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
Lack of Communication
Work/Life Balance
Poor Initiation
Time Management
General Overwhelm

All Distraction is Attempt to Numb Stress/Emotion
Root Cause of Avoidance

"If your emotional abilities aren't in hand, if you don't have self-awareness, if you are not able to manage your distressing emotions, if you can't have empathy and have effective relationships, then no matter how smart you are, you are not going to get very far." ~ Daniel Goleman

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

Vulnerability is the birthplace of innovation, creativity and change.

- Brené Brown
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)

Taking care of your mind & thoughts
Taking care of your physical health & body

Self-Care
Increasing your own well-being through self-care behaviors
Taking care of your spiritual health
Taking care of your emotions

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#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 ---
#3 KEY to Self-Care

Communication: It Starts Internally
How the KEYS Work Together
Attention + Awareness + Clear/Deep Intention

= Direct, Open Communication = Effective Supervision

You

Stuck

Other

Stuck

You/Other
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
Experience without knowledge is ignorance...

KEY#1:
The Foundation of Self-Awareness & Attention
The Gift of Nothing

- Patrick McDonnell -
It’s Measurable...

Heartmath.com
Thought Genious.com
Energy Is All About...

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 Core, Big/Real "I", The Zone

Personality/Little "i", Roles of Behavior

- Family
- Alcohol
- Phone
- Internet
- $$$
- The Past
- Judging Others
- Seeking Approval
- Helping Others
- Facebook
- Sleep
- Work
- Television
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”)

"I am going to the gym"

"Ok, ok. You win."

"Stay on the couch!"

"Go to the gym"
Awareness:
“The Human Operator”

Rewiring New Programs of Behavior

The Frontal Lobe:
The Executive Decision Maker

The Coherent Zen Driver
Breathes, copes, stays peaceful

The Incoherent Road Rager
Reacts, creates more stress
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 – it’s 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, Simples 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 the student be experiencing?

2. How am I 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…”

What a liberation to realize that the voice in my head is not who I am. Who am I then? The one who sees that.

(Eckhart Tolle)
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?

Occupational Therapy
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
Ongoing Support?
RESOURCES

**Morning Schedule**
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**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*