

# Reflective and Compassionate Caring for Self and Patient: The Importance of Team Working and Collective Processing.

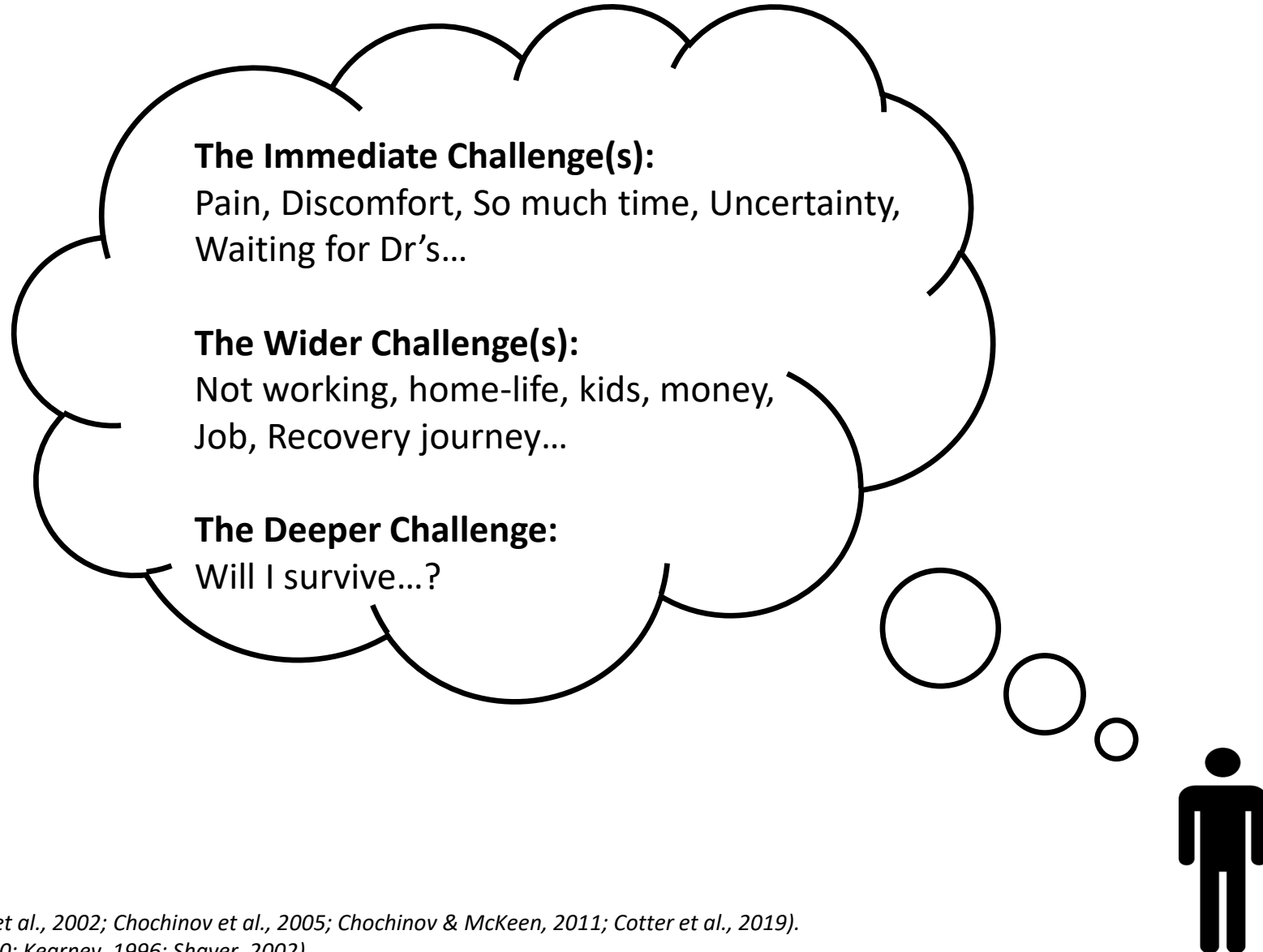
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Imperial NHS Trust

