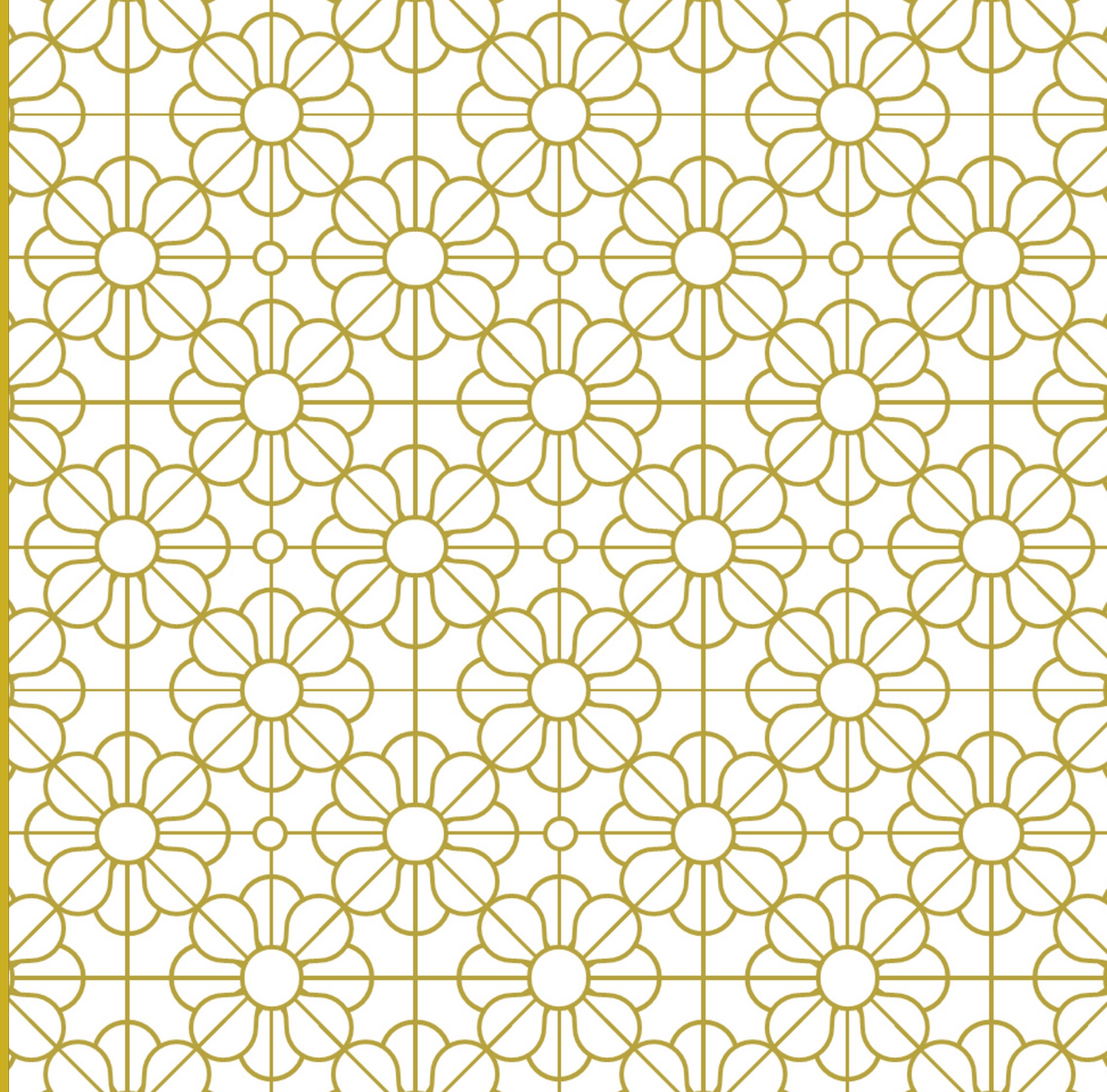


NAVIGATING DUAL ROLES IN MENTAL HEALTH: PROVIDER AND CONSUMER

Created by Sara Prushan
CASRA Spring Gathering
2024



AGENDA FOR THIS WORKSHOP

Part 1: Defining our “Safe Space” (10 min)

