



# The CBS of Self Care for Health Professionals building inner resilience through self-forgiveness

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# Disclosure

Grant Dewar, is contracted by New Harbinger Press to complete a workbook on Self-Forgiveness for 2020

Chris Fraser has not received commercial or other support for this workshop

They have not received and will not receive any commercial support related to this presentation or the work presented in this presentation.

# Welcome - and let's take a moment

Taking a moment to breathe and  
bring your attention to being, here, now.

Develop your intention to be present within your  
experience in this workshop

Take a moment to consider your values and what you  
may be moving towards

and what you may be moving away from.

Take a moment to breathe into this experience and  
make room for it

# Aims

1. Putting self-care for health professionals into action
2. Using Self-forgiveness and CBS principles to help you in a therapeutic environment that requires experimentation, innovation and risk of failure
3. Integrate values-based approaches to developing assertiveness
4. Develop approaches to rigid fearful paradigms of treatment
5. Lean into courage and flexibility
6. Using self-forgiveness as a self-care approach to overcoming destructive self-criticism
7. Adapt ACT, FAP, CFT, and other third-wave contextual therapies to self-care for health professionals

## Informed consent and disclosure

The work of a health professional is routinely demanding

Self-Forgiveness is also hard work

To be effective - self-forgiveness requires a high level of reflective effort and this effort may bring you into contact with pain

This workshop asks you to consider taking risks - to challenge your skills - safely

It will be interactive and will demonstrate experiential exercises,

## informed consent and disclosure

Please look after your own needs.

It is likely you may contact a variety of traumatic events that may have involved you or others and there may be discomfort

To manage this risk I invite you to monitor your discomfort and take action that allows you to be safe in this context.

## Informed consent and disclosure

You are welcome to modify instructions or take alternate action to an exercise,

You may engage in any appropriate alternative such as breathing or journaling, leave the room or anything else that is respectful to you and others in the group

You do not have to disclose your experience

Please feel free to discuss this with us at an appropriate time

# Risks and Safety in Exercises

You are professionals and know when and how to seek help that suits your needs

Please monitor what is useful for you to engage safely with in this workshop



## Risks and Safety in Exercises

We will be talking about experiences of difficulty and attempting acknowledge what it might be like for you as health professionals

If you wish to engage in this for your own professional development/experience

Use something where you are self critical - but please choose something of emotional intensity of no more 2-3 out of ten

## Risks and Safety in Exercises

Please remember this is a workshop - not a personally focussed therapy session

And still - we acknowledge that even small things may sometimes grow a new life of their own

You like all humans, may not be able to choose the emotions that arise, Please recognise if this is of something too big for you right now

However you are in control of the type of workable responses needed in the context of this workshop

## Exercises: Importance of confidentiality and focus on process

Everything we talk about in the room stays in the room

Please disguise any client or personal content

When you are debriefing - we are interested in the process rather than the content

What was it like when the therapist asked you to go there ?

## Exercises: Importance of confidentiality and focus on process

Please share about the process - rather than focussing on the content e.g.

- What was the question like for you?
- Where did that take you?
- What did you notice in that exercise?

# Challenge and Risk

Are there any other requirements you want to raise to facilitate your safety and learning?

# Challenge and Risk

- ▶ Contextual behavioural science is both liberating and challenging for the health professional.
- ▶ The freedom to look past diagnostic labels brings both flexibility and the need to enter into challenging spaces.

# Challenge and Risk

- ▶ Such Freedom and flexibility also brings risk for the therapeutic professional and the receiver of care.
- ▶ We propose that self-forgiveness allows a health professional to develop greater insight, courage and capacity for change.

# Challenge and Risk

The inherent flexibility required to practice therapy using contextual behavioural sciences will require therapists to take risks and inevitably to experience failure.

Experiential frameworks facilitate the courage and flexibility to learn from and grow from such failure.



# Challenge and Risk

Self-forgiveness is presented as a strategy derived from self-compassion

It assists to develop our psychological immune systems

and to become stronger and more adaptable by responding more effectively to life setbacks.

