

Care for the Caregiver...



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"Crisis"

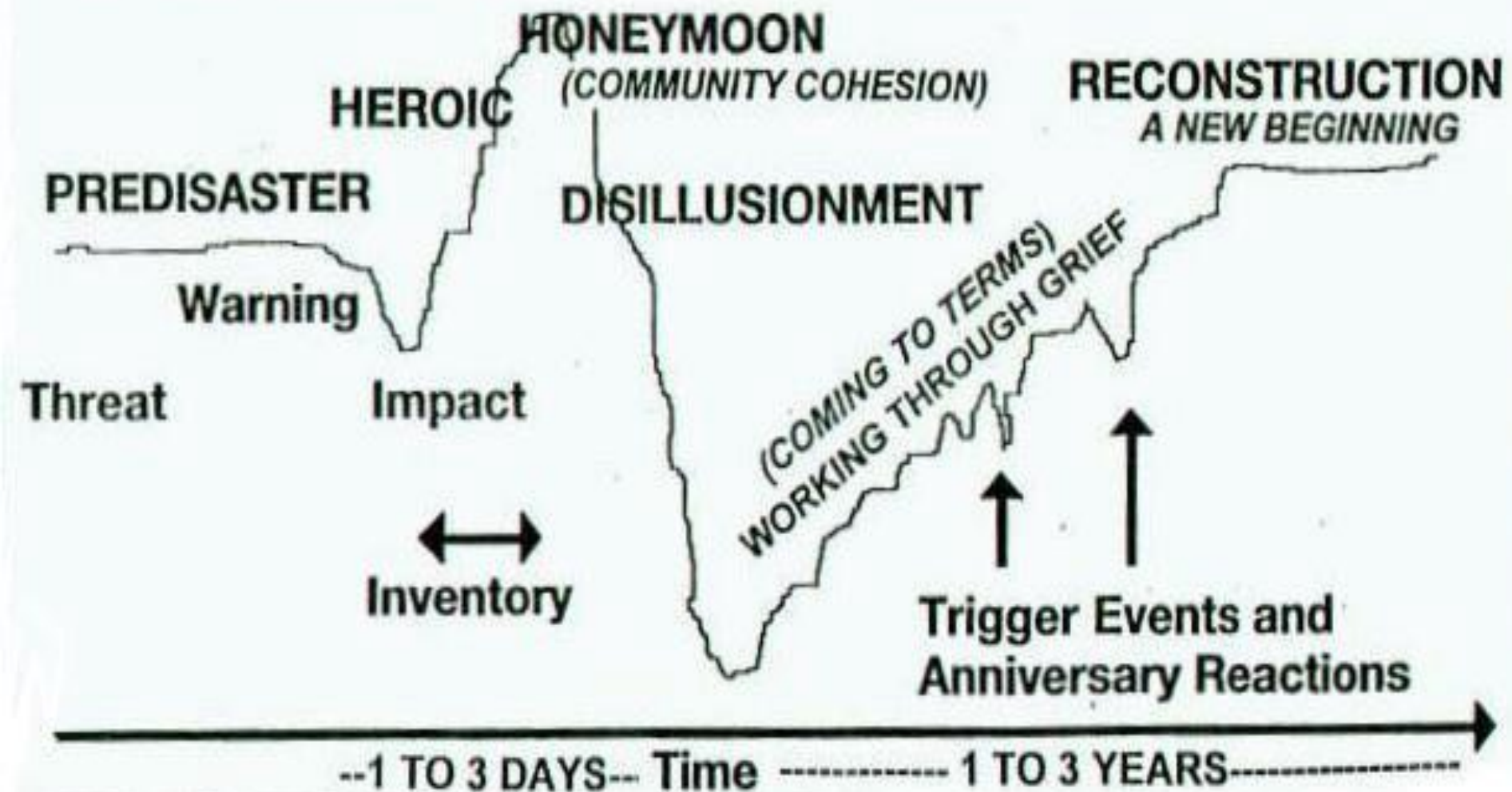
from the Greek Krisis...a
separating...a crucial time, the
turning point when something must
soon terminate or suffer a material
change...the outcome decides
whether growth or negative
consequences will follow...a time to
begin.

