STRESS-RELATED PREVENTION AND HEALING FOR PROVIDERS OF SERVICES TO HISPANIC/LATINO, IMMIGRANTS AND REFUGEES.

MERARI FERNANDEZ CASTRO, LCSW

BUT.....

WHO ARE THE HELPERS?
Sometimes in a family system, the prevailing morality is that mourning and other forms of self-care and self-comfort are “selfish” or “self-indulgent,” or “just feeling sorry for yourself,” as if such activities were prima facie contemptible. Guilt induction of this sort, and associated admonishments to a stricken child to stop whining and get over it, instill both a need to hide any vulnerable aspects of the self and, out of identification with the critical parent…

Nancy McWilliam in Psychoanalytic Diagnosis

– A Trauma Exposure Response

– Grandiosity

– A Sense That One Can Never Do Enough

– Diminished Creativity

– Minimizing

– Chronic Exhaustion or Physical Ailments

– Fear

– Guilt

– Inability to Listen or Avoidance

– Inability to Empathize or Numbing

– Anger and Cynicism

– Grandiosity

Trauma Stewardship: An everyday guide to caring for self while caring for others by Laura van Dernoot Lipsky
WHAT DO WE DO ABOUT IT?
“ONE STEP ONE IN FRONT OF THE OTHER: THAT’S HOW WE ARE GOING TO DO IT.”

COMMUNITY ACTIVIST IN NEW ORLEANS, POST-HURRICANE KATRINA

“A SUPPORTIVE WORK ENVIRONMENT

• Supporting your own self care is not only your responsibility, but the responsibility of everyone.
• Supportive and reflective supervision.
• Supervisor and management attention to power and hierarchy dynamics.
• Understanding of your limitations, safety concerns and capacities.
• Concern for what is important to you and your interests.
• Representation of minority groups in management positions.

Self Care 100%

It was great being here with you!