Part 2: Introduction and Self-Reflection (10 min)

Part 3: Discussion on the impact of STIGMA (15 min)

Part 4: Exploration of the importance of BOUNDARIES (15 min)

Part 5: Skill Building for SELF-CARE (15 min)

Part 6: Conclusion, Q&A, and Feedback (10 min)

CREATING A SAFE SPACE

Some Guidelines:

Respect (of others experiences and truths)

Confidentiality (Vegas rules)

Actively Listen

Hold **EMPATHY**, Withhold *judgment*



INTRODUCTION

Write on one side of your **flashcard**:

A word or phrase that describes your current feelings about dual roles as consumers and providers.

Consider: What drew you to this workshop topic?



SELF REFLECTION

Things to consider:

What are ways in which you have found your connection to the mental health system impactful in your work?

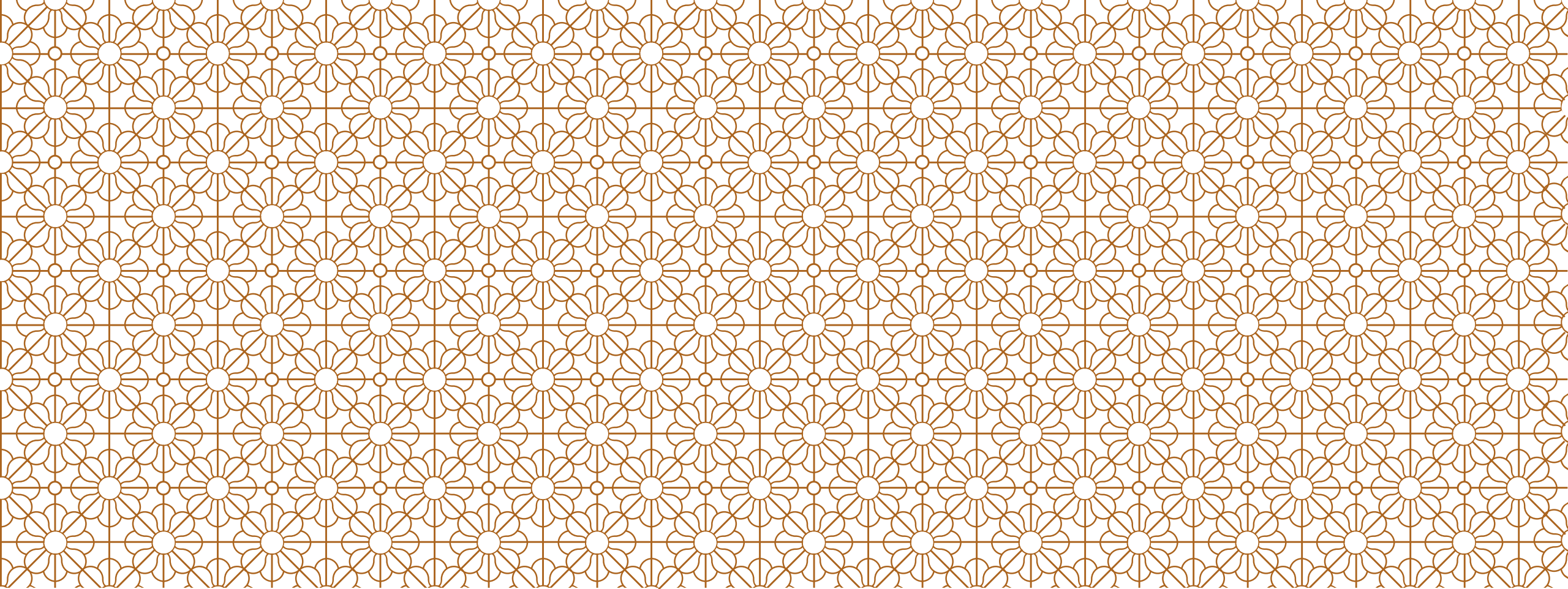
Does your personal experience fuel interventions, or dictate the way you approach certain situations?

How do you view your clients?

How do they view you?

What do these types of questions bring up for you?





