

# **Healing Practices for Therapists Working with the Seriously Ill**

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## **1: Meaning in the work of Healing**

*What do you find most meaningful about your work with the seriously or terminally ill?*

## **2: Burnout Prevention and Resiliency Training**

**-Definitions of Burnout:** Maslach and Jackson described burnout as a syndrome consisting of the following:

1. Emotional exhaustion
2. Depersonalization and cynicism
3. Lack of personal accomplishment and effectiveness

## **3. Issues and Challenges (Edge States):**

- a. Pathological altruism
- b. Vital exhaustion
- c. Secondary/vicarious trauma
- d. Moral distress
- e. Structural violence
- f. Death phobic and grief phobic culture
- g. Transference issues

## **4. Best practices for Burnout Prevention**

1. Countering isolation; finding support
2. Creating meaning

### 3. Resiliency training practices

*How do we numb?*

*Describe some of your experience of vulnerability.*

*Share an experience of the transcendent (awe, mystery) in your work.*

*What are the gifts and satisfactions of this work?*

*What threatens your compassion?*

#### **Reflection practice**

- a. Just like me “this person, just like me, wants to be happy.”
- b. “Just another suffering being, doing my best.”
- c. “Feel the support”
- d. Maimonides: “May I see in all who suffer the fellow human being.”

### **5. You and Death**