# Challenge and Risk

- ▶ We will present experiential exercises that include how to deal with the imposter syndrome, our inner critic - our own source of hell
- ▶ We will work with the confusion of dealing with complex transdiagnostic comorbidities
- ▶ For no manual is going to give you a therapeutic map for the reality of your individual clients complexity

# Pain Purpose Pathway

In Our deepest pain

we find Our purpose

and Our pathway

# Pain Purpose Pathway

Failure is inevitable  
and for the pain it brings

Self-Forgiveness

provides a means to both absorb the pain  
and Grow from that pain

# Self-forgiveness - A principles-based response

Identify our Burden

Take Perspective

Values and pathways

Get Unstuck

Grant ourselves Forgiveness

Values in Action

Commitment to ongoing Self Forgiveness

# Roles for Reflective exercises

General Approach in Peer Roles

Peer 1: Provide a therapeutic approach - X

Ask:      What was that like for you?  
            Did that exercise have some effect?

Peer 2: Choose scenarios to respond to exercise X  
that are safe and exploratory 2/10 level of challenge

Reflection: Observe what happened

Observe the function of responses

Focus on modelling of the process - not content  
Provide objective process focussed feedback to  
each other

Chris's Story

Grant's Story

Your Story

What hooks you?

The background features a complex, abstract design of overlapping, semi-transparent green polygons in various shades, ranging from light lime to dark forest green. These shapes are primarily concentrated on the right side of the frame, creating a sense of depth and movement. The left side of the image is mostly white, providing a clean space for the text.



# What hooks you?

Imposter Syndrome

I'm Burnt out

I'm Bored

Why can't I just have a manual?

I am all geeked out by ACBS

I get hooked by  
people's stories

I'm a failure

I can't stand people  
dying

Not good enough

Selfish.....

# Unearthing values

Lean into distress and discover  
the values within....

## Your Work - Take time to reflect

First lean into an important artefact of your experience in context (Remember 2-3/10)

If that artefact has emotional power

Allow that experience and make room for it

Describe it to yourself -

Describe its impact -

Thoughts, Images, Emotions, Bodily Sensations

Now take some time to write out this experience

Allow space for discomfort while you do this

# Exercises

Form groups of two peers

P1: Ask Your Peer to share their reflections on the experience they have identified

P1: Request your peer to lean into and be present with thoughts, feeling bodily sensations that arise as they share

P2: What discomfort arises? What perspective is revealed?

P1: Ask Your Peer to consider how this discomfort and these perspectives might reveal and inform values

Rotate roles

# Exercise Rewriting the hook

Now using expansiveness -

- ❖ Can you re write the story of the hook and provide a new framework for the story?
- ❖ Are there discoveries to be made?
- ❖ Are there alternate characterisations?