IMPACT OF STIGMA

When navigating dual roles



STIGMA IN THE WORKPLACE

A story influenced by stigma

Mental Health Stigma is seen in the context of stereotypes perpetuated by society.

Consider:

What separates us from our clients?



INTERNALIZED STIGMA

Internalizing stigma about our mental health conditions may cause us to be

vulnerable to burnout,

overworked with difficulty saying "no,"

harder on our clients

"there is nothing inappropriate about wanting to take care of our problems and seeking help to do so. We could be harming ourselves not to."

(Brower, 2021)



LABEL AVOIDANCE

Stigma can also harm a third group:

individuals who have not been diagnosed with a mental illness, but avoid mental health care to avoid being marked with the label.

Stigma is thought to block seeking treatment



One in five people will experience a mental illness in their lifetime

- One in 20 Americans have lived with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression

(SAMHSA, 2020)

Surveyed medical students:

Those with moderate-severe depression were significantly more likely to endorse stigma

(Schwenk et al, 2010)

62% agreed that if they were receiving treatment, they'd hide it from others

Half agreed that if a residency director was aware that a student had an emotional/mental health problem, they would pass over that student

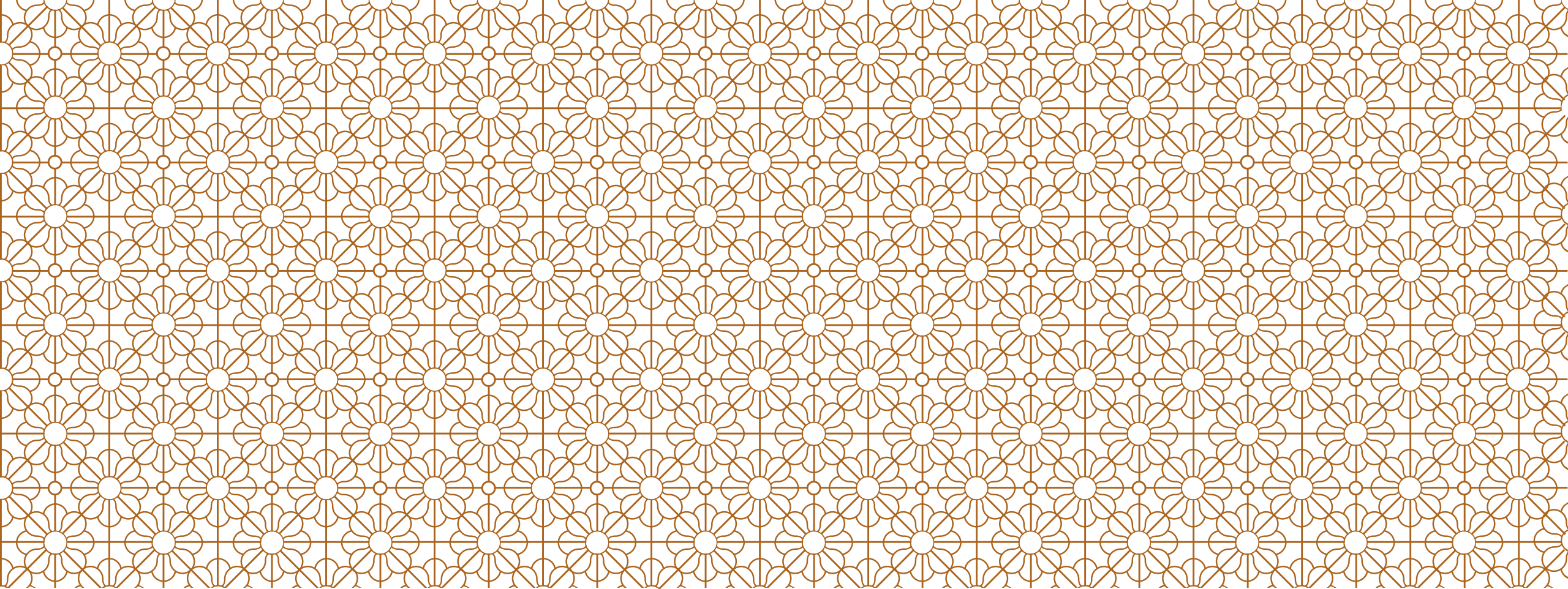
(Dyrbye, et al, 2015)

