


**Stratégies pour réduire le burnout,
le traumatisme secondaire et l'usure de compassion**



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Directrice Générale



1





Whenever you need to talk, we're open.

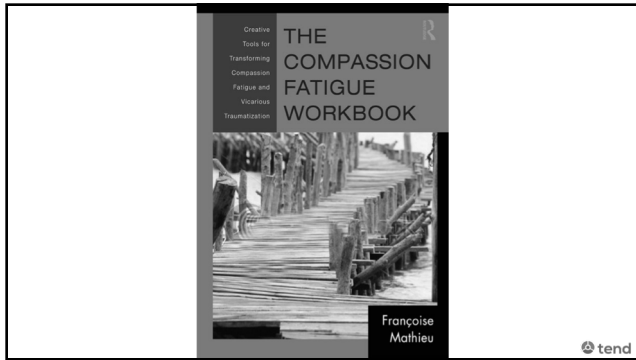
Call 1-800-669-6868
Chat at KidsHelpPhone.ca
Text 686868 Kids Help Phone



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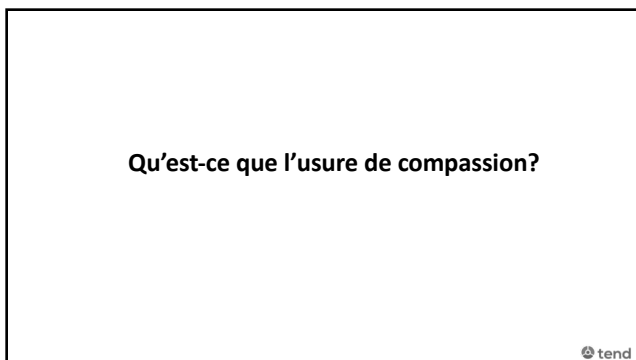
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Le traumatisme secondaire




"Un risque du métier" Saakvitne & Pearlman (1996)

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Facteurs de risque

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Évaluer nos facteurs de risque

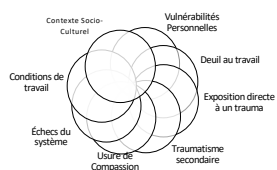


Image courtoisie du Dr. Leslie Anne Ross, UCLA

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11

La détresse morale




“[...] se produit lorsqu’il y a incohérence entre les valeurs d’un(e) [intervenant] et les gestes qu’il (elle) pose en pratique” (Baylis 2000)

“lorsque les politiques ou les tâches habituelles sont en conflit avec les valeurs quant aux soins à prodiguer au patient” (Mitchell 2000)

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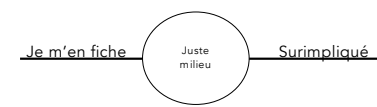
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Le continuum de la compassion



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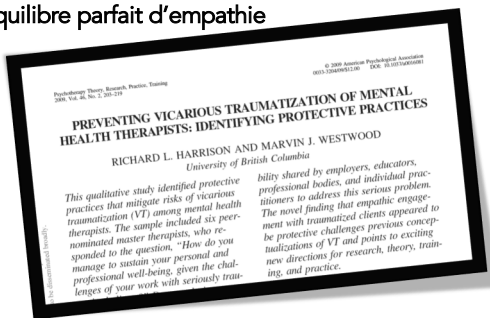
Avoir "le juste milieu" de compassion, ça existe?



F. Mathieu (2019) www.tendacademy.ca 

14

L'équilibre parfait d'empathie




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0893-3200/07/\$12.00 DOI: 10.1037/0893-3200.27.1.10

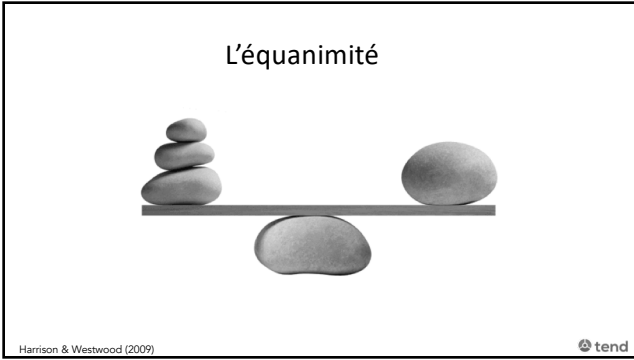
Psychological Theory, Research, Practice, Training
2007, Vol. 26, No. 1, 10–22

University of British Columbia

This qualitative study identified protective practices that mitigate risks of vicarious traumatization (VT) among mental health therapists. The sample included six peer-nominated master therapists, who responded to the question, "How do you manage to sustain your personal and professional well-being, given the challenges of your work with seriously traumas shared by employers, educators, professional bodies, and individual practitioners to address this serious problem? The novel finding that empathic engagement with traumatized clients appeared to be protective challenges previous conceptualizations of VT and points to exciting new directions for research, theory, training, and practice.