# Exercise Rewriting the hook

## Demonstration

# Exercise Rewriting the hook

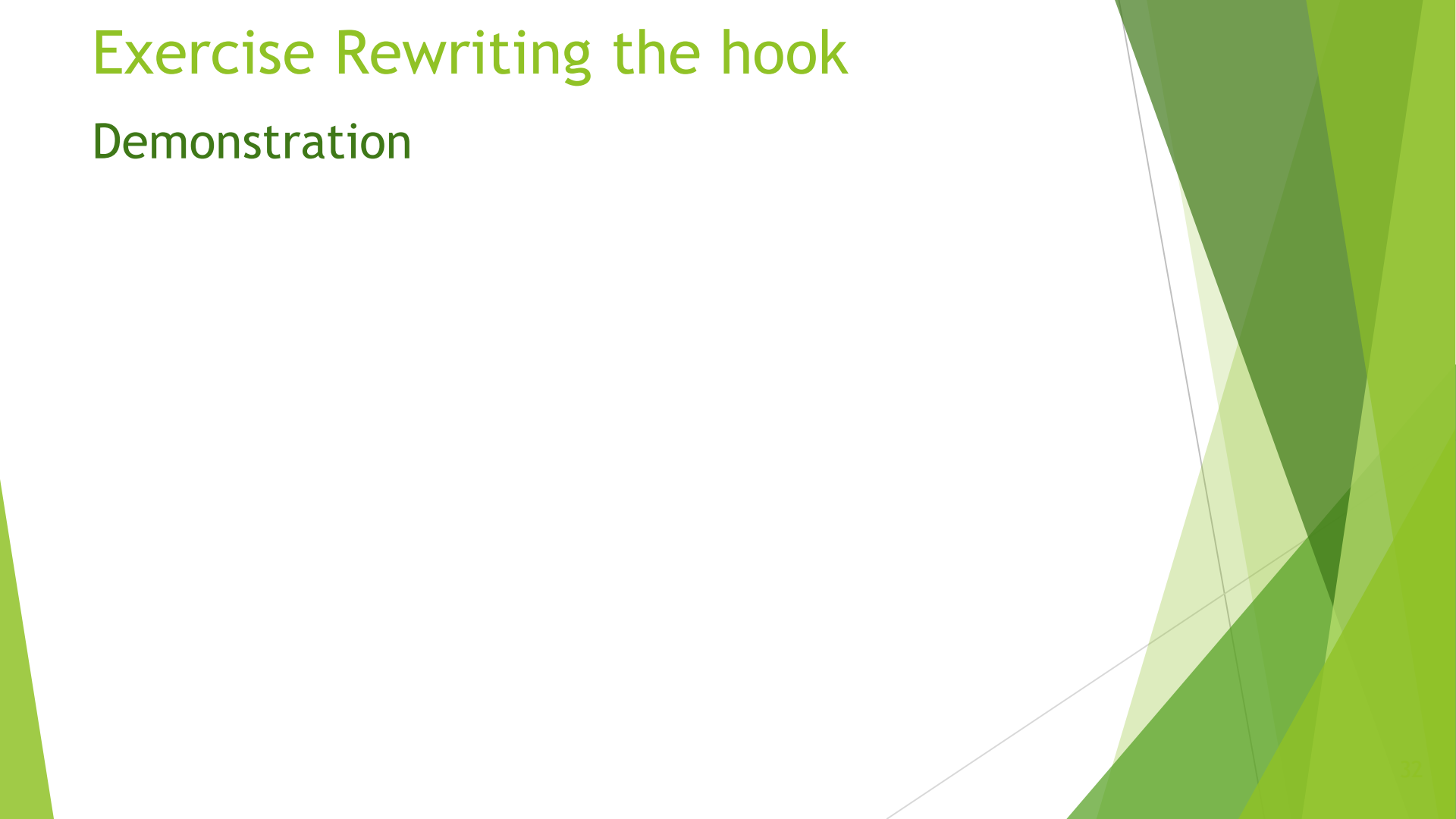
Debrief in your pairs

How might this writing exercise change the context of the story?

How may it open room for a change in behaviour?

# Exercise Rewriting the hook

## Demonstration





# Values provide a reference point

- For contacting painful experiences for which we engage in self blame
- Exploring the context of the transgression and responses
- Identifying how we wrestled with our experiences and internal conflicts

# Leaning into the darkness

<b>Discomfort</b>	<b>Emotion</b>	<b>Values based Need</b>
I have done something that I need to respond to	<b>Remorse</b>	to respond to "X"
I do not like an action/circumstance/experience	<b>Regret</b>	to understand my regret
I shift responsibility for "X" to my "self"	<b>Self-blame</b>	to take appropriate responsibility
I have broken something	<b>Guilt</b>	to restore "X"
I am broken	<b>Shame</b>	to restore myself
I intensely dislike or hate myself	<b>Self-loathing</b>	to be Self Accepting Self Compassionate
I find myself revolting and repulsive	<b>Self-disgust</b>	to understand and heal what sickens me

# Exercise

## Peer To Peer

Peer 1: Ask your peer to identify a values informed need in response to their distress. -

how might this assist in the development of alternate responses?

