LEARNING OBJECTIVES

1. The addiction professional will be able to identify the ethical standards and principles that mandate self-care.
2. The addiction professional will be able to identify three personal excuses that result in neglecting self-care and reframe those excuses as opportunities.
3. The addiction professional will be able to identify six practical self-care strategies to improve health and wellbeing.
BEGIN WITH AN INVITATION....

SET YOUR INTENTION
WHAT IS YOUR INTENTION?

Get through this?  Learn something new?

Opps, I am in the wrong room.
GIVE YOURSELF PERMISSION…

- To breathe
- To learn something new
- To be open to new ideas
- To value the time you are spending here today
VALUE AND RESPECT YOUR TIME TODAY

• Exactly what self care is… investment in self
  • A lifestyle of wellness, requires an investment every day.

• NAADAC code of ethics begins with an introduction …
  • “Well-being of each is intimately bound to the well being of all” (NAADAC, 2016)

• Geppert & Roberts (2008) emphasize “respect for persons”
  • This includes RESPECTING YOUR WELL-BEING
SELF-CARE IS ETHICAL, PREVENTATIVE, AND NECESSARY

• Three out of ten surveyed reported self care as a priority (Enos, 2016)
• Irritation, disinterest, and maladaptive coping is the result of ignoring self care (Barnett & Cooper, 2009)
• Counselors function on an impairment – balance continuum and that self awareness is key (Coll, Doumas, Trotter & Freeman, 2013)
• Self awareness and self care importance are linked (Richards, Campenni, & Muse-Burke, 2010)
MY INTENTION IS TO CREATE A CULTURE OF SELF CARE AS A COMPONENT OF BEING AN ETHICAL ADDICTION PROFESSIONAL
PRINCIPLE III: PROFESSIONAL RESPONSIBILITIES AND WORKPLACE STANDARDS

- III-1 Responsibility. Adhere and abide by NAADAC code of ethics (NAADAC, 2016)
PRINCIPLE III: PROFESSIONAL RESPONSIBILITIES AND WORKPLACE STANDARDS

• III-18 Self-Monitoring. “providers shall engage in self-care activities that promote and maintain their physical, psychological, emotional, and spiritual well-being” (NAADAC, 2016)
BREATHING …
WE ARE CARING, SUPPORTIVE, EMPATHETIC, AND NURTURING

• What do you value about yourself as a professional? as a person?
  • I am …
  • I am…
  • I am…
DID ANYONE WRITE...

- I am hypocritical.
- I am compromised.
- I am burned out.
- I am unethical.
- I am stressed.
- I am unhealthy.
- I am unhappy.
- I am bored.
IF YOU DID THAT IS OK …

- We are not perfect or impervious to the stress of daily lives and the vicarious traumatization of working in the field of addiction.

- Reach out while you are at this conference:
  - Seek support
  - Seek supervision
  - Seek consultation
  - Get a referral for professional help

- Ill-41 Impairment, VII-17 Impairment
I AM… TO I VALUE…

- I am smart. I value my knowledge.
- I am organized. I value my ability to get things done.
- I am open. I value other people’s opinions and views.
- I am a good parent. I value my quality time with my children.
- I am an excellent student. I value my progress in school.
- I am … to I value…
“I AM…” TO “I VALUE…”

• I am an ethical addiction professional. I value my self care.
Recommendation from the Introduction to NAADAC/ NCC AP Ethical Standards i-3

- Be true to your word (10)
- Keep commitments (10)
- Be mindful (12)
- Use good judgement (13)
- Be the best you can be (14)
- Work on personal growth (14)
CONSIDER WHAT WE ASK CLIENTS TO DO…
DO YOU PRACTICE WHAT YOU PREACH?

- Stop putting mood altering substances in.
- Make time for self care.
- Communicate and ask for help.
- Prioritize the time you need for your recovery.
- Sleep seven or more hours a night.
YES, I PRIORITIZE MY SELF CARE DAILY AM BALANCED PERSONALLY AND PROFESSIONALLY.
I CAN'T

I DON'T HAVE TIME.
EXCUSES T.H.I.C.S

- Identify 3 personal excuses that prevent you from practicing proactive self care regularly.
“I AM…” TO “I VALUE”

• I am an ethical addiction professional. I value my self care.