NORMALIZING OUR EXPERIENCE



CHALLENGING STIGMA

In our workplaces



BOUNDARIES

limits and rules people set for themselves in relationships

10 WAYS TO BUILD HEALTHIER BOUNDARIES

1. Name your limits
2. Tune into your feelings
3. Be direct
4. Give yourself permission
5. Practice self-awareness
6. Consider your past and present
7. Make self-care a priority
8. Seek support
9. Be assertive
10. Start small





ESTABLISHING PROFESSIONAL BOUNDARIES WITH CLIENTS

1. Clear
Communication

2. Consistency

3. Limit self disclosure

4. Avoid Dual
Relationships

5. Professional
Environment and
Behavior

6. Consultation and supervision

7. Educate on boundaries

8. Recognize and manage
transference and
countertransference

9. Set and enforce limits

10. Self-care and personal
boundaries

SELF DISCLOSURE

Guidelines for Healthy Self-Disclosure:

- 1. Therapeutic Purpose**
- 2. Client-Centered Focus**
- 3. Cultural and Contextual Relevance**
- 4. Timing and Dosage**
- 5. Maintaining Professionalism**
- 6. Assess Client Reaction**
- 7. Supervision and Reflection**

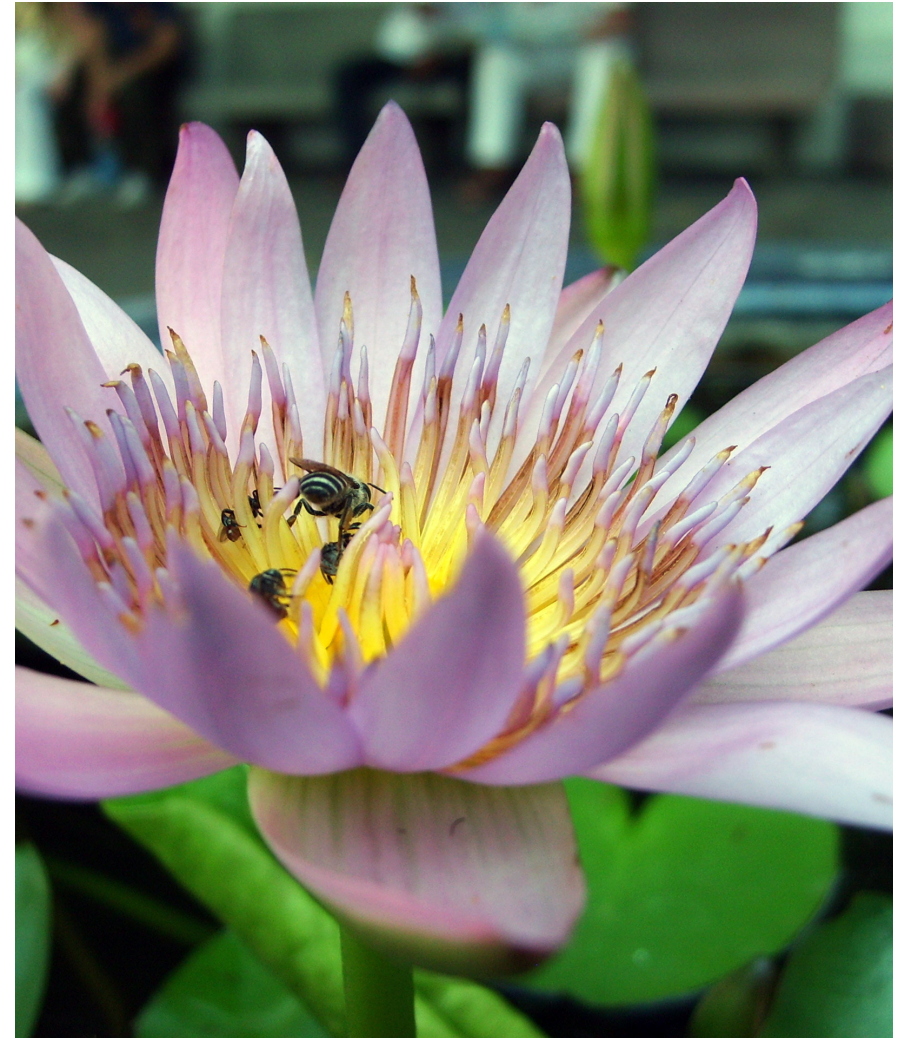


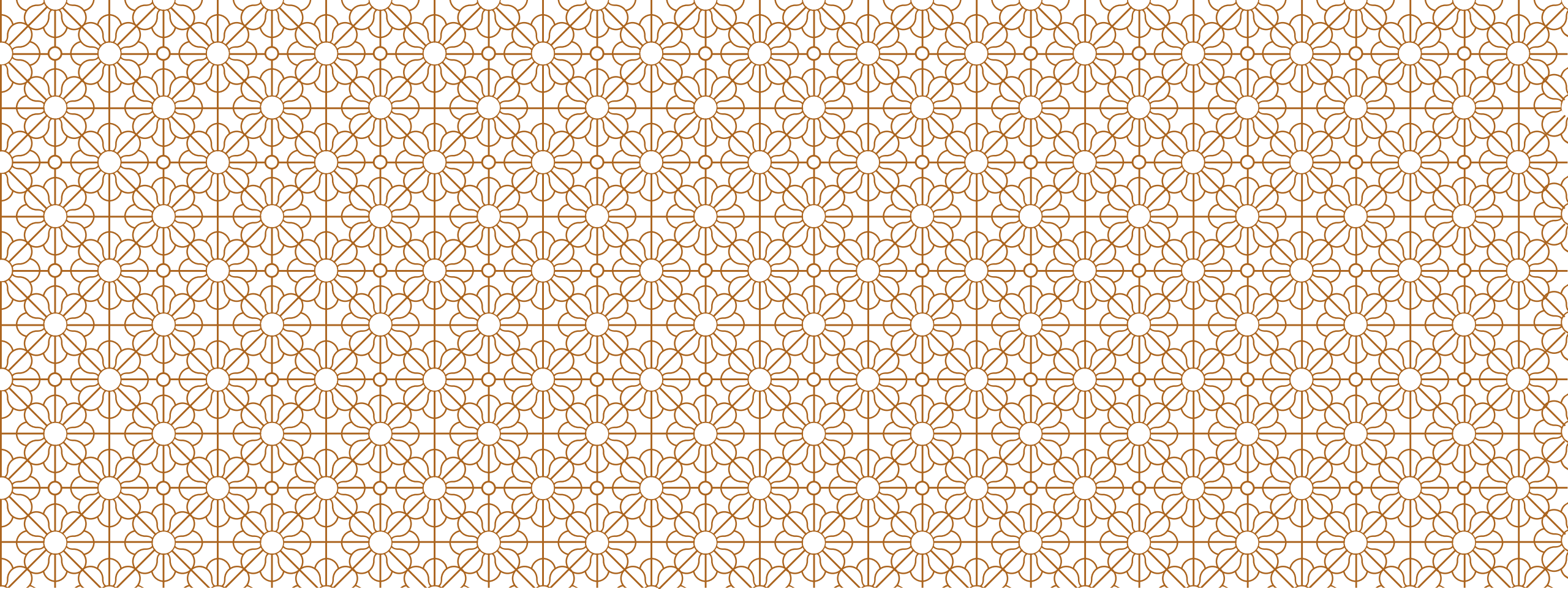
SELF DISCLOSURE

Examples of Healthy Self-Disclosure

- **Normalizing Feelings**
- **Modeling Coping Strategies**
- **Building Trust**

In all cases, the key to healthy self-disclosure is that it is done judiciously, thoughtfully, and always with the client's best interests at heart.