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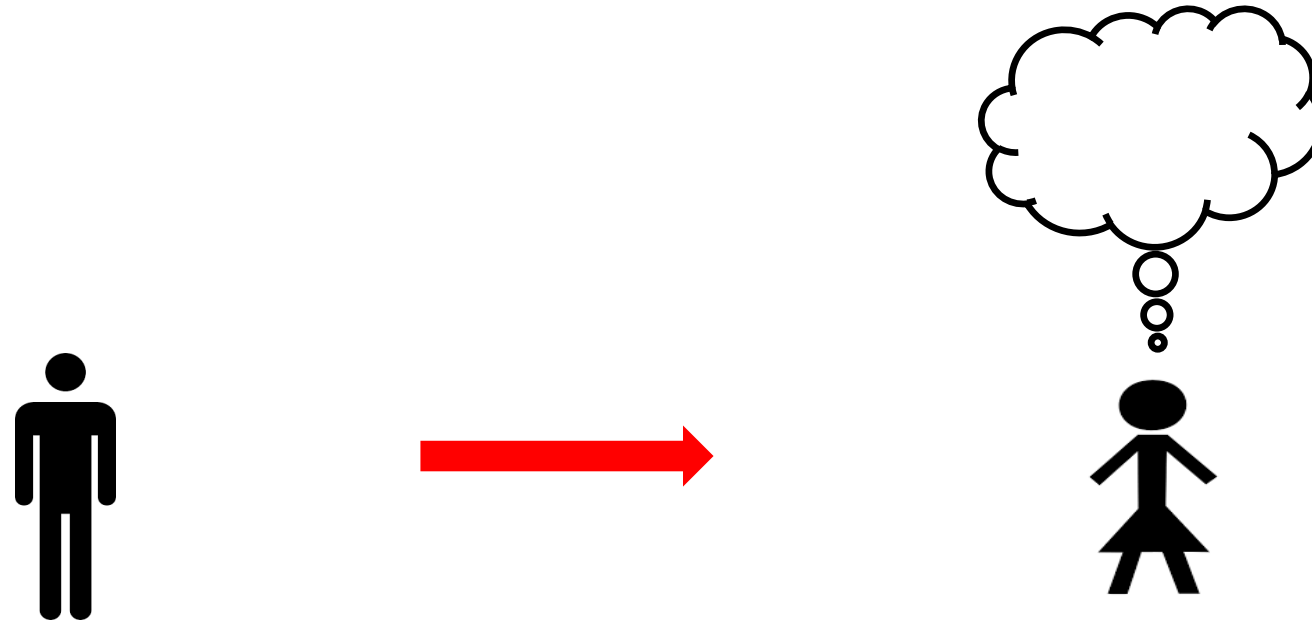
# A Patient(s) I'll never forget...

- Patients that impacted you?
- Or not...?
- Change over time?

# The emotional load carried by patients



# Transference onto Healthcare Practitioner



*Psychodynamic Psychotherapy (Casement, 1992; McCullough et al., 2003; Cotter et al., 2017).*

*Process Oriented Psychology (Mindell, 1988, 1995, 2017; Cotter et al., 2020; Cotter, 2021).*

*Gestalt Therapy (Perls et al., 1951).*

# How does this happen?

- Mirror Neurons
- Polyvagal Nerve
- The [*Human*] Healthcare Practitioner
  - *My story, my history, my family, my emotions, my life outside work...*

