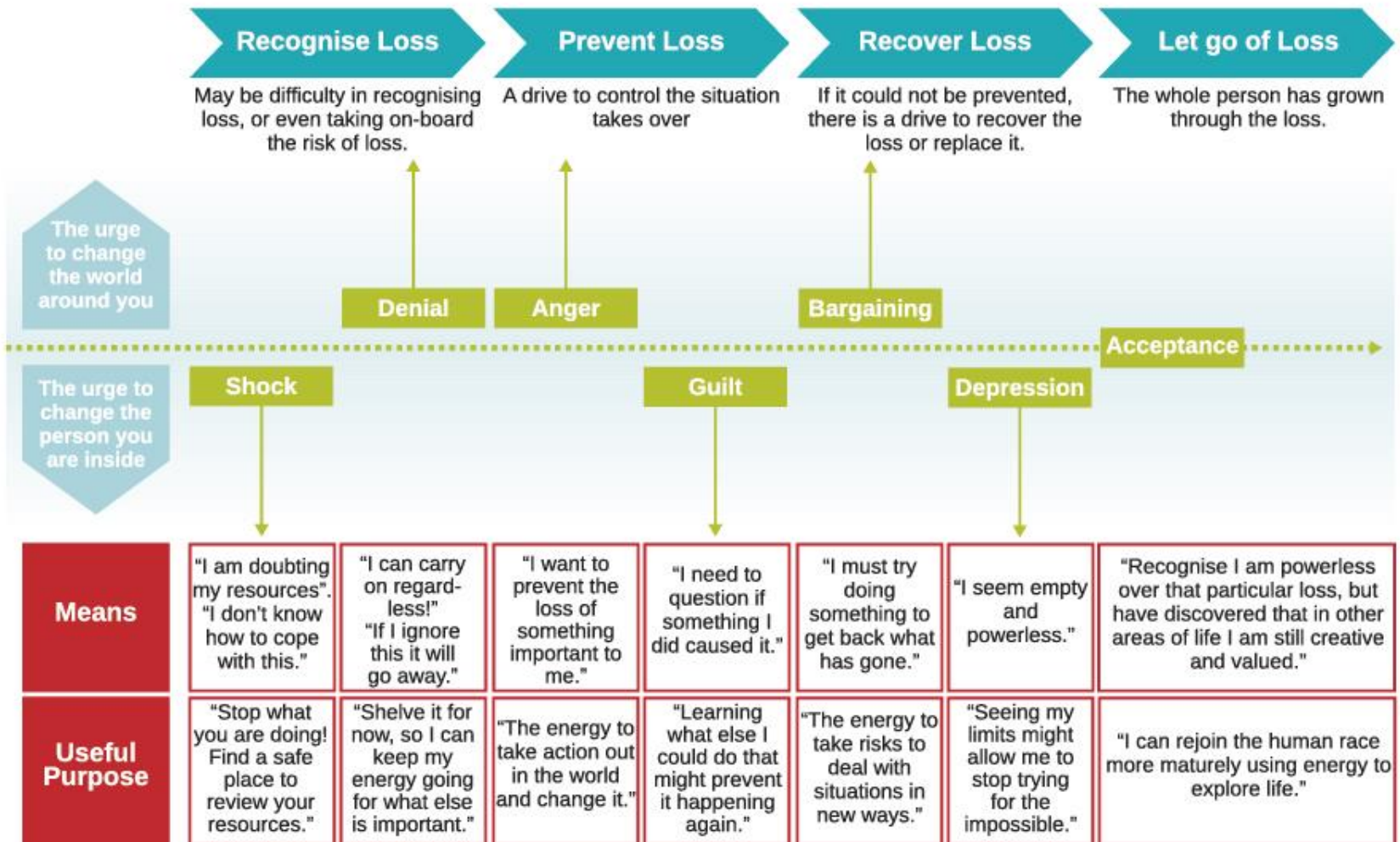
### **Passive**

I am going to give out subtle messages that I want you to give it to me.

### **Assertive**

I can state my need, and hear yours, and between us we can find a way to minimise our losses and maximise our gains.