"Crisis"

The Chinese term for crisis is "danger-opportunity" (危機). Without the danger there cannot arise the opportunity.

Wounded - Healer

Phases of Disaster



REACTIONS TO DISASTER

- IMPACT
- RECOIL
- REORGANIZATION



TRANSITIONS

Making Sense of Life's Changes
William Bridges

- ◆ AN ENDING
 - ◆ A PERIOD OF CONFUSION AND DISTRESS
 - ◆ A NEW BEGINNING
- 
- A stylized silhouette of a mountain range in a darker shade of teal, located in the bottom right corner of the slide.



THE EXODUS

***...the wilderness
experience***

THE PROMISED LAND

Interpretation of Hebrew Word “Wilderness:”

“...a place apart from words...where words do not work...

...a place where you can’t say ‘what IT is’” Niedner

The “In-Between” is that place where we-don’t-know-the-words-yet to describe IT and we-can’t-define-for-sure what IT is.



KEY POINTS OF THE WILDERNESS WANDERINGS...

❖ *The People Moved...*

Geographical moving from Egypt through the desert to the promised land

The spiritual and emotional moving-they had become a nation in captivity now what does that mean

Moving the old generation and old focus - moving in new generation new focus

“Israel’s historic experiences became a foundation stone of her religion...”

• Laughter Soothes the Soul •



FOR CRYIN' OUT LOUD, MOSES!! FOR 40 YEARS YOU'VE HAD THE MAP UPSIDE DOWN?!!

Cartoon by Dick Hafer, Church Chuckles, © New Leaf Press

"You intended to harm me, but God used it for good to accomplish what is now being done, the saving of many lives. So then, don't be afraid..." Genesis 50:20-21



"For I am convinced that
nothing can ever separate
us from His love. Death
can't, and life can't...Our
fears for today, our worries
about tomorrow...

***nothing will ever
separate us from the love
of God that is in Christ
Jesus our Lord."***

Romans 8:38

A stylized, dark teal silhouette of a mountain range is positioned in the bottom right corner of the slide, partially overlapping the text area.

Important Crisis Concepts

- Crisis reactions are normal reactions to abnormal circumstances.
- Although people are never the same, the goal is to function incorporating our new experiences.
- Healing and growth occur in epicycles
- Prior patterns of coping are repeated in the crisis.

NORMAL CRISIS REACTIONS

- Fear of future disasters/trigger events.
- Loss of interest in day to day activities.
- Sleep disturbances and night terrors .
- Regressive behaviors both academically and behaviorally.
- Anger at God, doubts about faith, questions about death and one's own mortality.
- Typical stress reactions (direct and indirect) in member families and among the staff.

VIOLENCE, DEATH, AND LOSS OF SECURITY

- Violence, death, and our loss of imagined security are often an assault on our world assumptions our dreams. One may want to believe...
 - The world is safe and benevolent. (Bad things will not happen to me.)
 - The world is meaningful. (Predictable, fair, and controllable)
 - We are good and capable people. (Bad things don't happen to good people.)

New Horizons

“The future is no longer what it used to be.”

-Yogi Berra

**Its our future not just our
past that affects our
present...**

...our view of the future?

Four Tasks of Recovery

- To acknowledge the reality of what has happened
- To experience the pain
- To adjust to a new normal
- Withdraw emotional energy from the past and invest in the future. To see life's possibilities

Post Traumatic Growth

- *Develop a greater appreciation for life*
- *Deepen spiritual beliefs*
- *Come to feel stronger and more effective*
- *Grow closer to others*
- *Pursue unexpected new paths for life*



*Loss is like a train that doesn't
run on anyone else's schedule.
There are no one minute
mourners."*

What is Crisis Intervention?

Designed to help victim:

- ❖ absorb what happened
- ❖ understand reactions
- ❖ decide what to do next

Objectives:

- ❖ Pain relief, problem solving, coping skills
- ❖ Resources, functioning, assistance

Triangles

A

B



C



Reactions to Crisis & Trauma

- ❖ **Physical**: fight/flight/freeze/shock/exhaustion
“Time stood still...”
- ❖ **Cognitive**: blame/confusion/attention/images
“I don’t know...”
- ❖ **Emotional**: anxiety/guilt/apprehension/panic
“I can’t relax...”