Reflect on what arises as you engage with function and flexibility

## Getting Unstuck

In response to our experiences and context we might have a variety of inner voices

Each inner voice may provide alternate perspectives

This is what Chris and I discovered

# Leaning into the darkness

Emotion	Who is speaking – Name the voice	Is there an alternate Compassionate Voice?
Remorse		
Regret		
Self-blame		
Guilt		
Shame		
Self-loathing		
Self-disgust		

## Getting Unstuck

Explore the quality of your inner voice when you are responding in unworkable ways to setbacks

Describe the critical voice with openness interest and curiosity

Explore if there is an alternate workable voice

Debrief in pairs

## Getting Unstuck

The curious paradox is this....

It is only when I accept myself  
just as I am....

then I can change.....

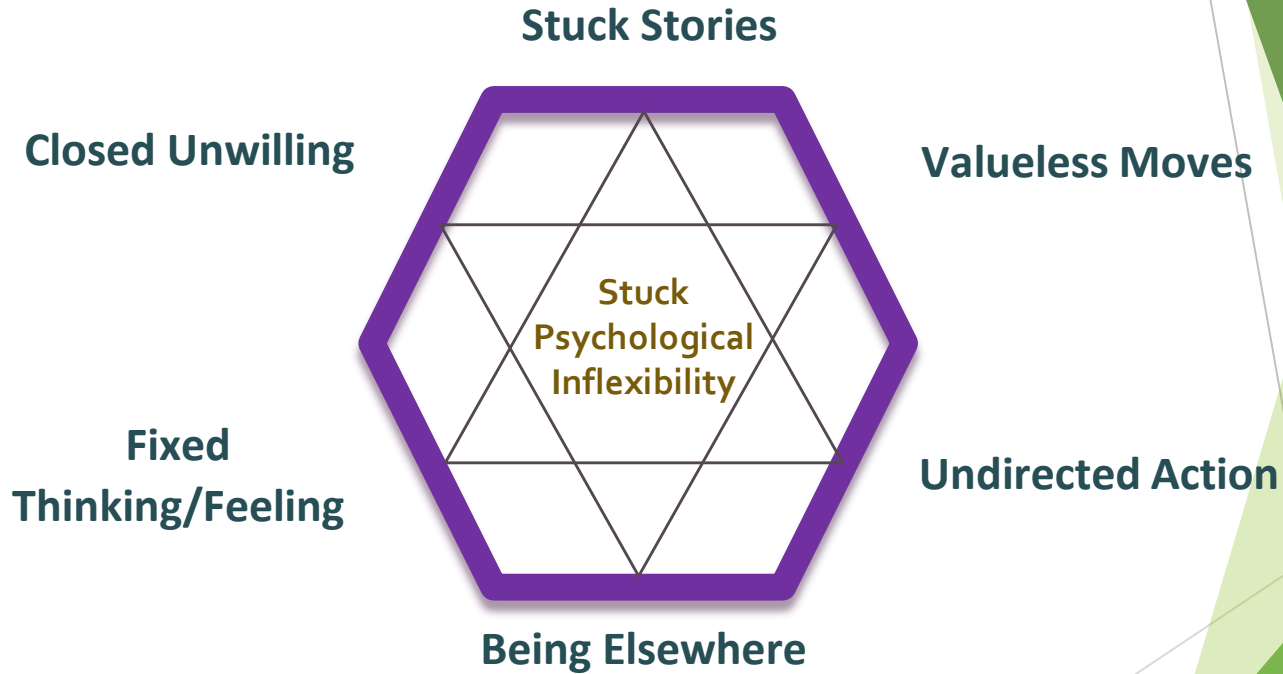
Carl Rogers

# Getting Clearer on our Responses

- ▶ Consider ACT movers for psychological flexibility
- ▶ What moves are you discovering when you allow these inner experience a place?



