

# Fieldwork Educators:

*Supporting Yourself While  
Providing High Quality Supervision*

# What Makes “Occupation,” Therapy?

*Activities are only as meaningful as the attention  
we are offering in any given moment.*



# We Live in Culture of Distractions



*Lack of Focus is the Root Cause of  
Common Fieldwork Challenges*

# Common Challenges?

Performance Anxiety

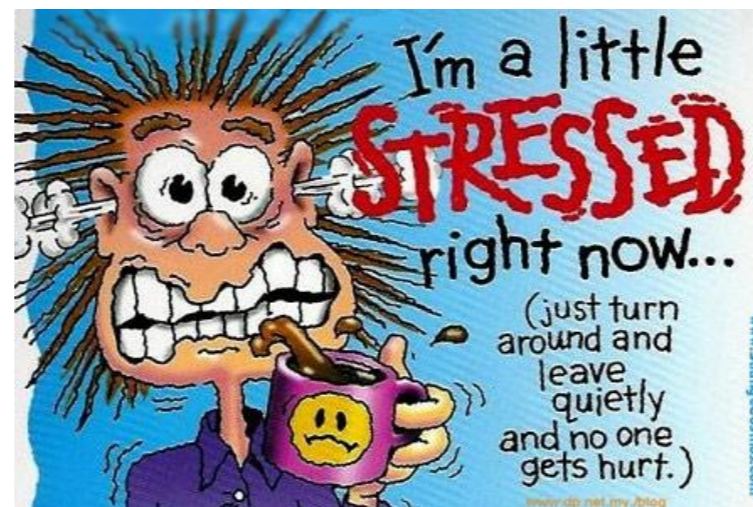
Poor Initiation

Lack of Communication

Time Management

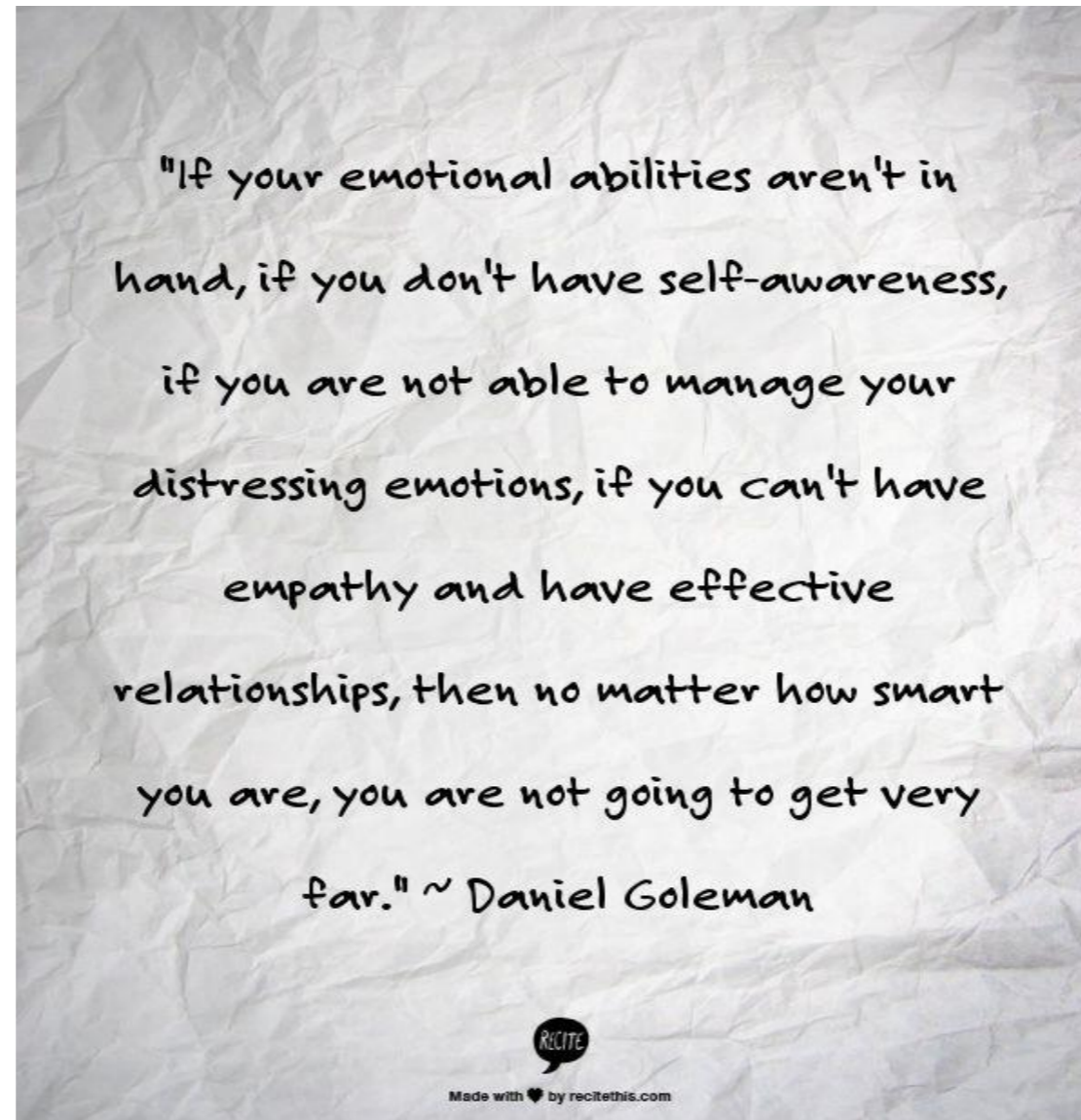
Work/Life Balance

General Overwhelm



**All Distraction is Attempt to Numb Stress/Emotion**

# Root Cause of Avoidance



**Limited Emotional Intelligence**

# #1 False Human Assumption

**We are mostly conscious, logical beings**

**The truth is that 95% of our thoughts, emotions, behaviors etc., are unconscious.**



# Getting Real with Ourselves

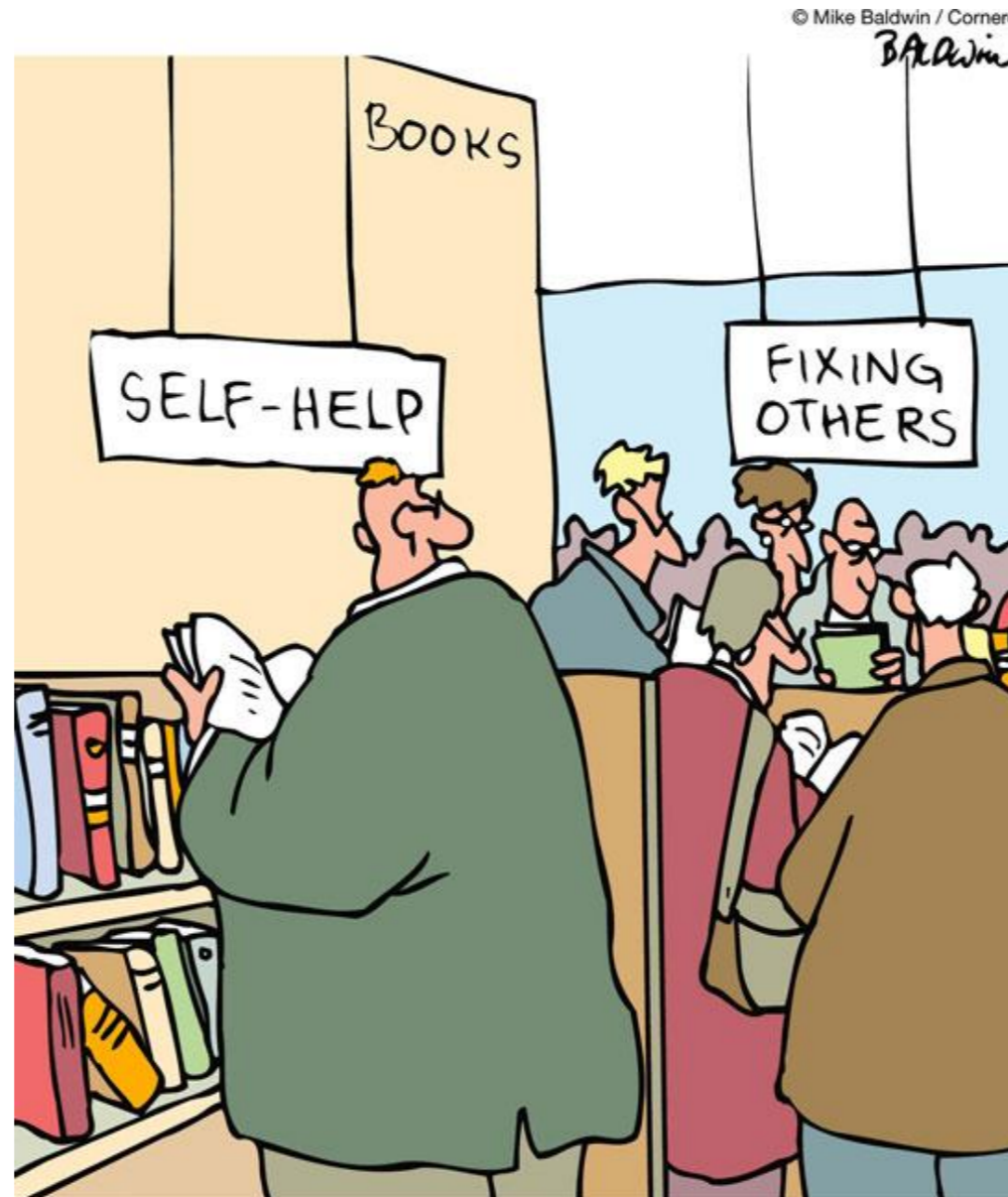