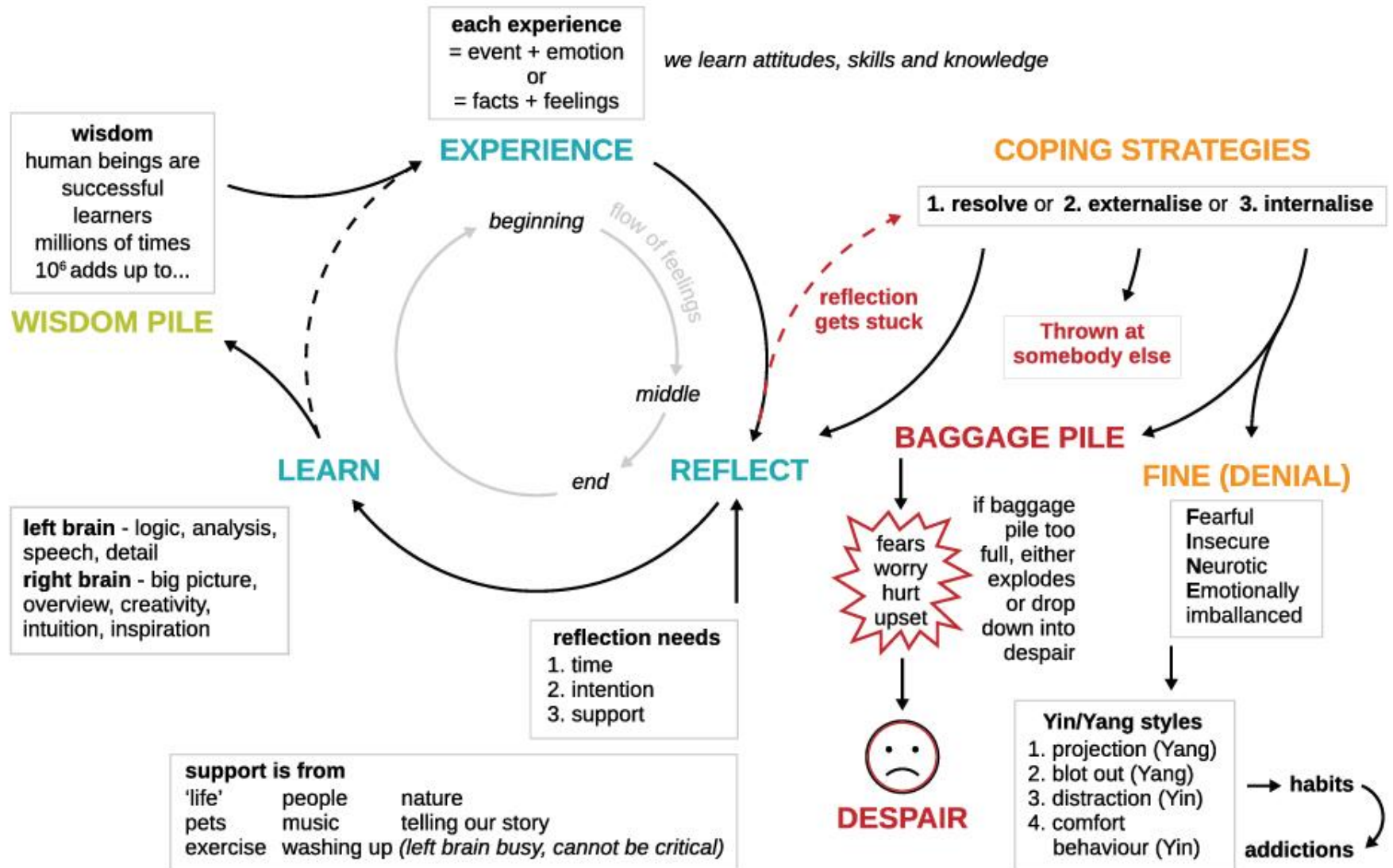
## Turning Points as you Adjust to Change



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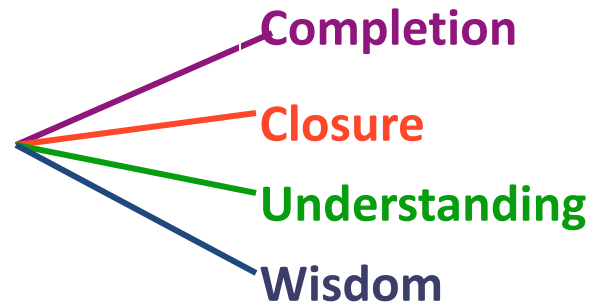
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# Life is a Journey of Learning



# REFLECTION

Reflection is the process by which we gain:



Reflection needs: Time, Intention, & **Support**

**Support** comes from a variety of sources:

- Life
- People
- Telling your story
- Nature
- Music
- Exercise
- Dance
- Ironing/Cleaning



