Feeling the Impact: Self-Care for the Well-Being of Parents

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Parenting is STRESSFUL

- 1 Retrospective study
  - 83% of couples experience moderate to severe crisis

- 15 longitudinal studies
  - 65% of couples experience significant decline in marital satisfaction
IMPACT of Stress

- Physical
- Cognitive
- Emotional
- Relational

Stress: Portrait of a Killer
The Triune Brain

- **Midbrain**
  - Feel – Remember
  - Interact with others

- **Reptilian Brain**
  - Survive – React – Repeat
  - Repeat-Repeat

- **Neocortex**
  - Talk – Think – Move
  - Create - Learn
World is OK!!!
Trust
(Going through a tough time and coming out okay creates trust.)

Meet needs

Rage

Shut down

Freeman Attachment Cycle

Cry
Wiggle
Cute
Smile
Kick

addiction

Copyright 1999
Window of Affective Tolerance

HYPER-AROUSAL
- panic
- impulsivity
- survival responses: fight, flight, hypervigilance
- anger
- agitation
- freeze

HYPO-AROUSAL
- numbness
- submission
- desensitization
- poor self-care or boundaries
- shut down

OPTIMUM AROUSAL
- feelings and responses are manageable and do not prevent thinking

From Joyce, P and Sills, C 2014 | Based on Siegal 1999
Interventions

- Experiential
Regulating Intervention: Play

- Dance/Movement
- Wait, Watch, and Wonder
- Art
  - Music
  - Paint/Draw
  - Poetry
- Special Play
- Synergetic Play
Regulating Interventions: Nature

- Nervous System Regulation
- Fascination & Play
- Resiliency & Stress Recovery

• Multi-faceted development
Regulating Interventions: Mindfulness

- Motivational Interviewing
- Non-Violent Communication
- Mindfulness-Based Stress Reduction
- Acceptance and Commitment Therapy
IT’S NOT THAT BAD
JUST BE HAPPY
DON’T BE SAD
YOU’LL GET OVER IT
YOU’RE OVERREACTING

I BELIEVE YOU.

#STIGMAFIGHTER
“Compassion is not a relationship between the healer and the wounded. It’s a relationship between equals. Only when we know our own darkness well can we be present with the darkness of others.”

-Pema Chödron
The Gift of Vulnerability

“Vulnerability is the birthplace of wholeheartedness.”

-Brené Brown, “Daring Greatly”

NAYYIRAH WAHEED
Questions?
References

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