**The Most Important Question  
We Must Ask Ourselves:  
Am I Really Leading By Example?**





# The #1 Elephant in the Healthcare Room



# Setting Our Deepest Intentions

*Clearing the Way for the Most  
Peaceful, Productive Fieldwork Experience*



## Surface Intentions vs. Deeper Intentions

# The 3 KEYS to Self-Care

The Foundation of Quality Supervision (& Healthcare)



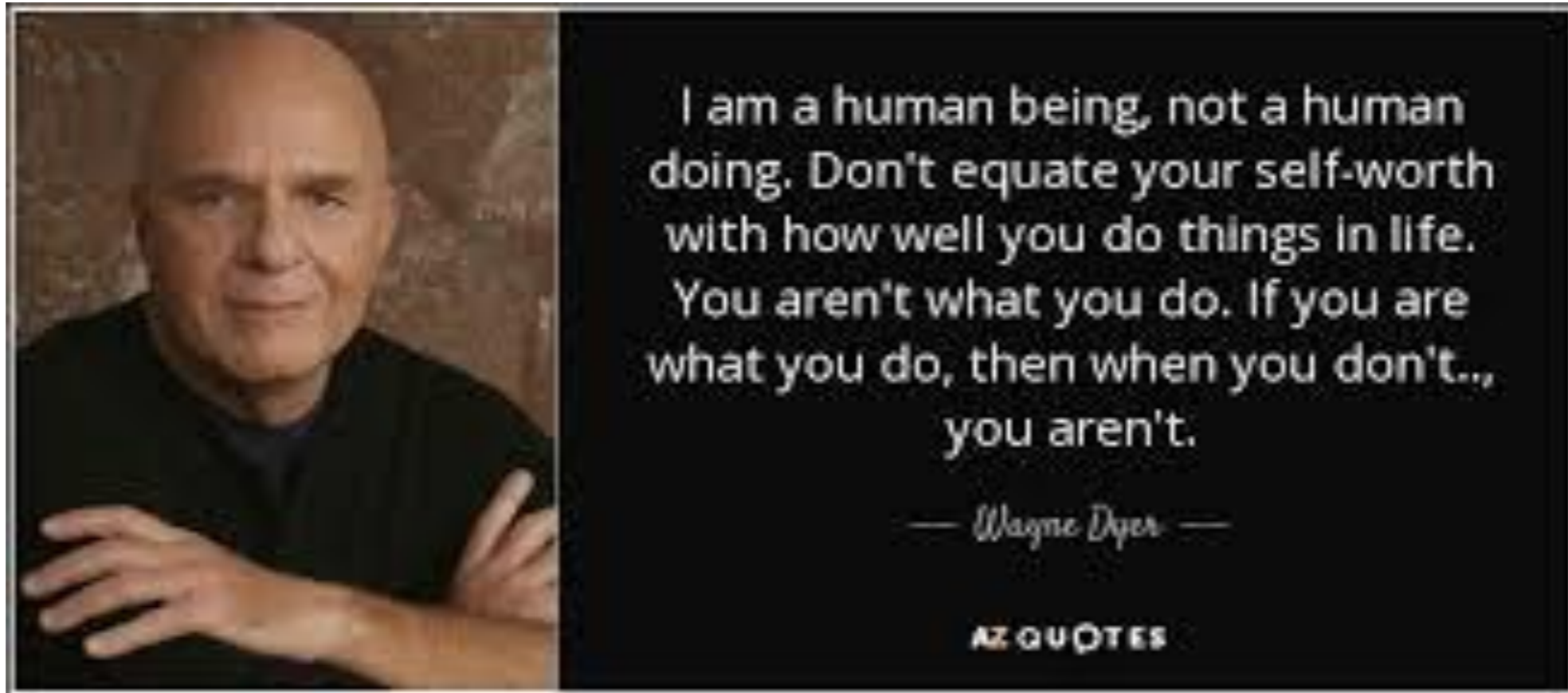
# #1 KEY to Self-Care



**Self-Awareness & Attention**

## #2 KEY to Self-Care

Living from Your Core & Focusing on Deepest Intentions



I am a human being, not a human doing. Don't equate your self-worth with how well you do things in life. You aren't what you do. If you are what you do, then when you don't., you aren't.