# Getting Unstuck: Psychological Flexibility



**Moves**

**How does this work  
Aversion/Appetite  
Away/toward**

**Stuck Stories**

**Closed Unwilling**

**Fixed Thinking/Feeling**

**Being Elsewhere**

**Valueless Moves**

**Undirected Action**

**Other Unworkable Action**

# Exercise

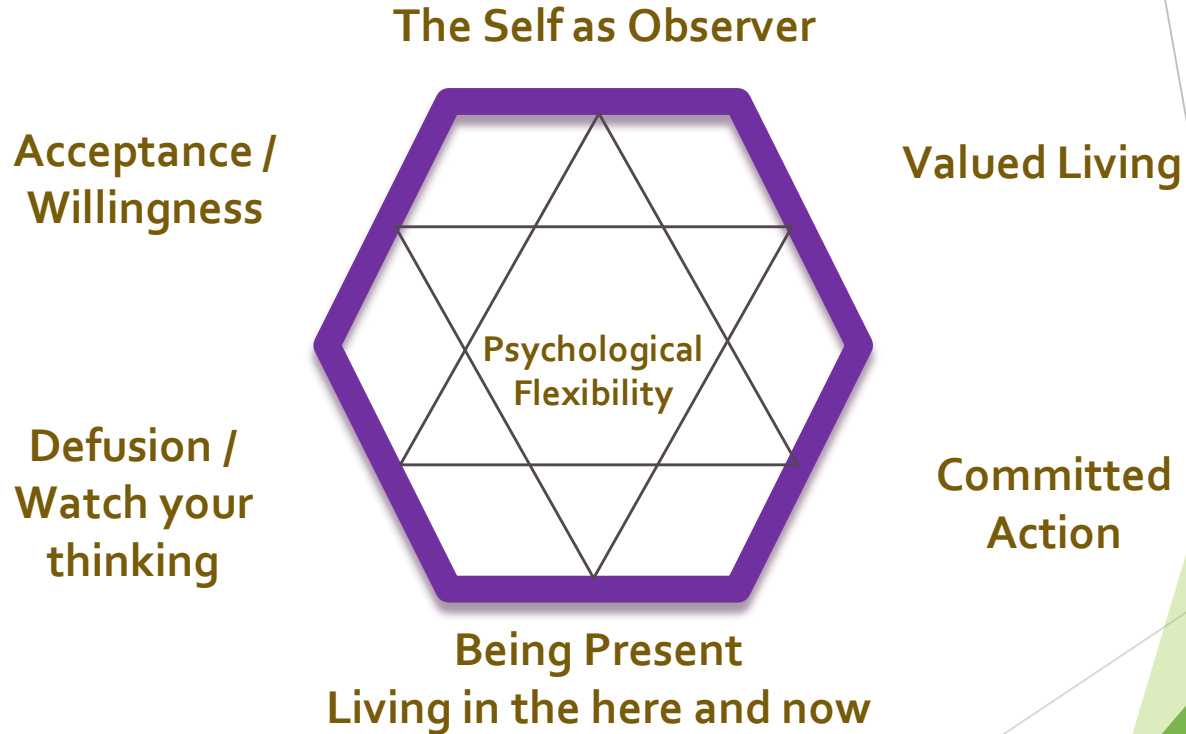
P1: Ask your peer to identify What is aversive/appetitive in their experience

Can they Describe their moves away from or toward

P2: Can you identify the way these moves work?

Write down and discuss your Reflections

# Getting Unstuck: Psychological Flexibility



**How does this work**  
**Aversion/Appetite**  
**Away/toward**

**Alternate Moves**

**Contextual Freedom**

**Accepting/Willing**

**Free Thinking Feeling**

**Being Present**

**Valued Moves**

**Action that Work**

**Other workability**

# Your Work

Reflecting on the work you have done:

What is something you can focus on from today's work that you can take into your valued future ?

Dropping a burden?

Transforming an experience?

Bringing light to darkness?

Doing what you value?

# Cultivating an ongoing forgiving internal dialogue

- Continue to develop a compassionate presence, self-acceptance and self-respect
- Accepting that things are what they are and being willing to find a way through
- Coach yourself to respond to yourself with values-based self forgiveness that helps you live a flexible and responsive life

As we free ourselves we find new territory within...