Harrison & Westwood (2007) 

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18

Applications de méditation



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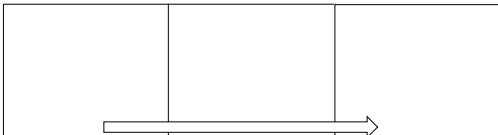
On ne peut pas ignorer notre physiologie de base



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20

Les Signes Avant-Coureurs



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21

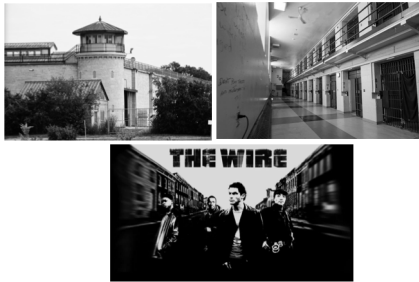
3 changements à noter

- physique
- comportement
- émotions



22

Loisirs?



23



24

Comment se réinitialiser



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26

Les hormones du stress



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28



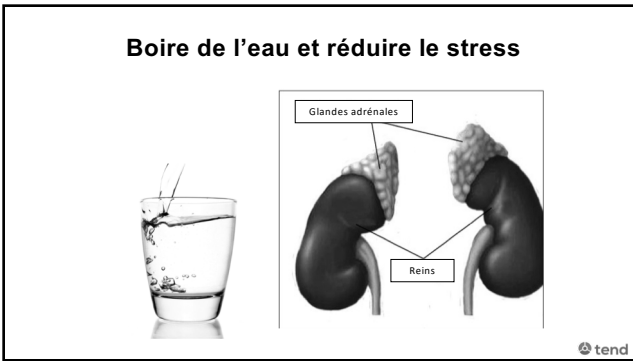
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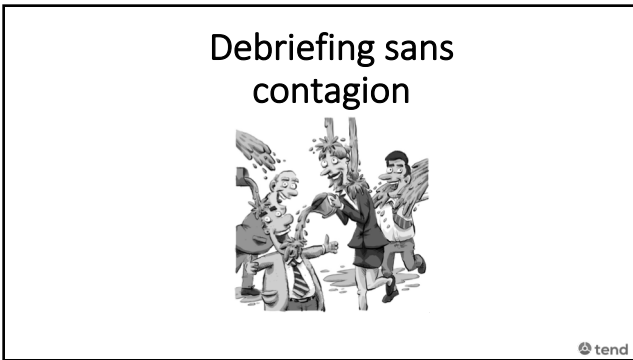
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33

LOW IMPACT DEBRIEFING:
Four steps to protect yourself from being slimed, and to help minimize the risk of traumatizing your colleagues, friends and family.

<p>SELF AWARENESS Be aware of the stories you tell and the level of detail you provide when telling a story. Are all the details really necessary? Can you give an abbreviated version?</p>	<p>FAIR WARNING Allow your listener to prepare, and brace themselves by starting with "I would like to debrief a difficult situation with you and the story involves traumatic content."</p>	<p>CONSENT Ask for permission by saying something like: "I would like to debrief something with you, is this a good time?" or "I heard something really hard today, could I talk to you about it?"</p>	<p>LIMITED DISCLOSURE Decide how much to share, starting with the least traumatic information, and gradually progressing as needed. You may end up not needing to share the most graphic details.</p>
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For a downloadable overview of **Low Impact Debriefing** go to www.tendacademy.ca/resources



34

Verbalisation à faible impact



1^{ère} étape : Prise de conscience personnelle




35

Verbalisation à faible impact

2^e étape : Donner l'heure juste

36

Verbalisation à faible impact

3^e étape : Consentement



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37

Verbalisation à faible impact

4^e étape : Divulgation à faible impact



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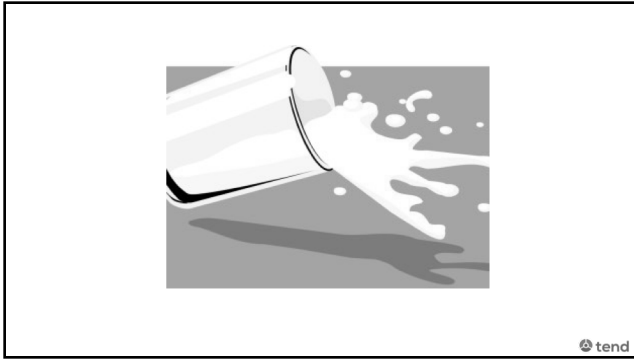
38

Être en mode réactivité



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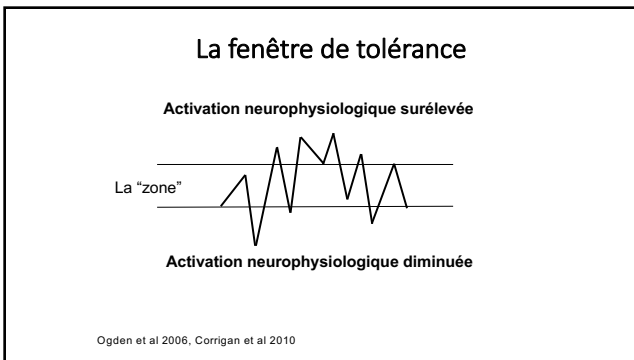
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41