— Wayne Dyer —

AZ QUOTES

## #3 KEY to Self-Care



**Communication: It Starts Internally**

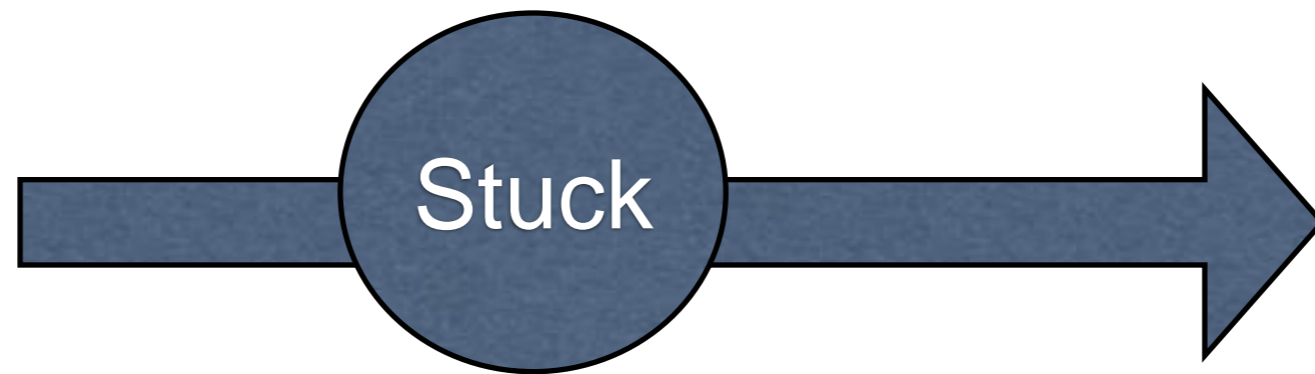
# How the KEYS Work Together

Attention + Awareness + Clear/Deep Intention

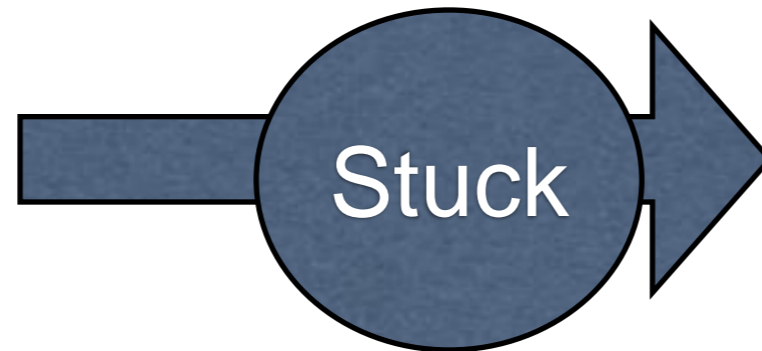
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Direct, Open Communication = Effective Supervision

*You*



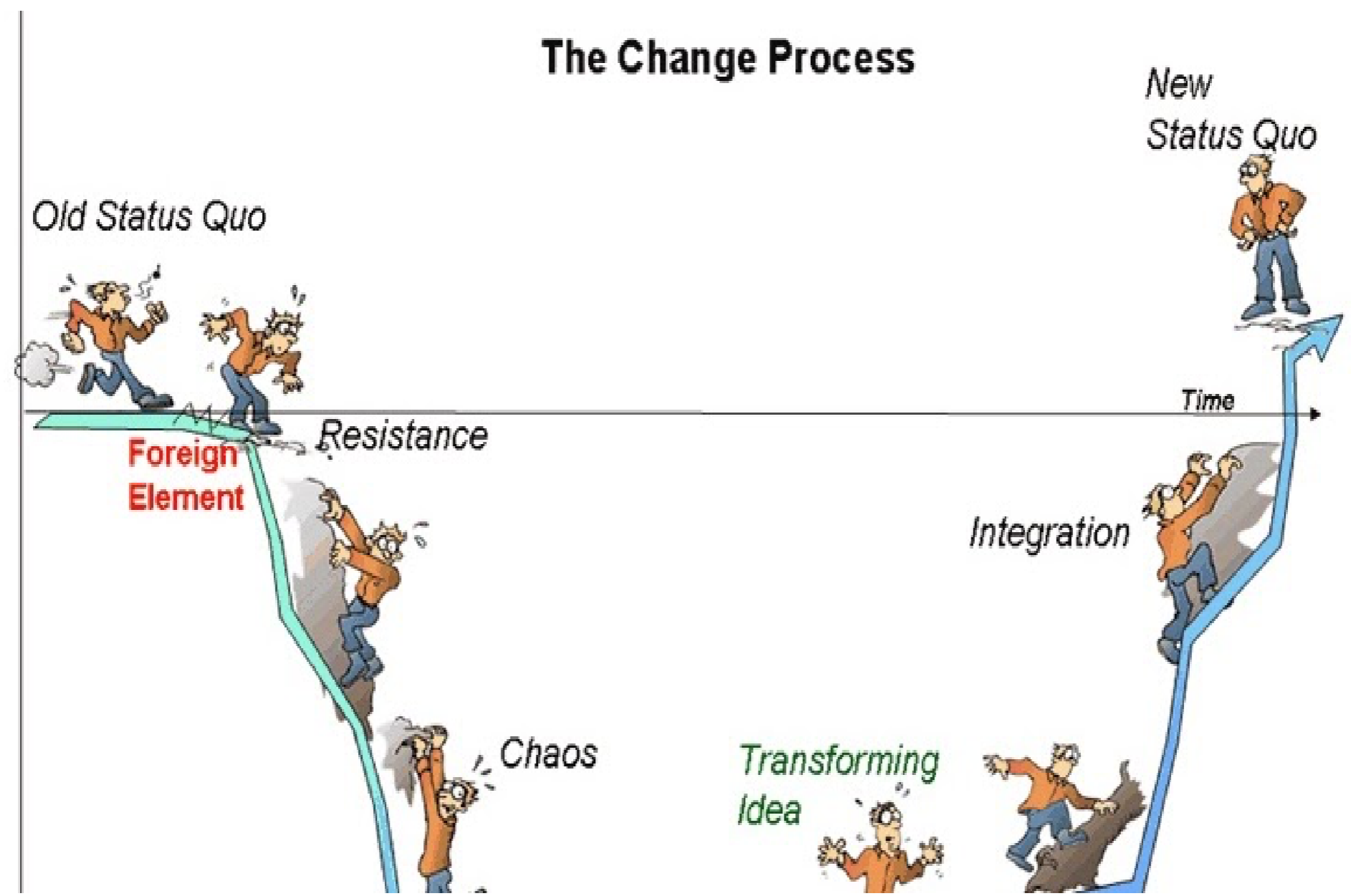
*Other*



*You/Other*



# The Change Process





# Summary of Presentation

## Morning Schedule

**KEY #1: Self-Awareness & Attention Development (i.e. EI)**

**KEY #2: Reorienting to Your Core & Focusing on Your Deepest Intentions**

**KEY #3: Communication & the Practical Applications**

## Afternoon Schedule

**Doing the Work: Breakout Exercises**

**Live Coaching & Q/A**

# KEY#1:

## The Foundation of Self-Awareness & Attention

Experience without knowledge  
is ignorance...

