

SELF-COMPASSION

Part One of a Three Part Series

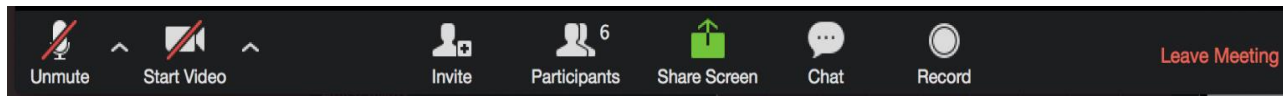
Nadia K Maynard, Senior Field Analyst

March, 2021

WELCOME TO ZOOM

Control your microphone

Control your video



Click Participants and Chat

The image shows the Zoom 'Participants' window. At the top, it says 'Participants (2)'. Below that, there are two entries: 'Ako Ndefo-Haven (me)' with an 'Unmute' button and a 'More' dropdown menu, and 'Nkem (she/her) Los Angeles (Host)' with a green up arrow icon. The 'More' menu is open, showing 'Rename' and 'Add Profile Picture' options. At the bottom of the window, there are icons for 'raise hand', 'yes', 'no', 'go slower', 'go faster', and 'more'. Below these icons is an 'Unmute Me' button.

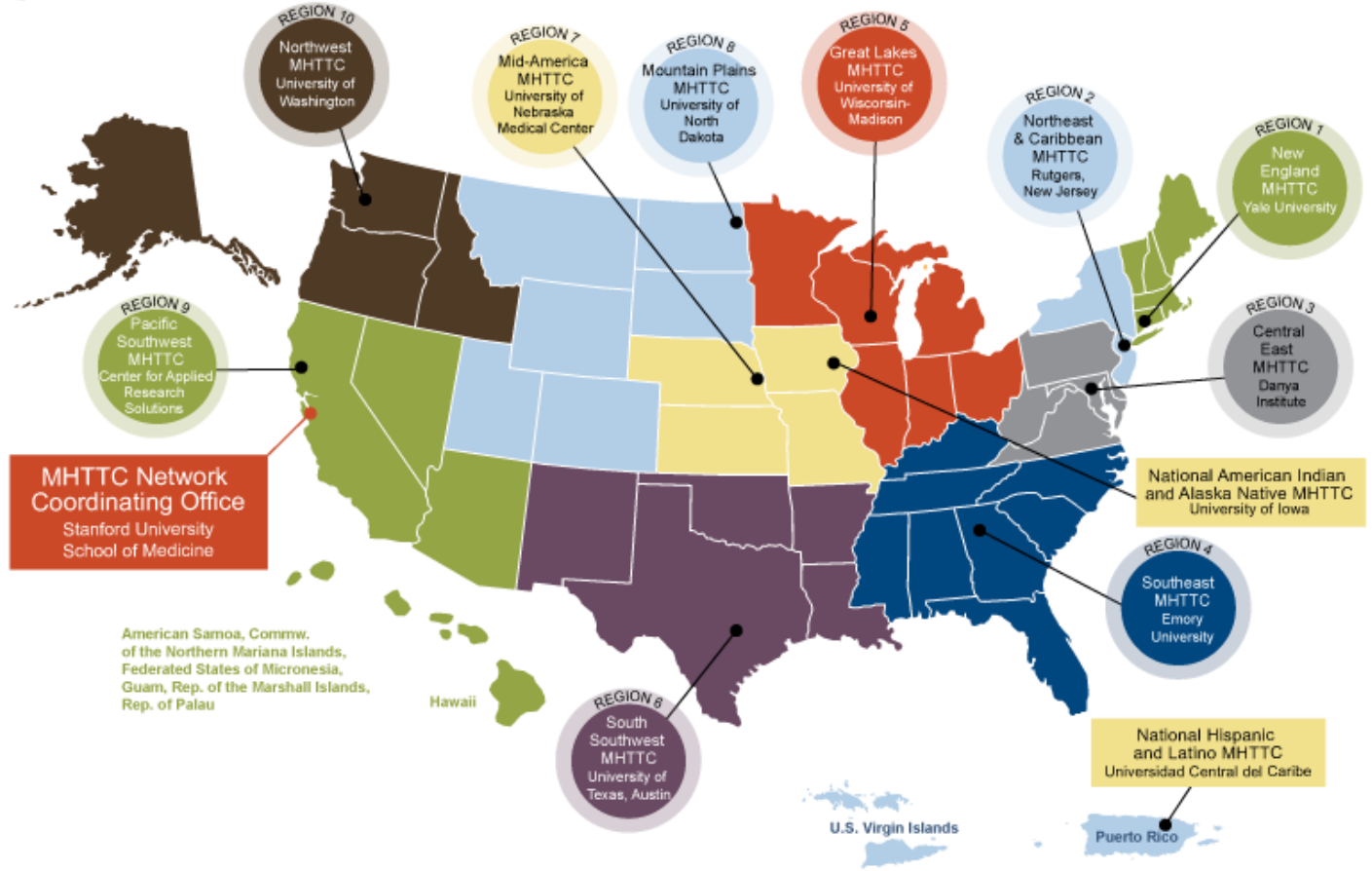
- Click "More"
- Click "Rename"
- Add your name, role & pronoun (e.g. Nadia, she/hers, facilitator)