When Helping is Hurting

Kudos to Terry Germann, D.Min

Overly Responsible

- ❖ Cure-giver
- ❖ Assume needs/rescue
- ❖ Feel guilty/angry
- ❖ Dependence
- ❖ Fix pain
- ❖ Only focus on others

Responsive

- ❖ Care-giver
- ❖ Ask needs/offer help
- ❖ Feel free/movable
- ❖ Independence
- ❖ Challenge/value pain
- ❖ Focus on self/others

What Victims Want to Say to Faith Leaders

1. Don't explain
2. Don't take away my reality
3. Help me with forgiveness & integrity
4. Stay close
5. Remember me for a long time
6. Don't be frightened by my anger
7. Listen to my doubt
8. Be patient
9. Remind me this isn't all there is to life

Spiritual Questions

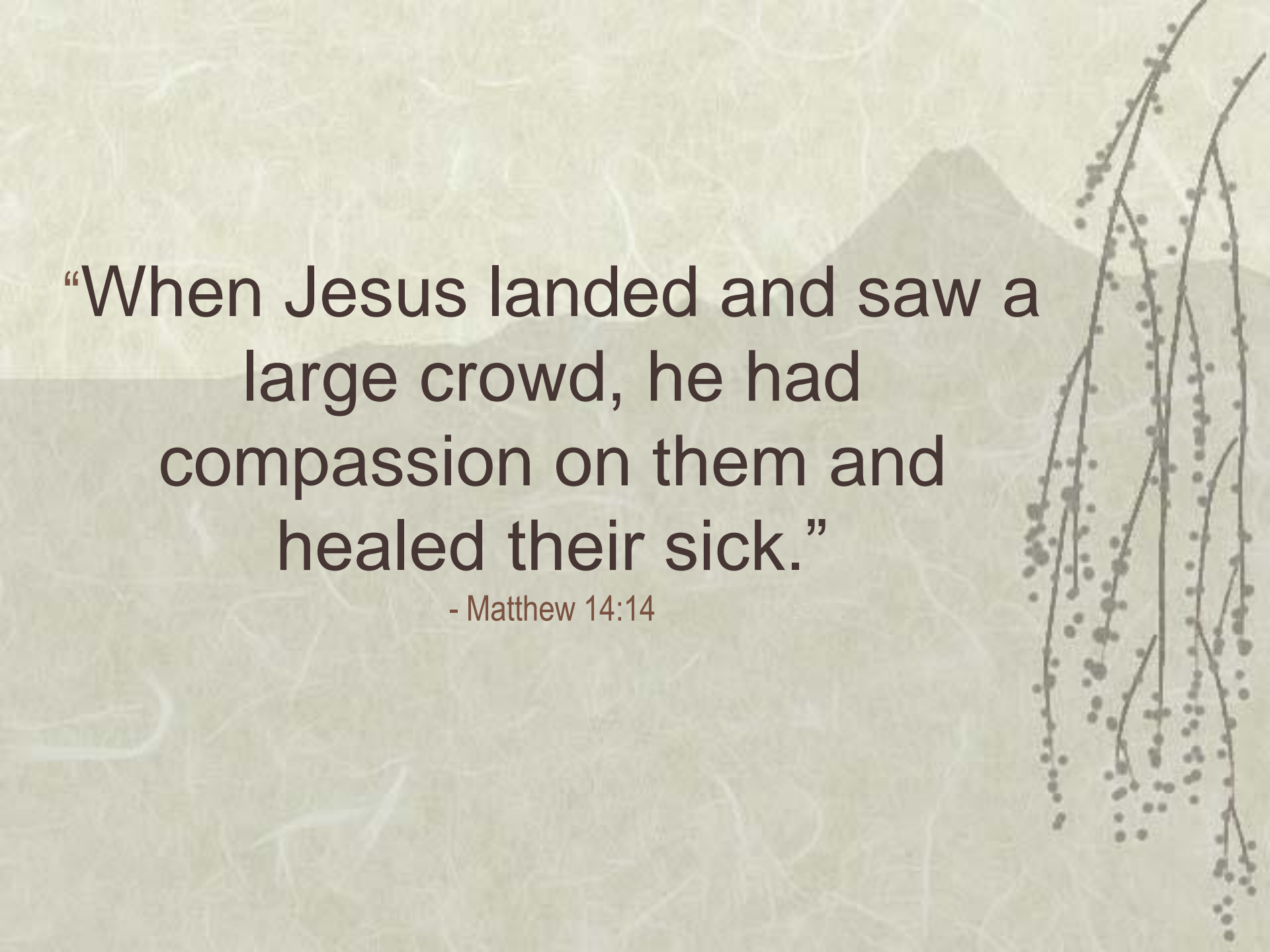
- ❖ Why did God do this?
- ❖ Why did God let this happen?
- ❖ Where was/is God when I need God?
- ❖ What if I discover I'm angry at God?
- ❖ To whom can I talk when I'm so down and out?
- ❖ What good can possibly come of this?
- ❖ How do I find meaning and purpose?