- ❖ A new sense of ourselves can bring a danger of overwhelming regret ...  
*why did I not do this years ago ... ?*
- ❖ New challenges, new responsibilities, new discoveries will require new responses ...
- ❖ Then we need to continue to revisit values and put the principles into action ...



## Your Work - Action for ongoing Self Forgiveness:

Review your life goals

Journal your expressive writing to create a space to develop wisdom

Continue to develop choice points for future situations which involve the same contexts or experiences

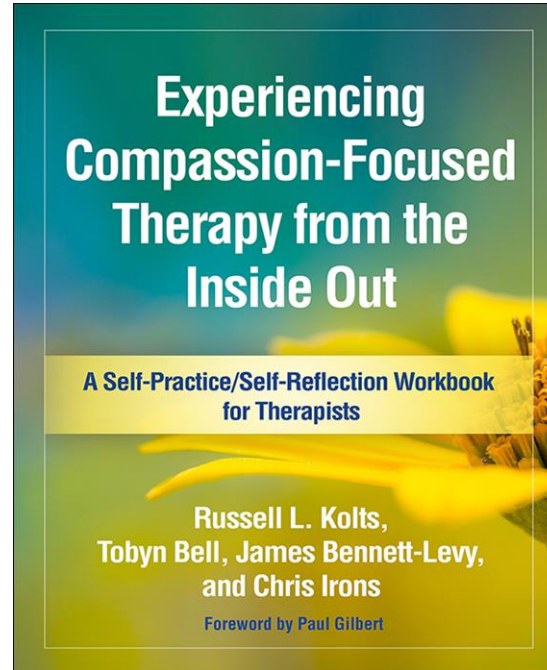
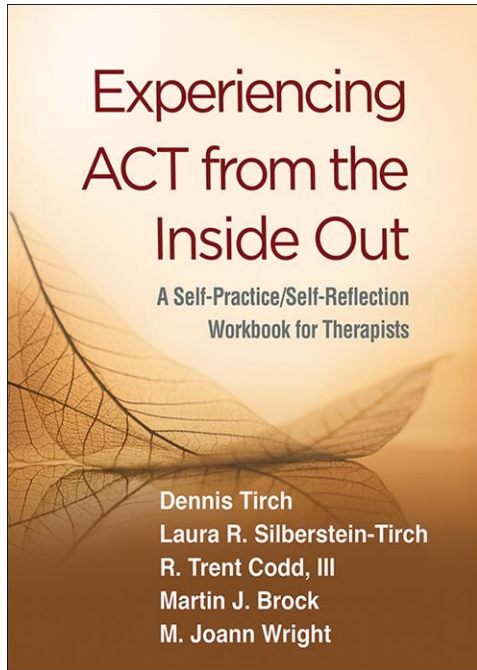
Establish alternate pathways to respond to your burdens and challenges

## Supportive Self Forgiveness

If this has been useful for you to work with your peer for your mutual self care....

Is there a place for you to continue with this dialogue?

Or can you commence this dialogue with other peers using this process?



Two amazing resource for self practice and self reflection!

# Youtube Resources

TwoShrinks Podcast, Self Forgiveness as a Therapeutic Strategy: <https://www.twoshrinkspod.com/podcasts/2019/5/6/43-forgiveness-for-traumatic-experiences-with-dr-grant-dewar>

ACT in Context Podcast: [https://www.youtube.com/channel/UCqtEfoccg1Ac3\\_9VSdULUPw/videos](https://www.youtube.com/channel/UCqtEfoccg1Ac3_9VSdULUPw/videos)

Unconditional positive regard -- the power of self acceptance | Michelle Charfen  
<https://www.youtube.com/watch?v=4tkkL9w2pw8>

Kelly McGonigal How to make Stress Your Friend  
[https://www.ted.com/talks/kelly\\_mcgonigal\\_how\\_to\\_make\\_stress\\_your\\_friend?language=en](https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend?language=en)