*Neuroscientific/Neuropsychology (Kolb & Wishaw, 2015; Kalat, 2017).*

*Compassion Focused Therapy (Gilbert, 2010).*

*Sensorimotor Psychotherapy (Ogden & Fisher, 2014; Ogden, 2021).*

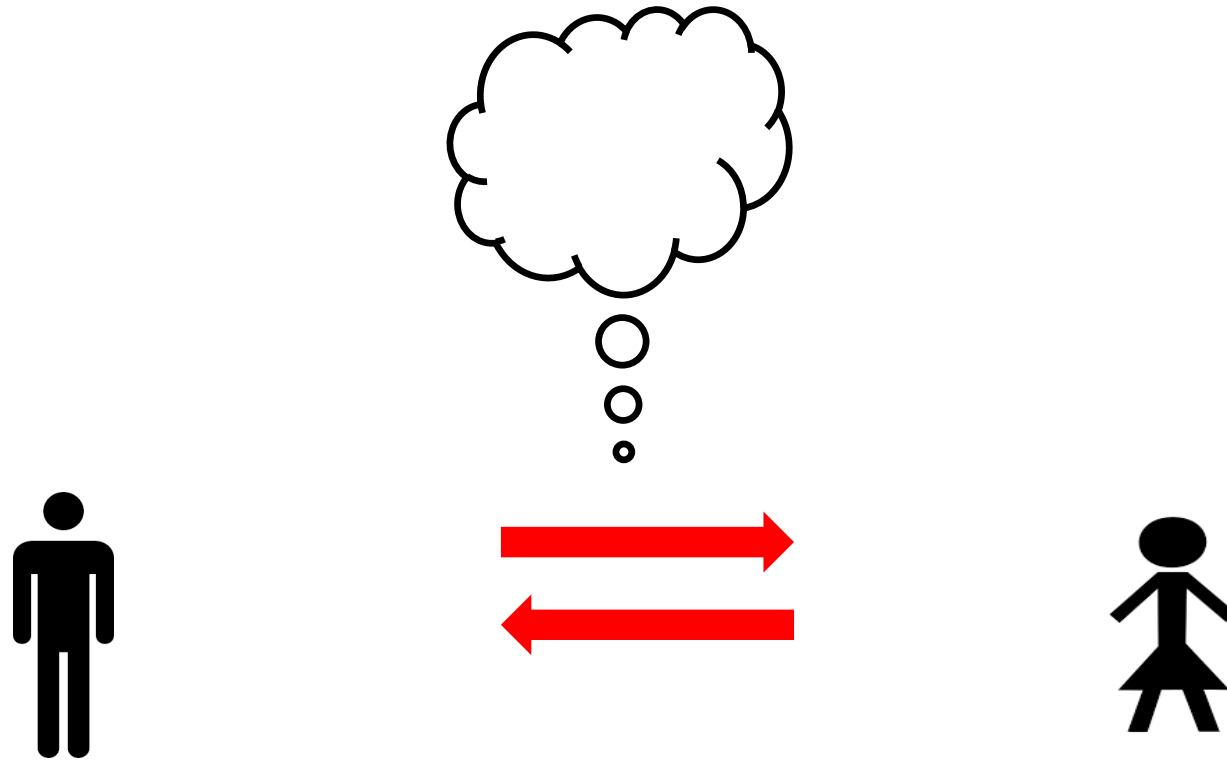
*Process Oriented Psychology (Mindell, 1988, 1995, 2017; Cotter et al., 2020; Cotter, 2021).*

