Overview

The Resilient Practitioner
- Skovholt & Trotter-Mathison (2016) model of resilience
- Self-assessment
- Discussion

Equine-Assisted Self-Care
- Overview of EAL
- Application for self-care

Celebrate your intense caring for others!
The Professional Challenge:
To Wade with Vitality into Ocean of Human Suffering...
and Be Intensively Present For the Suffering Other and
Do it Again...and Again...and Again...
and Be Honored to Have Such Work

Professional Stress
- One-way caring relationship
- "At the border of life, the Other becomes the illuminated part of the stage, our I is often outside the illumination" (Blechert, 2016)
Professional Stress

- One-way caring relationship
- “In the theater of life, the Other becomes the illuminated part of the stage; our I is often outside the illumination” (Skovholt, 2016)

Professional Stress: Hemorrhaging the Caring Self

Burnout
Professional Uncertainty
Compassion Fatigue
Vicarious Trauma

Professional Vitality: Resilience

Adversity
Positive Adaptation
Resilience

(Skovholt & Trotter-Mathison, 2016; Figley, 1995)

(Fletcher & Sarkar, 2013)
The resilient practitioner

Taking Stock
Example items (Skovholt, 2014)

<table>
<thead>
<tr>
<th>Personal Vitality</th>
<th>Professional Vitality</th>
</tr>
</thead>
<tbody>
<tr>
<td>I have one or more sources of energy for my life (e.g., hobby, pet, friend or family)</td>
<td>I find my work to be meaningful</td>
</tr>
<tr>
<td>I feel loved by intimate others</td>
<td>I have energy to make positive attachments with my clients</td>
</tr>
<tr>
<td>My eating habits are good for my body</td>
<td>I have reasonable work demands rather than excessive demands</td>
</tr>
</tbody>
</table>

<table>
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<tr>
<th>Personal Stress</th>
<th>Professional Stress</th>
</tr>
</thead>
<tbody>
<tr>
<td>My personal life does not have an excessive number of one-way caring relationships in which I am the caring one</td>
<td>I can find a way through contradictory messages about practicing self-care and meeting work expectations</td>
</tr>
<tr>
<td>I have one or more supportive communities where I feel connected</td>
<td>The level of conflict among staff at my organization is low</td>
</tr>
</tbody>
</table>

Wednesday @ 11:00 am

• With your peers, discuss the prompts given for your group:
  • In my work...
How do we foster healthy professional greenhouse?

How you will foster a professional greenhouse now and in the future?

Highly Resilient Practitioners (Hou & Skovholt, 2019)

1. Actively engage with self
2. Drawn to strong interpersonal relationships
3. Core values and beliefs
4. Desire to learn and grow (like you coming here today!)

How do animals assist interventions?
eagala
Equine-Assisted Growth and Learning Association

Team Approach  Experiential  Solution-Oriented  Hold Space

Metaphor
Herd Dynamics

- Horses live in complex social structures, and maintain harmony with each other, most of the time.
- They watch out for each other
- One horse is always standing watch if the others are lying down
- Where one head turns, the others follow
- When new members are introduced, integration naturally occurs according to the herd hierarchy.
- Horses are prey animals and will work together to defend themselves.
"Life can be messy, transitions can be hard."

Crackerjack & Peaches, Connecting Siblings

Pumpkin and her Momma, Peaches
Buckwheat & Cleo

Asking for Help

Oops! What now??
HELP!!

Exercise, play, socialize
Superman, "Off the Track" Thoroughbred

• He overcame trauma of the "track life" and integrated into the herd
• His symptoms were similar to a human's symptoms of PTSD
• Using a trauma-sensitive approach to training helped him heal and gain confidence
• He is TRULY a retiree and is good with just walking, trotting and an occasional gallop

Horses Build Connections & Confidence

Joy + Zara = Even More Joy!

Laughter is therapy, too!
Needs & Behaviors of Horses

To be Seen and Heard

• Prince, retired Hunter Jumper Show Horse adopted in 2008 from family in New Mexico
• He faced health issues, including back problems, which forced him into early retirement
• He eventually integrated well into the herd
• Here, he’s getting to know Montana

Rest & Relaxation

11

3/9/2020
Companionship and Connection

"Connection supports the human goal of health, growth, and restoration" - Steven Porges

Lessons from the Herd

- Be as gentle as possible but as firm as necessary
- Horses may flee from what scares them, but they turn around and face their fears
- Look out for your "herd" and let your herd look out for you
- You can lead a horse to water, but you can't make it drink

References