Dan Ariely Self Control <https://www.youtube.com/watch?v=PPQhj6ktYSo>

Kathryn Schulz: On being wrong | TED Talk | TED.com [https://www.ted.com/talks/kathryn\\_schulz\\_on\\_being\\_wrong](https://www.ted.com/talks/kathryn_schulz_on_being_wrong)

Kathryn Schulz: Don't regret regret [https://www.ted.com/talks/kathryn\\_schulz\\_don\\_t\\_regret\\_regret](https://www.ted.com/talks/kathryn_schulz_don_t_regret_regret)

# Youtube Resources

Brene Brown: The power of vulnerability [www.youtube.com/watch?v=iCvmsMzIF7o](http://www.youtube.com/watch?v=iCvmsMzIF7o)

Brené Brown: Listening to shame <https://www.youtube.com/watch?v=psN1DORYYV0>

Brene Brown: The price of invulnerability: [https://www.youtube.com/watch?v=\\_UoMXF73j0c](https://www.youtube.com/watch?v=_UoMXF73j0c)

Brené Brown: Why Your Critics Aren't The Ones who count [www.youtube.com/watch?v=8-JXOnFOXQk](http://www.youtube.com/watch?v=8-JXOnFOXQk)

Bravery & Authenticity in a Digital World /w Brené Brown | Chase Jarvis LIVE | ChaseJarvis  
<https://www.youtube.com/watch?v=cUuXDZERxrk>

Daring Greatly to Unlock Your Creativity with Brené Brown - YouTube <https://www.youtube.com/watch?v=kAk4cwjvJ0A>

How To Skip the Small Talk and Connect With Anyone | Kalina Silverman | TEDxWestminsterCollege  
<https://www.youtube.com/watch?v=WDbxqM4Oy1Y>

Neil Pasricha TEDxToronto - "The 3 A's of Awesome" <https://www.youtube.com/watch?v=ajKMkiXN1eg>

# Youtube Resources

Russ Harris ACT Mindfully [https://www.actmindfully.com.au/free\\_resources\\_video](https://www.actmindfully.com.au/free_resources_video)

Embracing your Demons [https://www.actmindfully.com.au/upimages/Dr\\_Russ\\_Harris\\_-\\_A\\_Non-technical\\_Overview\\_of\\_ACT.pdf](https://www.actmindfully.com.au/upimages/Dr_Russ_Harris_-_A_Non-technical_Overview_of_ACT.pdf)

Brian Johnson Guide to ACT - Happiness Trap <https://www.youtube.com/watch?v=IAe0hPsv2XY>

Steve Hayes Founder of Acceptance and Commitment Therapy Psychological flexibility: How love turns pain into purpose  
TEDx University of Nevada

[https://www.youtube.com/watch?v=o79\\_gmO5ppg](https://www.youtube.com/watch?v=o79_gmO5ppg)

Mental Brakes to Avoid Mental Breaks | Steven Hayes - YouTube <https://www.youtube.com/watch?v=GnSHpBRLJrQ>

The secret to self-control | Jonathan Bricker | TEDxRainier <https://www.youtube.com/watch?v=tTb3d5cjSFI>

What is the ACT Matrix? (Life Map Adaptation) <https://www.youtube.com/watch?v=BrcMyaSgy9A>

The Zen Social Worker Timothy Gordon, MSW Registered Social Worker <https://www.thezensocialworker.ca>

Timothy Gordon Youtube Channel - your self-help guide to a life well lived

The Truly Experiential Therapist: Russ Harris Interviews Matt Villatte - Part 1, 2, 3.

[https://www.youtube.com/watch?v=aCmL\\_HHBbJg](https://www.youtube.com/watch?v=aCmL_HHBbJg)

<https://www.youtube.com/watch?v=E8bpECxbdNk>

<https://www.youtube.com/watch?v=CbbXhTomGu4>

Jordan B Peterson 12 Rules for Life <https://jordanbpeterson.com>

Lost Connections Johan Hari <https://thelostconnections.com>

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Questions?