# Fear response

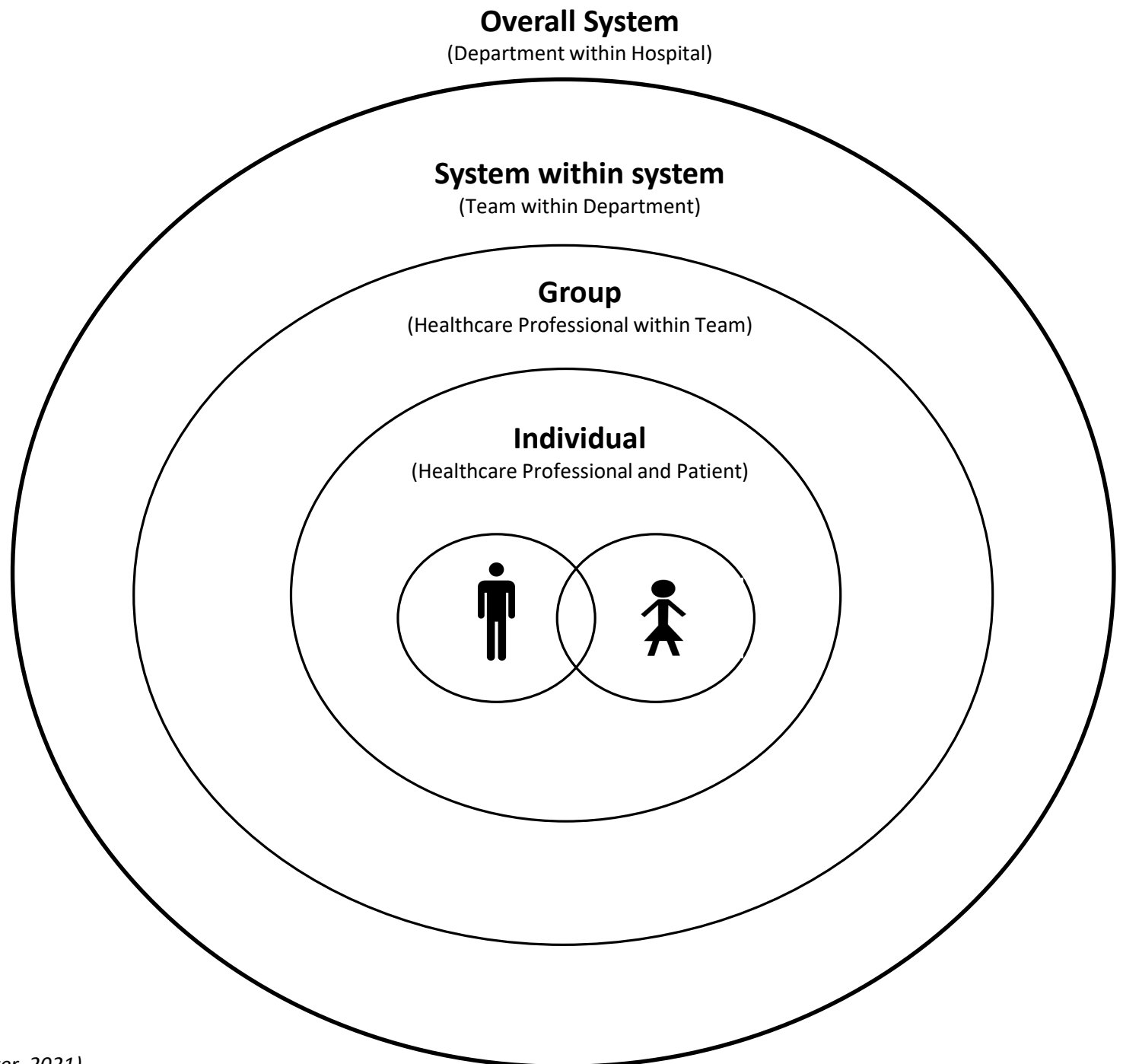
## Fight, Flight or Freeze response



# Or Not...

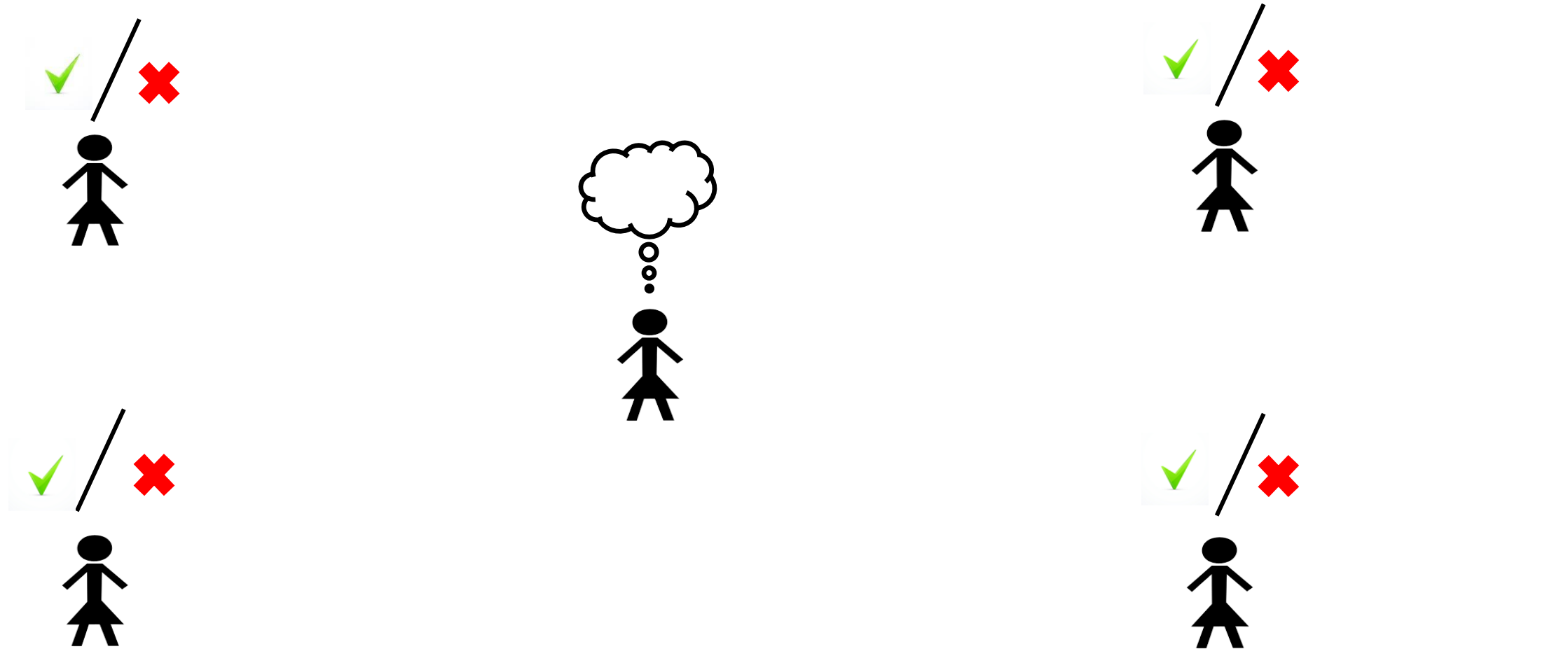


# No [Hu]man is an Island...





# Team Working and Collective Processing



# The Power of Mindful Presence:

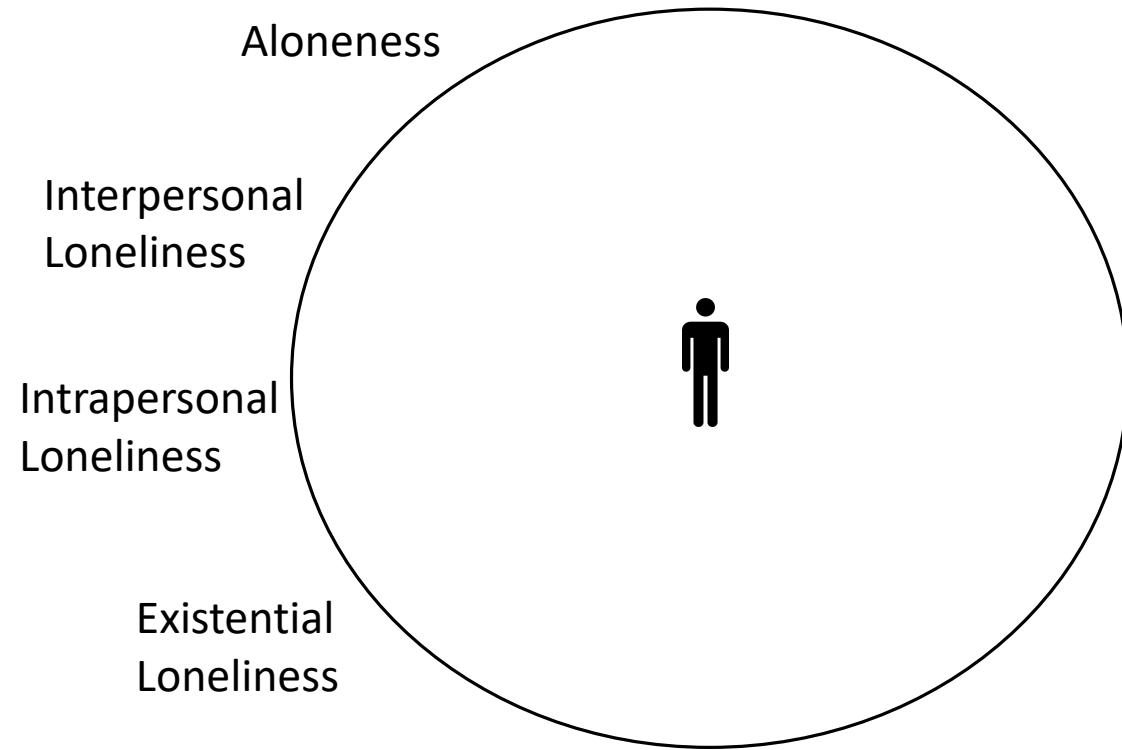
*Being rather than Doing*