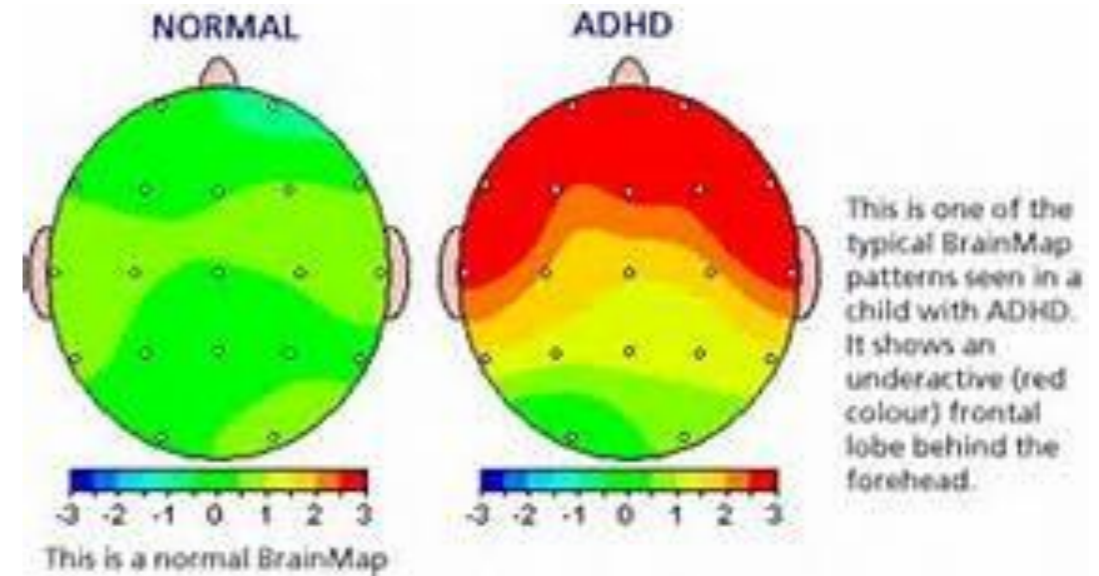
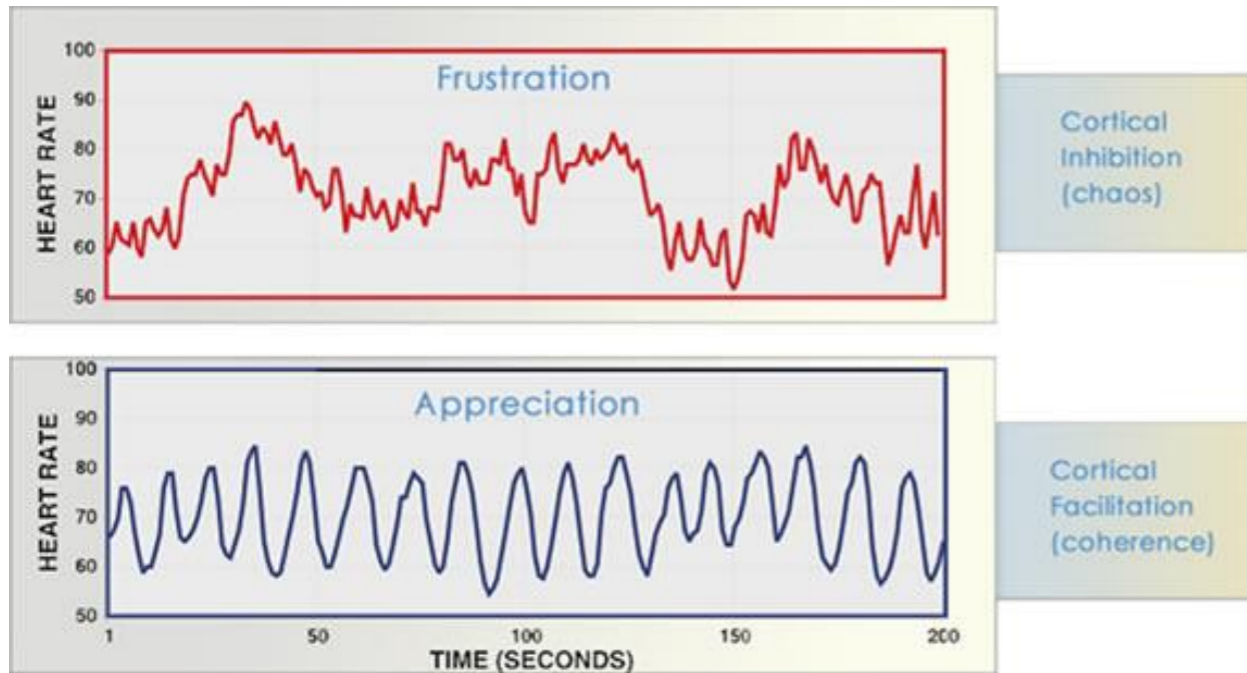