• Do my values align with my behavior or my excuses?
EXCUSES ARE EASY

WHEN YOUR BEHAVIOR IS NOT ALIGNED WITH YOUR VALUES

CHANGE YOUR BEHAVIOR OR CHANGE YOUR VALUES
“I AM…” TO “I VALUE”

• I am an ethical addiction professional. I value my self care.
  • Behavior - I prioritize daily self care.
  • Behavior – I adjust my self care activities as needed.
  • Behavior – I implement new self care activities.
  • Behavior – I have a Self Care Action Plan and I use it.
E. THINK H.I.C.S

• How can I reframe my excuses as opportunities?

• Discuss with 1-2 people around you.
CLASP HANDS
- Empathy can be a trigger for relapse (American College of Neuropsychopharmacology, 2018)
  - Addiction professionals in recovery
  - All professionals need to recognizing your own hurts and get the help you need.
- Lack of sleep is bad for the brain (Cambridge Brain Sciences, 2018)
  - 18 hours awake = intoxication
- Burnout, compassion fatigue, and unhealthy behaviors….
NUTRITION IS ABOUT HOW WE FEED OURSELVES

• Physically
• Psychologically
• Emotionally
• Spiritually
CAFFEINE, SUGAR, LACK OF SLEEP

DOES THIS SOUND LIKE YOU?
• What are the risks and benefits of engaging in self-care?
• Exactly what self care is… investment in self
  • A lifestyle of wellness, requires an investment every day.

• **Time** is our most valuable resource, how we invest it defines us.

• If you are not meeting your self-care goals now, the goals are likely not aligned with your values.
  • Reallocate your investment of time.
“TIME IS A CREATED THING. TO SAY, 'I DON'T HAVE TIME,' IS LIKE SAYING, 'I DON'T WANT TO.'” - LAO TZU
E.T.H.I. Creativity S.

- Yoga 10 minutes in the morning?
- Walk 20 minutes at lunch time?
- Listen to audiobooks while commuting to work?
- Eliminate caffeine and sugar?
- Pack your lunch for work?
- 5-minute meditation/ intentional breathing?
CREATIVITY: SHARE YOUR IDEAS

Document at least 6 strategies.

Consider the risk of not implementing a proactive self care plan.
• NAADAC code of ethics begins with an introduction …
  • “Well-being of each is intimately bound to the well being of all” (NAADAC, 2016)
E.T.H.I.C. SPIRITUALITY

- III-18 Self-Monitoring. “providers shall engage in self-care activities that promote and maintain their physical, psychological, emotional, and spiritual well-being” (NAADAC, 2016)
  - Connection to others and something greater than yourself.
  - Spirituality is the power of “WE”
E.T.H.I.C.S. OF SELF-CARE DECISION MAKING MODEL

Following the Decision-Making Model for Addiction Professionals VIII-3 in the NAADAC Code of Ethics (2016), you have:

• Documented your self-care as a possible ethical dilemma.
• (a) supervision and/or consultation regarding the concern;
• (b) consideration of relevant ethical standards, principles, and laws;
• (c) generation of potential courses of action;
• (d) deliberation of risks and benefits of each potential course of action;
• (e) selection of an objective decision based on the circumstances and welfare of all involved
MY SELF-CARE PLAN

• Set a clear intention of self-care everyday.
• Reframe your excuses as an opportunity to realign your values with your behavior.
• Allocate your time accordingly.
• Implement the 6 strategies that you committed to today.
• Reevaluate after 30 days.
E.T.H.I.C.S. OF SELF-CARE
DECISION MAKING MODEL

Following the Decision-Making Model for Addiction Professionals VIII-3 in the NAADAC Code of Ethics (2016), you have an opportunity to revisit this plan:

• (f) reflection, and redirection if necessary, after implementing the decision.
E.T.H.I.C.S. OF SELF-CARE

- Excuses
- Think
- Heal
- Investment
- Creativity
- Spirituality
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