***‘Paying attention in a particular way: on purpose, in the present moment and non-judgementally’***

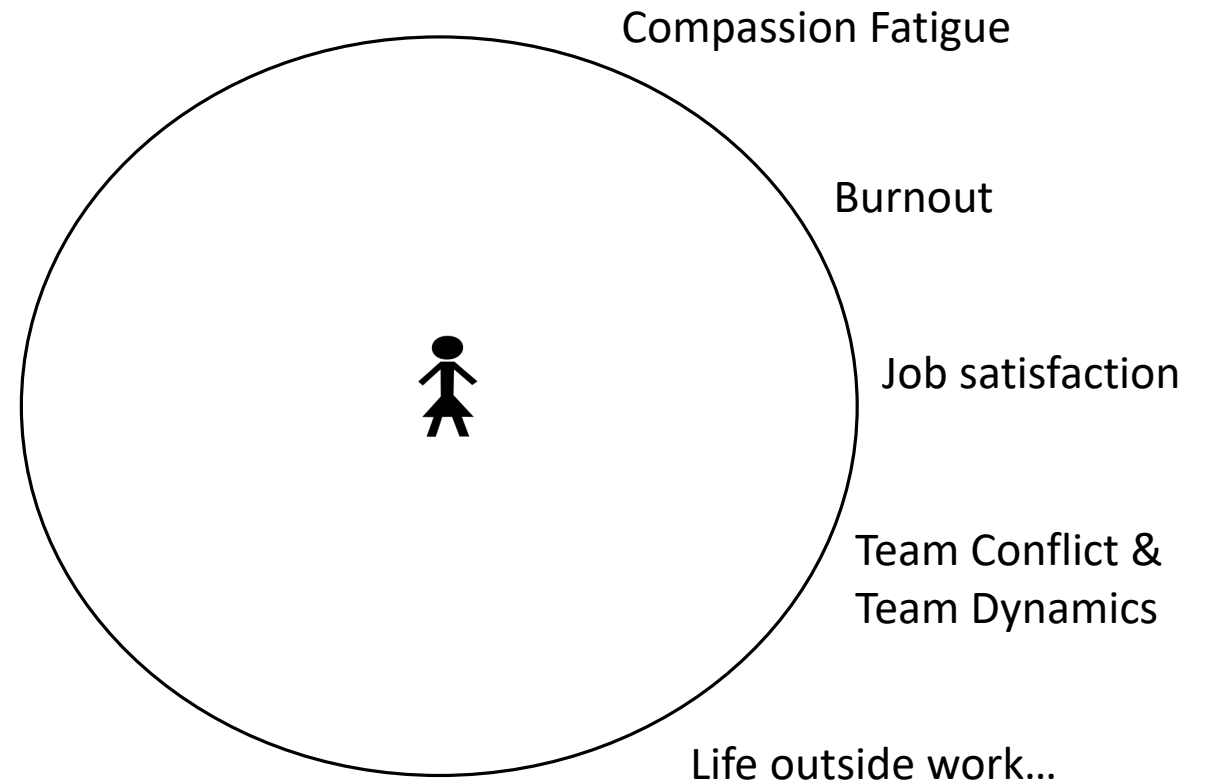
*Kabat-Zinn (1990)*

# Or Not... - The Island Effect

## Impact on Patient



## Impact on Me – *The Human Healthcare Practitioner*



*Patient Dignity Literature* (Chochinov et al., 2002; Chochinov et al., 2005; Chochinov & McKeen, 2011; Cotter et al., 2019).

*Existential Psychotherapy* (Yalom, 1980; Kearney, 1996; Shaver, 2002).

*Burnout, Job Satisfaction and Compassion Fatigue Research* (Cocker & Joss, 2016; Lu et al., 2019).

# How am I reacting?

- For...?
- Against...?
- Tuned out...?

*\* NB. All of the above are important.*

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