# The Gift of Nothing



• PATRICK McDONNELL •

# It's Measurable...



**Heartmath.com**  
**Thought Genious.com**

# Energy Is All About...



Curious

Kind

Obnoxious

Excited

Grumpy

## 5 Minute Reaction

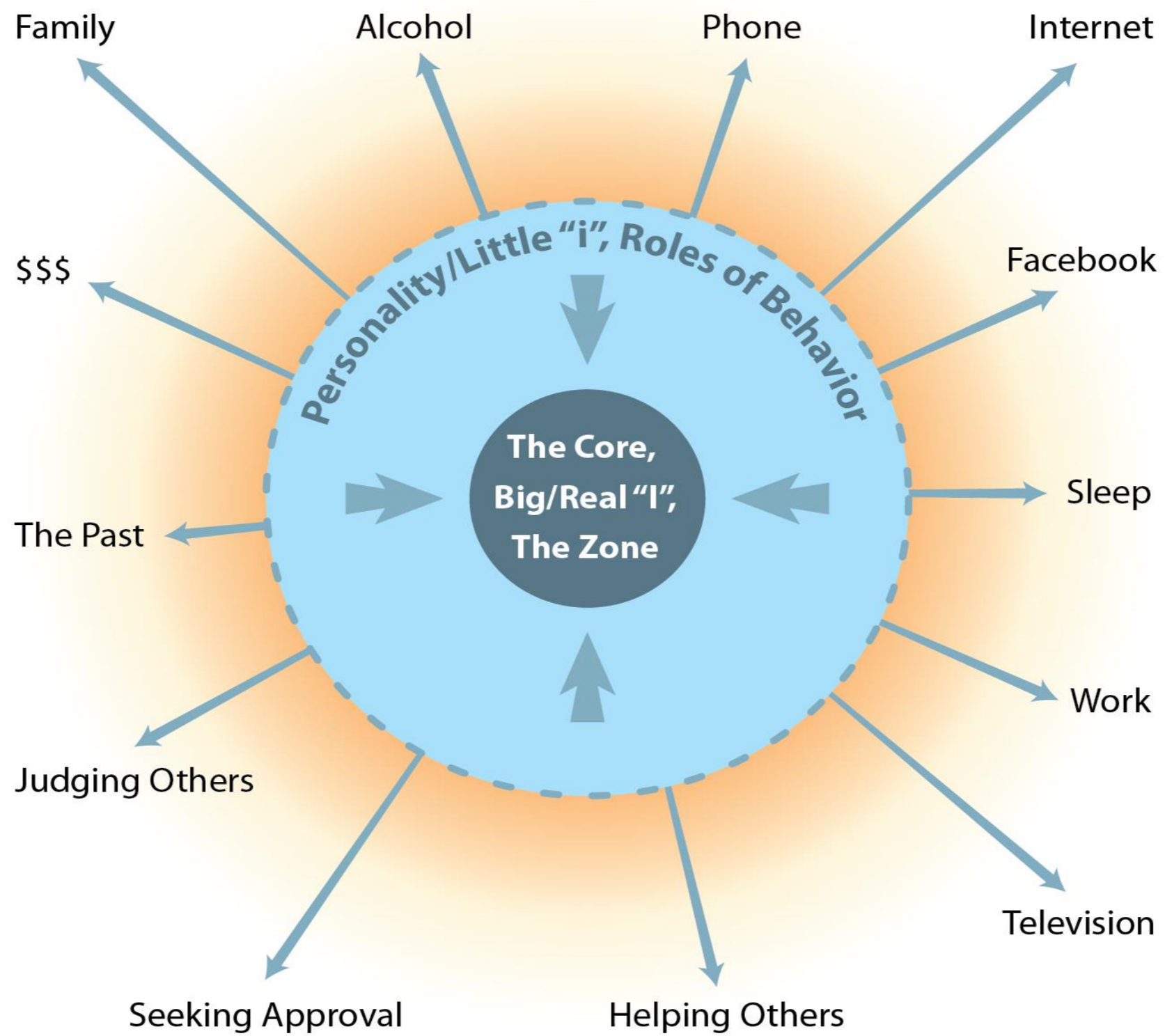
Emotions = Energy in Motion

8 Hours Effect on Immune System

# Who is the KNOWER in You?..



**"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"**



# The Cause of Stress?

**“I am never upset for the reason I think”  
-Course in Miracles**

**Lack of Focus on the Core**



# **KEY #2:**

**Reorienting to Your Core &  
Focusing on Your Deepest Intentions**

## **The Foundation of Self-Care**

- 1. Open-Focus Attention (Key to “The Zone”)**
- 2. Practical Exercises/Techniques**
- 3. The Most Important Things**

# Open-Focus Attention: The Healthiest Practice We Can Do

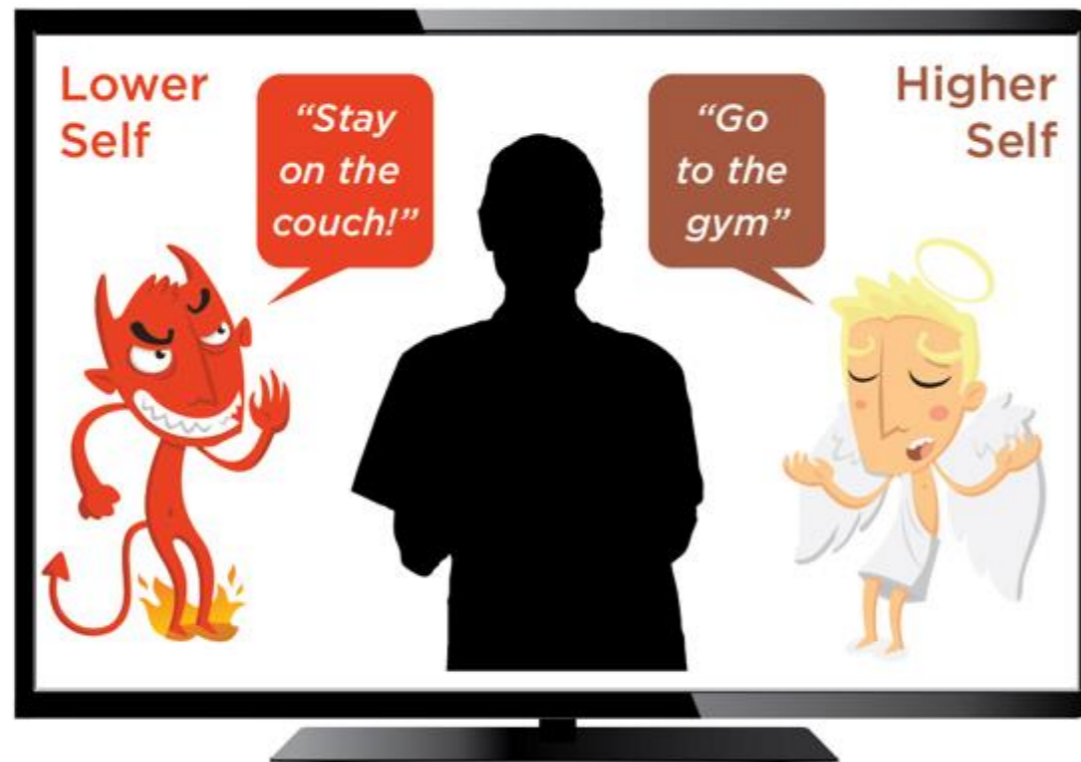


# The “Voice” In Your Head is Not You!

## It’s just the **Silly Little Ego**

### Awareness: The Core

The Real You who KNOWS and  
can stay outside the drama...