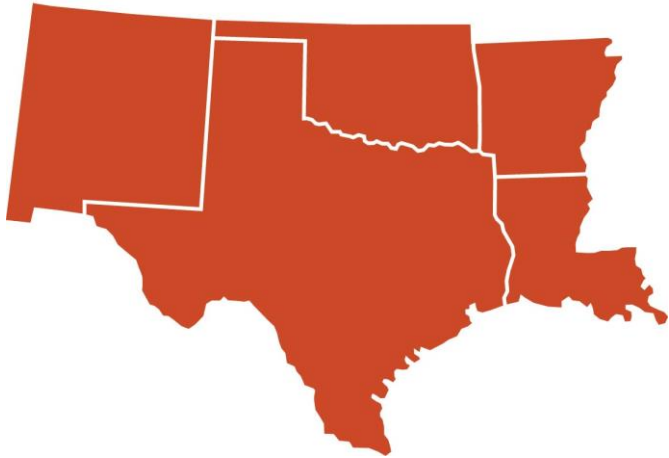


MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

MHTTC Network



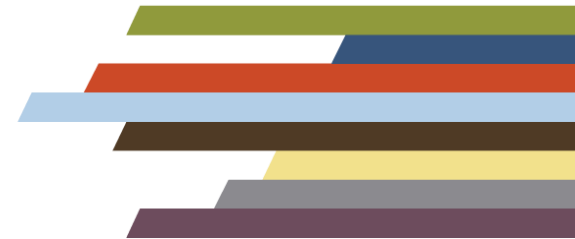


SOUTH SOUTHWEST MENTAL HEALTH TECHNOLOGY TRANSFER CENTER

(SOUTH SOUTHWEST MHTTC)



The University of Texas at Austin
**Texas Institute for Excellence
in Mental Health**
School of Social Work





Ari Acosta
BH Equity Specialist



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Child & School T/TA



Jennifer Baran-Pral
Program Administrator



Natalie Fikac
School T/TA



Christine Vo
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Trauma-Informed Specialist



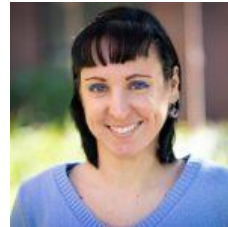
Molly Lopez
Co-Director



Stacey Stevens Manser
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Brianna Rodriguez
Communications



Zatarra Lumen
Coordinator



Glenn Dembowski
Coordinator



Brytani Cavil
Youth Engagement Specialist

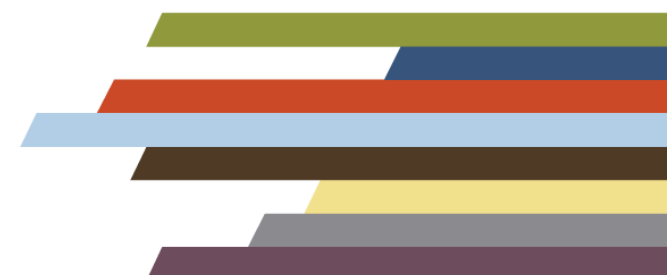


South Southwest (HHS Region 6)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED/
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

PERSON-FIRST AND
FREE OF LABELS

NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS

THE UNIVERSITY OF NORTH CAROLINA AT CHAPEL HILL

Interrupting Compassion Fatigue

Caring For Yourself As You Care For Others

Karen Bluth, PhD

March 12, 2021



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Mental health professionals are the ones taking care of us. Who's taking care of them?

USA TODAY spoke with half a dozen mental health workers who told us the pandemic has been the most challenging year of their professional lives.

Alia E. Dastagir, USA TODAY

Published 7:14 AM EST Feb. 11, 2021 | Updated 9:23 AM EST Feb. 11, 2021



Compassion Fatigue



Mirror Neurons → Empathic Resonance

Empathic Resonance
→ Burnout





How Can Self-Compassion Help?



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Self-compassion:

Through our own self-care, we can be more present for others

*For someone to develop genuine compassion towards others,
first [they] must have a basis upon which to cultivate compassion,
and that basis is the ability to connect to one's own feelings
and to care for one's own welfare...
Caring for others requires caring for oneself.*

Dalai Lama, 2012



Supportive Touch



Compassion with Equanimity



Advancing knowledge to
transform children's lives



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EVALUATION

Link to evaluation: <https://ttc-gpra.org/P?s=610132>

Join us again, follow us on social media!

****Completed evaluation required from all participants to continue providing these FREE events!***

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