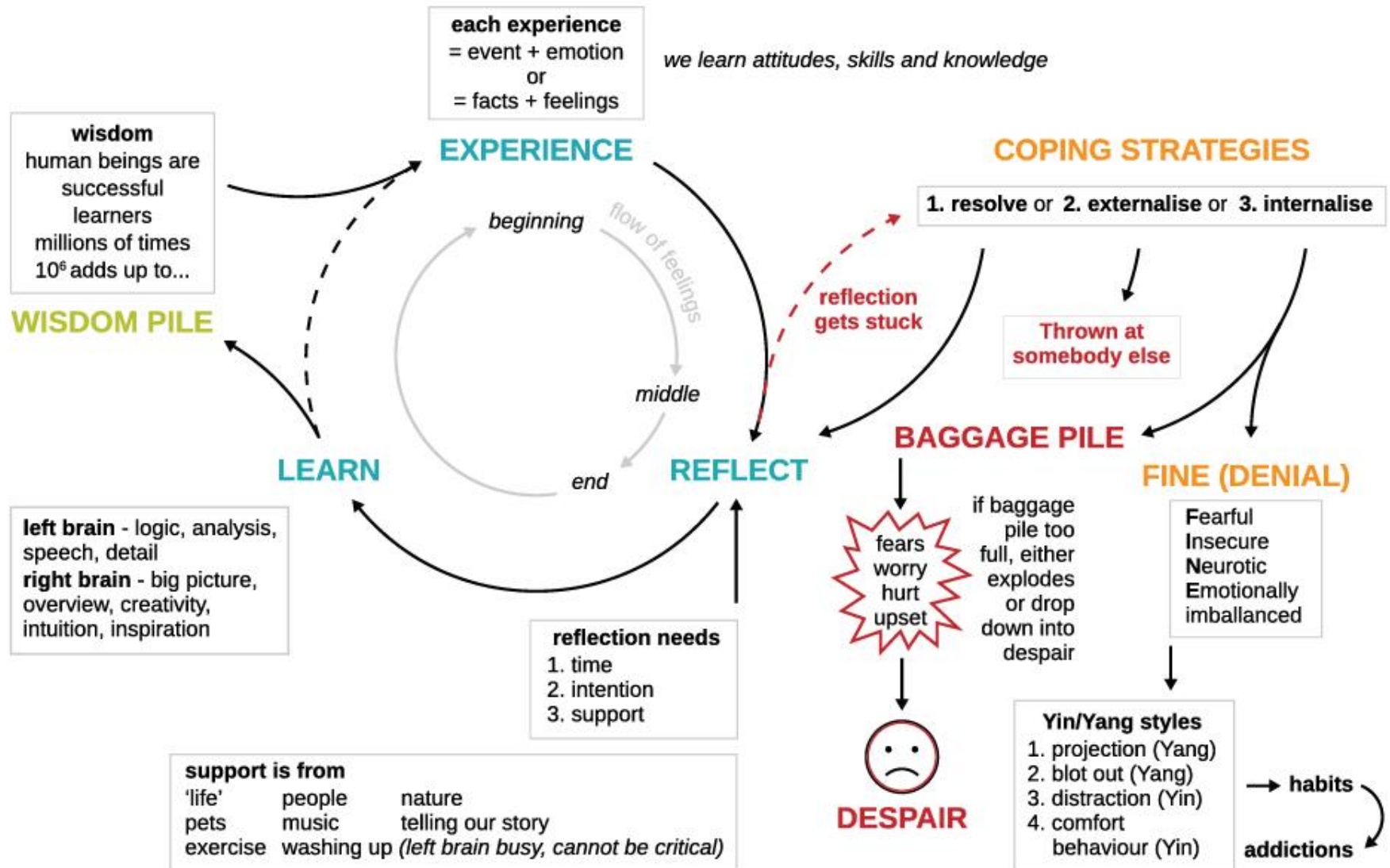
# Reflection, support

- Other people – mankind are social beings
- Colleagues, peer group, friends, family
- Make positive reflection a habit – write down daily 5 good things that have happened – in a month you'll have a list of 150!
- Appreciate yourself, your wonderful body, mind and spirit (SafeMed Handbook, O'Rourke)
- Professional help

# Palliative vs Curative (Healing)

- if we palliate and suppress our emotions, they remain, unhealed, in our baggage pile and become the Tail that wags the Dog....
- How much of our adult behaviour is driven by unfulfilled childhood needs and hurts?