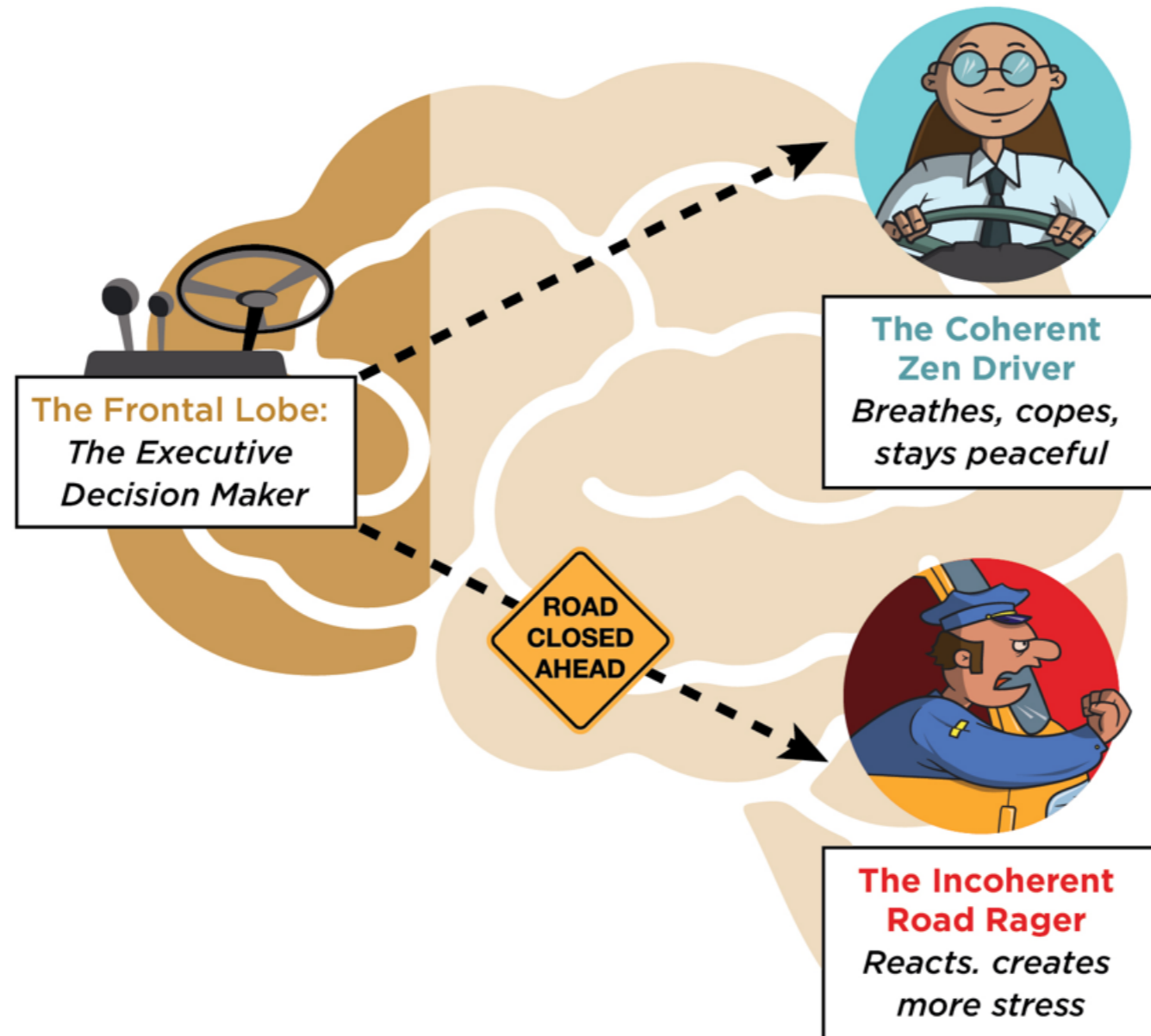


**I can think/act  
greater than I feel**  
*(e.g listen to  
the “angel”)*



# Awareness: “The Human Operator”

## Rewiring New Programs of Behavior



# Experiential Exercises...



# What Matters to You?

*“The most important thing is to remember the most important thing.”*

*-Unknown Origin*

**List Your 3 Most Important Things**  
(for YOU & Supervision)

# The General Formula

**STEP 1: Acceptance**

**STEP 2: Personal Responsibility**

**STEP 3: Commitment**

# The Moment-by-Moment Formula

**STEP 1: Be Aware & Embrace (fully accept)**

**STEP 2: Pause/Create Space**

**STEP 3: Understand**

**STEP 4: Consciously Choose a Response**

**STEP 5: Learn**

**STEP 6: Validate, Validate, Validate**

**No Awareness/Acceptance = No Change**

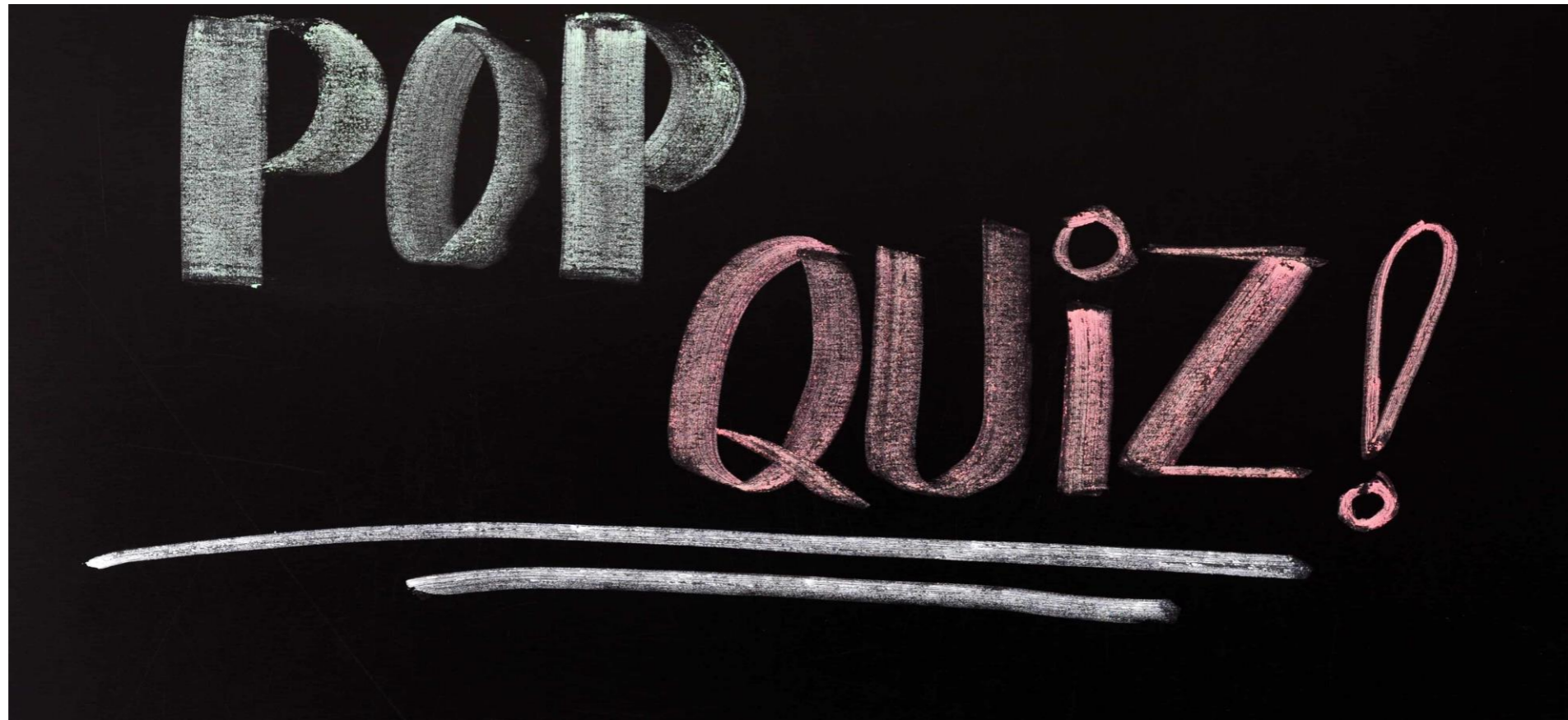
# KEY#3:

## Communication: The Foundation of Effective Supervision





# Understanding Communication



# The Practical Applications

Discovering & Addressing the Root Cause of All Conflict



# A Real World Example

The Conflict/Behavior:

She's coming across as inauthentic and is not listening well to feedback

## What's Beneath the Surface?

I'm judging her a bit because I can do the same thing in my own way

I know she's not doing this intentionally – its just a protective mechanism

I know we aren't going to get anywhere if she doesn't become more aware

I'm a little uncomfortable having to be so "brutally honest" but it's necessary

I have a responsibility to ensure the patients receive the best care possible

I know she will feel so much better about herself, and will do a much better job once she understands, so I'm not going to stop until she gets it

# Simple, but Not Easy



## In Vital Lies, Simple Truths by Daniel Goleman

*"We not only lie to ourselves, but we cover up the tracks that we did."*

Lack of Emotional Intelligence Causes us to

**IDENTIFY** ("I'm a \_\_\_\_\_") with behaviors & roles that are just conditioned habits

- "I'm a worrier"
- "I'm a overachiever"
- "I'm a people pleaser"
- I'm a control freak"
- I'm a \_\_\_\_\_ (Role – eg student, supervisor, mom, etc.)

**As we commit to breaking our own habits and discovering who we are behind our behaviors & the roles we play, the better we can we can "see" who others are without judgment and improve our ability to communicate in ways that truly inspire.**

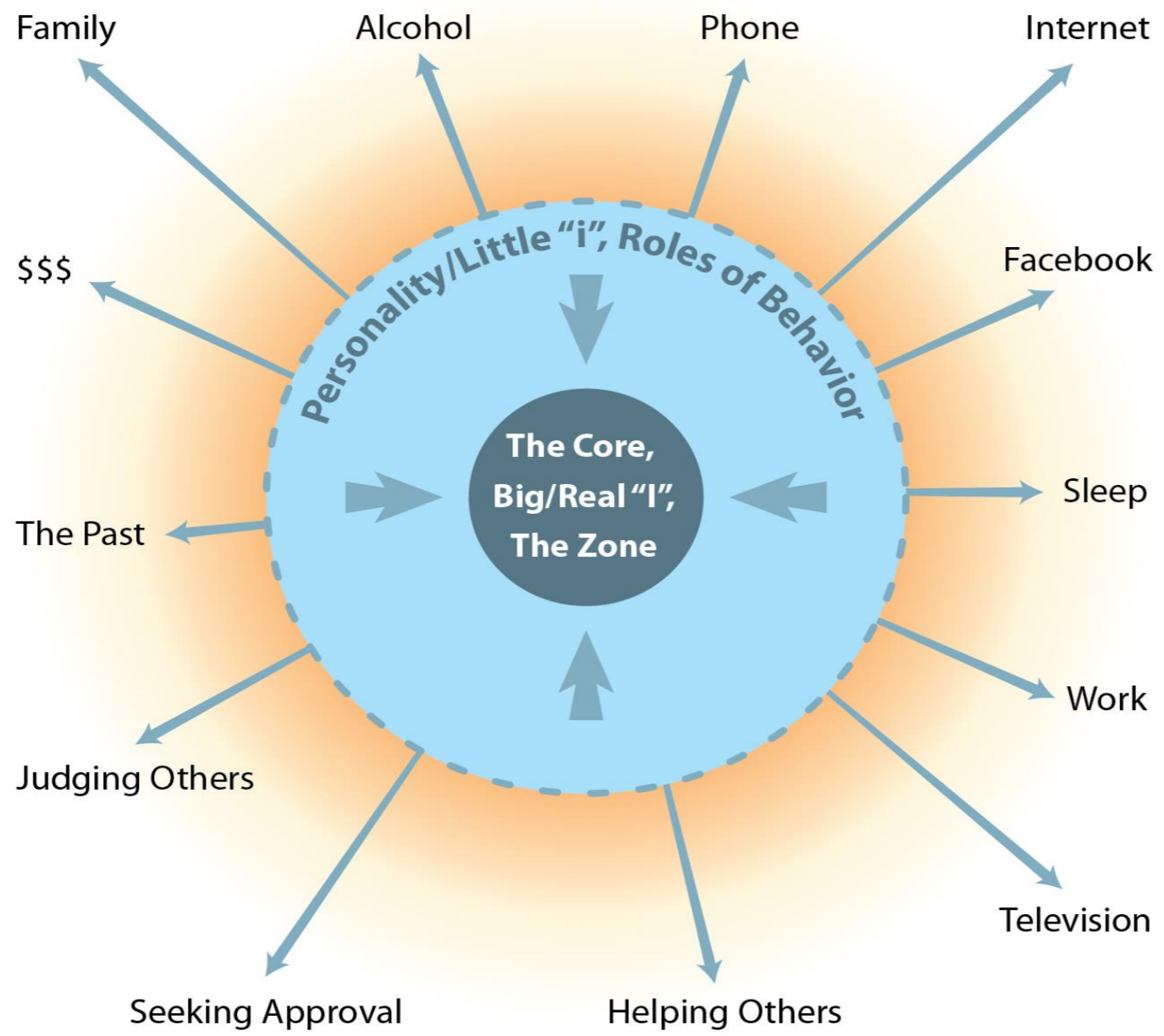
# Guiding Questions

1. What thoughts (e.g. "I can't do this!"), emotions (e.g. fear, anxiety), and beliefs (e.g. "I'm stupid") may be student be experiencing?
2. How I am personally feeling about this issue? (e.g. Compassion?, Judgement?, Frustration? etc.)
3. What thoughts/beliefs do I have about this issue? (e.g. "They 'shouldn't be \_\_\_\_\_, "I have already told them!"
4. My student is doing well but is always second guessing herself no matter how much praise she's given
5. I'm finding myself complaining a lot to my colleagues about my student