Dr. Foster Mc Curley, Ph.D and Rabbi Alan G. Weitzman

Table Talk



- ❖ What have you found is easy for you about working with disaster recovery?
- ❖ What have you found is difficult for you in working with disaster recovery?
- ❖ What have you found is helpful for you as you work with disasters?
- ❖ Are you aware of connections to other times in your life?

The background features a soft, textured illustration. On the right side, a willow tree with long, thin branches and small, dark, round leaves hangs down. In the background, a range of mountains is visible, with the most prominent one having a pointed peak. The overall color palette is muted, consisting of light beige, tan, and soft grey tones.

“When Jesus landed and saw a
large crowd, he had
compassion on them and
healed their sick.”

- Matthew 14:14

Health

Not the absence of disease, but the presence of effective antibodies.

STRESS

The perception of danger that creates tension

BURNOUT

- ◉ *Intergenerational Transmission of Anxiety*
- ◉ *Burnout is a process (rather than fixed condition) and becomes progressively worse.*
- ◉ *Burnout is a syndrome of emotional exhaustion, depersonalization and reduced personal accomplishment*
- ◉ *Burnout is the chronic condition of perceived demands outweighing perceived resources*

Compassion Fatigue

“There is a cost to caring. Professionals who listen to people’s stories of fear, pain and suffering may feel similar fear, pain and suffering because they care. Sometimes we feel we are losing our sense of self to the people we serve...Those who have enormous capacity for feeling and expressing empathy tend to be more at risk of compassion fatigue...”(Figley)

*How can you prevent
Burnout/Compassion
Fatigue?*

*Learn How to Manage the
Effect*

BURNOUT PREVENTION

- ◉ *Care-giving of self*
(including devotional time)
- ◉ *Less-anxious presence*
- ◉ *Balancing systems*
- ◉ *Self-care Physically*
(including aerobic exercise)
- ◉ *Supervision/Support*
- ◉ *Continued training*
- ◉ *Personal Therapy?*

5 things I'm Responsible for:

- ⦿ What I say and
- ⦿ -don't say
- ⦿ -What I do and
- ⦿ -don't do
- ⦿ -what I continue to think

CAREGIVERS...WHAT YOU MIGHT NEED

- ❖ *Take care of your family and home needs.*
- ❖ *Get plenty of sleep, eat healthy foods, and exercise.*
- ❖ *Set boundaries for your “time on “ and “time off” working in the disaster (suggestion: 2 weeks on> one week off)*
- ❖ *Find Christ’s comfort and strength in reading your Bible and continuing your devotions.*

CAREGIVERS...WHAT YOU MIGHT NEED

- ❖ *If you need help with daily routine tasks, ask for it! Seek out volunteers and others who are willing to help and let them.*
- ❖ *Seek other caregivers who are going through the same thing. Take time together for support.*
- ❖ *Remember throughout the whole ordeal you need encouragement, support and downtime, otherwise you will become exhausted, lose confidence or burn out.*

Table Talk



- ◉ What is helpful for you in taking care of yourself?
- ◉ What is not helpful?

How are you going to take
care of yourself?

Who is someone you can talk with for support
during this time?

Identify the person who will provide you with
spiritual and emotional support.

Resiliency

***No matter what happens, I will
be O.K.***

***I am safe in my relationship
with God through faith in Jesus
Christ***

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