Ogden et al 2006, Corrigan et al 2010

42

Soutien des pairs



Killian (2008) tend

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V. Der Kolk



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44

"La meilleure intervention neurobiologique est l'accès à un attachement relationnel sécuritaire"

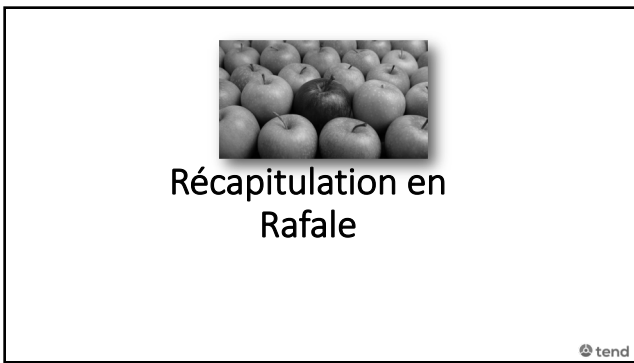
-Dr. Bruce Perry

Courtoisie de Diana Tikasz, MSW, RSW. tend

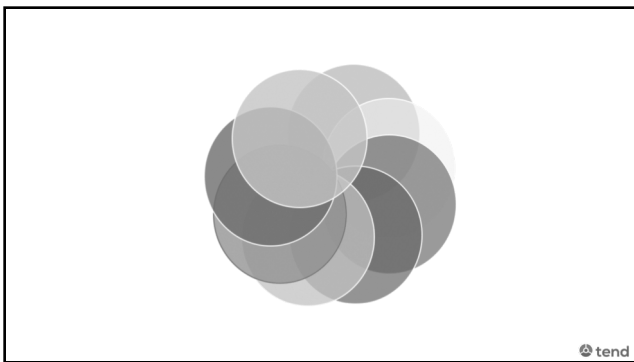
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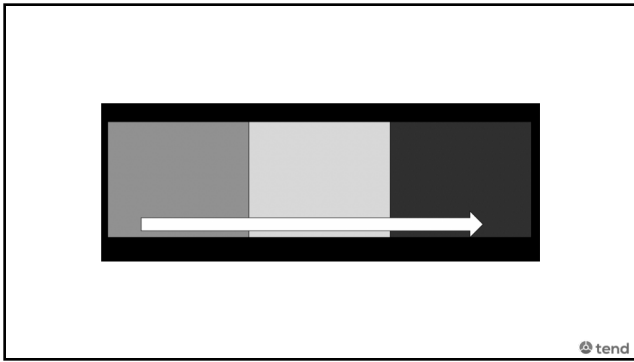
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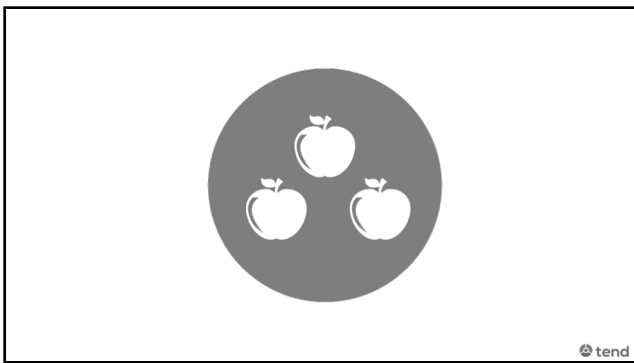
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48



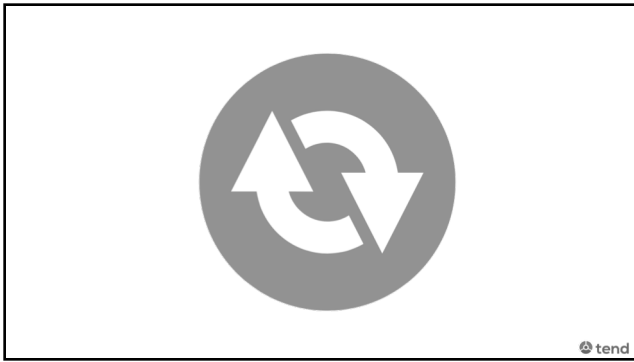
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52



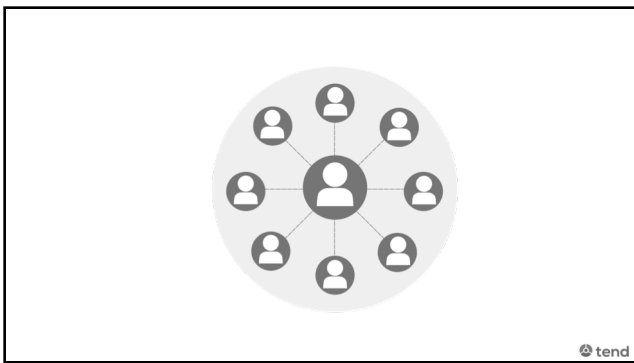
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54



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56



57

Questions?

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58