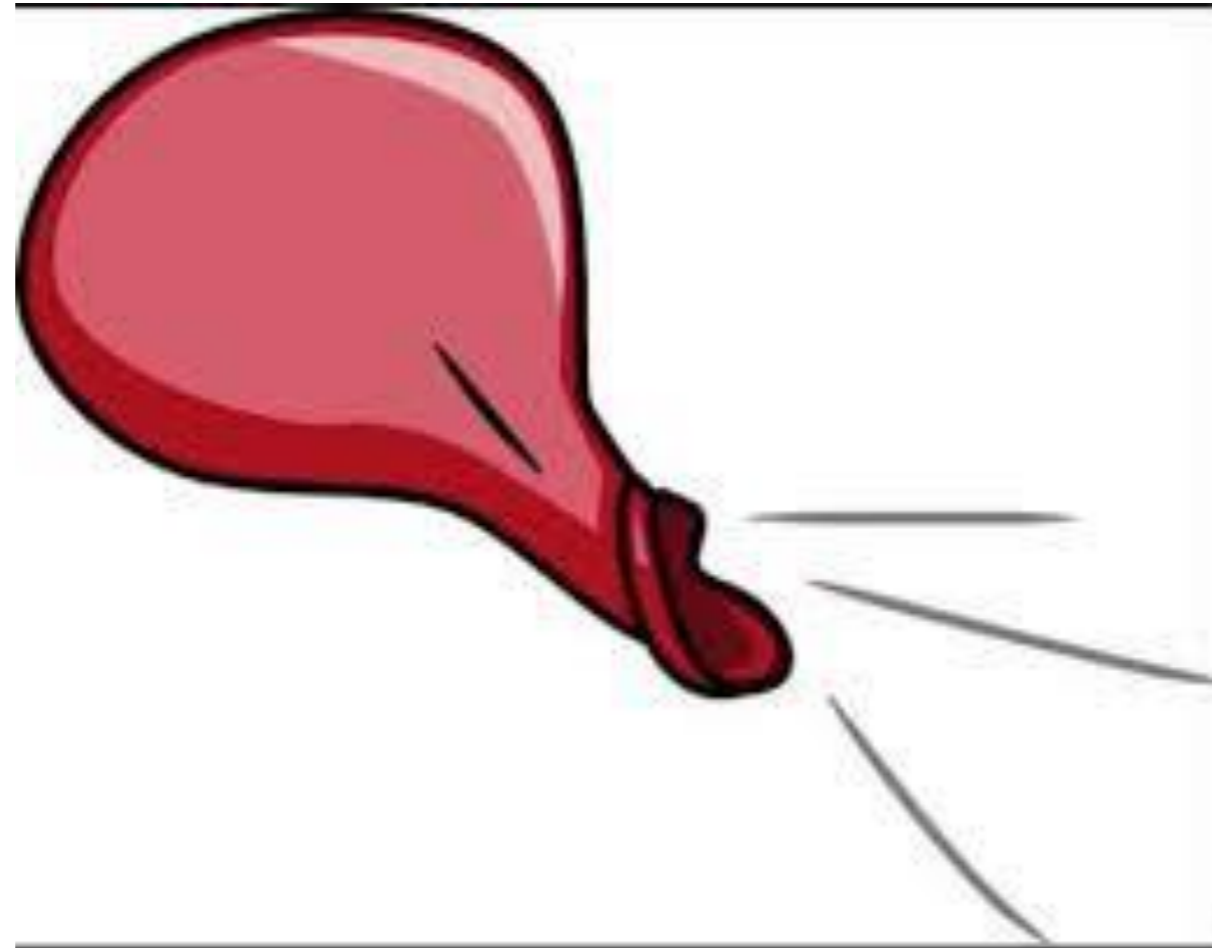


**DO  
THE  
WORK**

**BE  
THE  
CHANGE**



# Liberate Your Energy





# Breakout Exercise

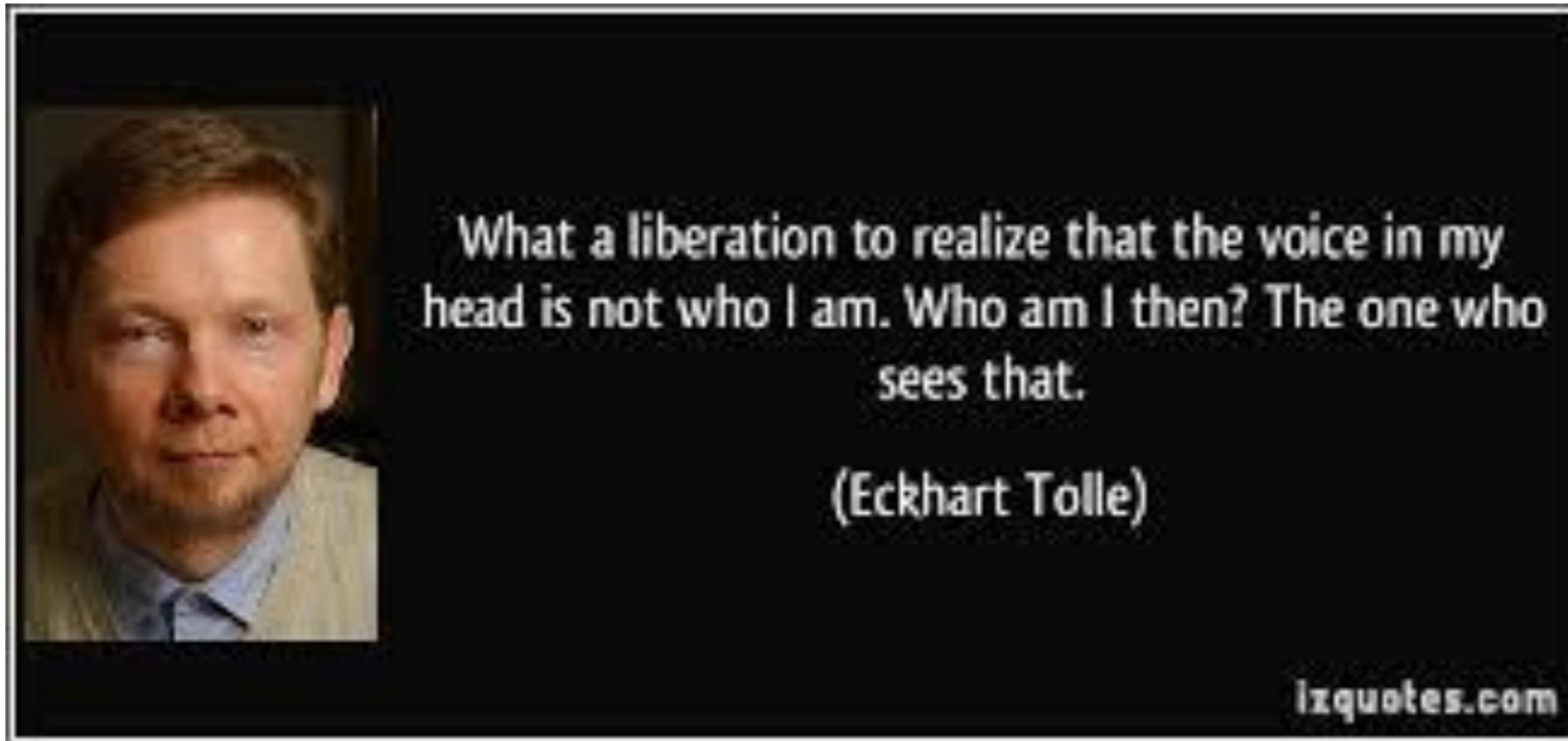
## “I Can Sometimes Be...”



***The Beach Ball Effect***  
***-Debbie Ford***

## EXERCISE #2

“I Am Not the Voice that Says...”



# Live Coaching



# Why This Matters

*The most satisfying element of any activity is not the activity itself, but rather the quality of attention we are offering.*

*-Eckhart Tolle*

# Why?



**It's All About...**



# We Forget About...



# **What Are You Taking Away?**

**1. Pay Attention**

**2. Put Your Own Mask on First**

**3. Do Your Best to Stay Balanced**



# A Practical Approach to Quality Care

## THE CLINICAL SUCCESS FORMULA

How to Reduce Anxiety, Build Confidence, and Pass with Flying Colors



DAN EISNER  
MSOTR/L, Certified Coach

Ongoing Support?



# RESOURCES

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