# Life is a Journey of Learning





# The Drama Triangle and The Seat of Power in a relationship

- Every profession is a conspiracy against the layman, said George Bernard Shaw in 'The Doctor's Dilemma' 1907
- We will use the example of someone consulting a physician

# Transactional Analysis

- See also The Naked Consultation p117-120
- Parent                      Parent
- Adult                      Adult
- Child                      Child

# The Drama Triangle

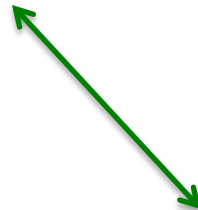
- 3 roles – 1 Child and two Parental
- The Child can give away their power - to a parent, and can play Victim, playing the script “If you help me / save me / protect me, I will give you my power”.
- The Parent takes the power and becomes Rescuer “If you give me your power, I will protect and help you”
- And there is also the Persecutor role, who abuses power

# The Drama Triangle (Karpman)

Someone who may be fearful or anxious – they are “one down”

And they look for help from someone who is supportive and knowledgeable – someone “one up”

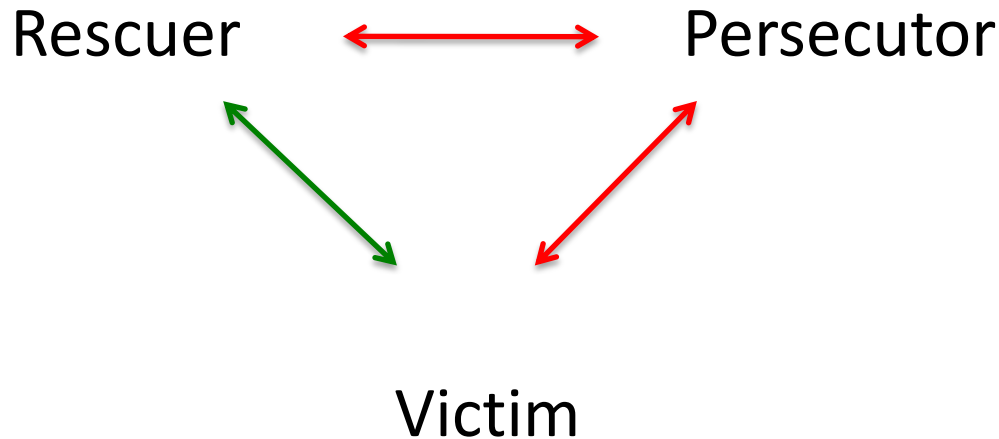
Rescuer



Victim

# Consulting Room Games

The third role is..... Persecutor (Shadow Father)



It is very easy to be enticed into, and then chased around, this triangle of dependency  
but that can easily exhaust us! – stealing our energy

# Exercise

- In pairs, please study the scenarios (p178 in HSC)
  - One person play physician role, the other the patient role
  - Five minutes to 'consult'
  - Then we will discuss
- 
- [www.medicalprotection.org/uk/practice-matters/issue-5/the-drama-triangle](http://www.medicalprotection.org/uk/practice-matters/issue-5/the-drama-triangle)

# Resolving the Drama Triangle

- Be authentic – be true to yourself
- To Thine Own Self Be True (Shakespeare)
- “Try to treat others as you would wish to be treated yourself” - the number one rule at Her Majesty’s Prison Guy’s Marsh, Dorset, UK
- Try to keep to the Five Agreements

# The Five Agreements

- Be Impeccable with Your Word
  - Take Nothing Personally
  - Make No Assumptions
  - Always Do Your Best
  - Learn to Listen – but remain Sceptical
- 
- The Four Agreements and the Fifth Agreement, Don Miguel Ruiz



# Medium Term Support (Liz Moulton)

- Buddy
- Coffee together
- Case discussions
- Mentoring / co-mentoring
- Balint Groups

# Five Ways to Wellbeing

- Connect
  - Be Active
  - Take Notice
  - Keep Learning
  - Give
- 
- And remember Self-Care!

# Health for Professionals

- Own oxygen mask first
  - Strengthen self
  - Retune self when out of balance
  - Repair and heal wounds
  - Get the environment right
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- Self-care is NOT selfish
  - Good Luck and Go Well!

# Five Ways to Wellbeing

- Connect
  - Be Active
  - Take Notice
  - Keep Learning
  - Give
- 
- And remember Self-Care!

# Resources

- 5 steps to mental wellbeing <https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/> Of course, advice needs modifying to take account of Social Distancing
- Your employer will have specific resources
- BMA web resources <https://www.bma.org.uk/advice/work-life-support/your-wellbeing>
- NHS Practitioner Health (Doctors and Dentists in England) <https://www.practitionerhealth.nhs.uk/covid-19-workforce-wellbeing>
- [www.healthandself.care](http://www.healthandself.care) Book free download as resource
- RCPsych Leaflet Looking after Yourself: [https://www.rcpsych.ac.uk/docs/default-source/members/supporting-you/pss/pss-15-looking-after-yourself.pdf?sfvrsn=1058bfbf\\_3](https://www.rcpsych.ac.uk/docs/default-source/members/supporting-you/pss/pss-15-looking-after-yourself.pdf?sfvrsn=1058bfbf_3)