SELF-CARE

creating an actionable plan

Weekly Self-Care Plan

GOALS	MONDAY	TUESDAY
<ul style="list-style-type: none">•••••		

WEDNESDAY	THURSDAY	FRIDAY

SUPPORT

Who I talk to regarding work stress:

Who I can lean on for emotional support:

Who I can rely on for social engagement:

Who helps me maintain self-care practices:
(especially when I feel I cannot do it alone)

Who holds me accountable:

MAKING PLANS TO PRIORITIZE OURSELVES (SELF-CARE)

Daily, Weekly, Monthly self-care activities that truly fit into your routine and span across multiple facets of your life

(this **can** include:

Emotional upkeep

Physical upkeep

Social upkeep

Professional upkeep

Spiritual upkeep

Consider your unique role and individual needs when selecting your strategies

Realistic > Ambitious

Commitment to one action (however “small”) to start implementing
prior to when you might need it



SOME WAYS TO “PRACTICE SELF-CARE”

Potentially effective self-care methods may include:

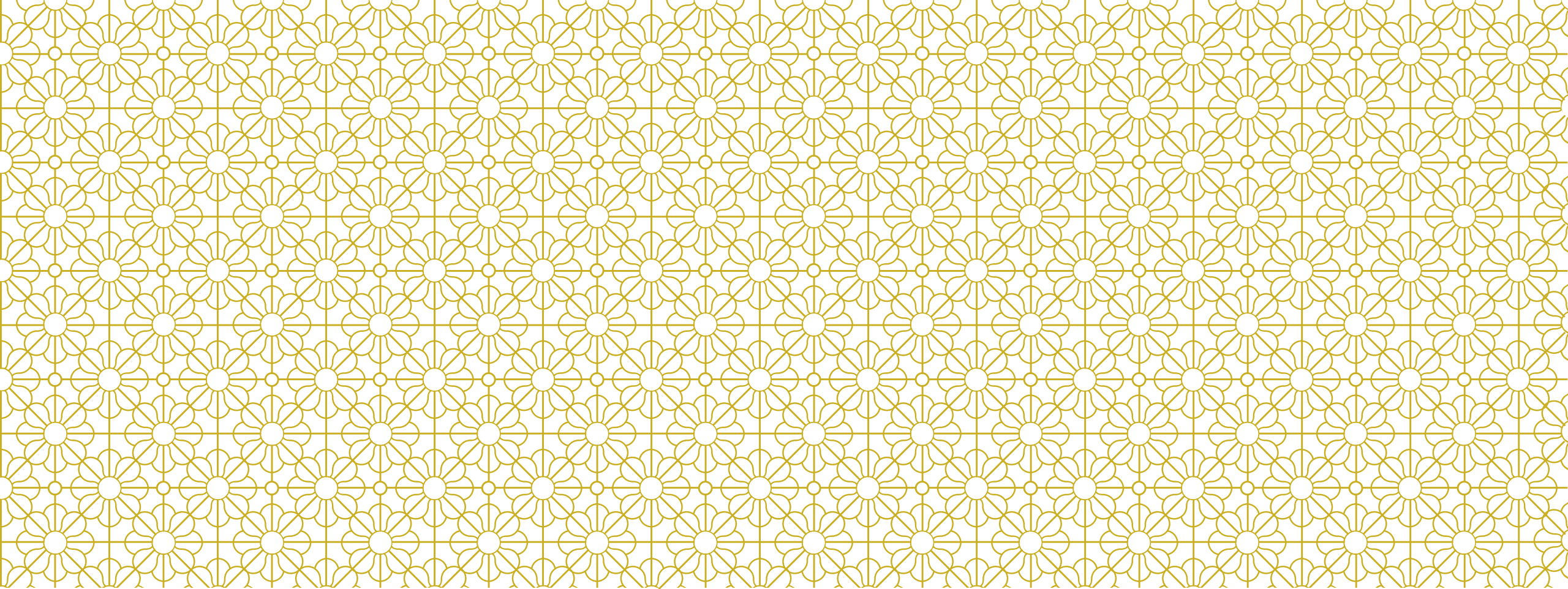
- Professional Supervision/Peer Support
- Boundary Setting
- Mindfulness practices
- Engaging in individual therapy/treatment
- Movement and Hobbies
- Continuing education and professional development





COMMITTING TO OURSELVES

Write down one commitment you can agree to for your self-care today/this week on the other side of your flashcard



THANK YOU

For all you do!!