

Professional Education Services
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Neurobiology of self care

Session for Lifestart



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**The Australian Childhood Foundation
acknowledges Aboriginal and Torres
Strait Islander people as the
traditional custodians of this land
and we pay our respect to their
Elders past, present and future.**



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Exploring the challenges of working with traumatised children and young people



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Weighing it all up

- What brings you to this work?
- Why do you do what you do?
- What makes it worthwhile?
- What makes it feel successful?
- What are the benefits of your job?
- What are the challenges?
- Are there times that feel like it's not worth it?
- What are the costs or challenges of your job?
- How do you balance benefits with costs and stay on top?
- How do you know when you need a break?



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Thinking about the impacts, defining the terminology



Stress, trauma and the brain



- Neocortex
- Limbic
 - Hippocampus
 - Amygdala
- Diencephalon
 - Hypothalamus
 - Thalamus
- Corpus Callosum
- Cerebellum
- Brainstem

Empathy and the brain

- Somatic empathy
- Limbic resonance
- Cortical empathy



Possible indicators

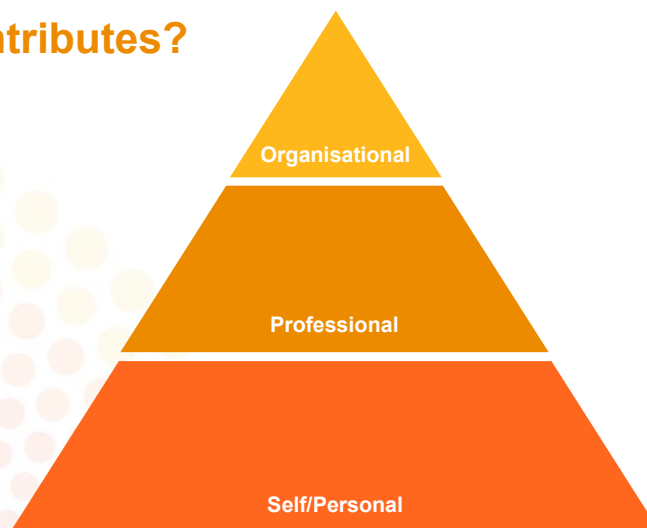


Self assessment

- Useful to monitor impact on the practitioner
- A useful tool is the ProQol (Professional Quality of Life)
- <https://www.proqol.org/>
- These tools provide snapshot in time of how a worker/carer is travelling re: their sense of self in the work.

Consider ways you might use these in your own workplace and/or practice

What Contributes?



Possible risk factors for developing VT- core contributors

- Overload of hearing traumatic stories
- First 2 years in this work
- The experience of empathy
- Own unresolved, unintegrated, experiences of childhood trauma or experiencing current stressful life circumstances

Why we don't want to admit it...

- Self-blame (It's just me!)
- Shame (I'm embarrassed to admit it)
- Denial (It'll pass if I ignore it!)
- Self-sacrifice (Don't want to bother co-workers)
- Job security (I can't expose my weaknesses)
- Pressure (I don't have time to deal with it)
- Cost (I can't afford to take time off and spend money for help)

What can we do to prevent it?

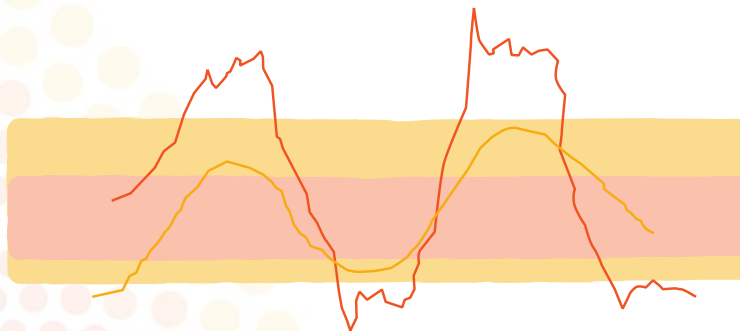


Why does how I'm doing matter?

In relationships, one's ability to regulate one's window of tolerance will affect the other's ability to regulate their own window of tolerance

Child's movement
in her/his window

Movement in
my window



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Marina Dickson
Executive Manager – Professional
Education Services
mdickson@childhood.org.au

