The Importance of Counselor Self-Care in the era of Covid-19 and anti-racism

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Key areas for today

• Role of counselors in an increasingly diverse (and divisive) society
• Impact of national elections
• Counselors role in elimination of institutional racism
• Adjusting to COVID-19 & delivery of telebehavioral health
• Rising need for counselor self care
An increasingly diverse (and divisive) society
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'We just can’t feed this many'

Vehicles start lining up before dawn as locals hit hard by economic effects of coronavirus seek aid from the San Antonio Food Bank.

By Tom Orsborn
Photos by William Luther and Kin Man Hui
Impact of national elections
Elimination of institutional racism
Adjusting to COVID-19 & delivery of telebehavioral health
Rising need for counselor self care
“...counselors engage in self-care activities to maintain and promote their own emotional, physical, mental, and spiritual well-being to best meet their professional responsibilities.”
BURN OUT
BURNOUT:

“...the single most common personal consequence of practicing therapy.”

-Jeffrey Kottler
BURNOUT:

“Under stressful working conditions, counselors using poor coping strategies may become disengaged, discouraged, irritated, frustrated, and confused, resulting in poor job performance.”

-Burke
Stages of burnout

• Enthusiasm
• Stagnation
• Frustration
• Apathy
What do you find to be most meaningful as a professional counselor?
How burnout creeps up on us
WELLNESS -- A way of life oriented towards optimal health and well-being in which body, mind, and spirit are integrated by the individual to live life more fully within the human and natural community. Ideally, it is the optimum state of health and well-being that each individual is capable of achieving.

-Myers, Sweeney, Witmer
HAPPINESS IS

...helping others.
CAUTION
TURN OFF WHEN NOT IN USE
All stressed out
and no one to choke
It is one of the most beautiful compensations of life that no person can sincerely try to help another without helping themselves.
What will YOU commit to doing for YOU?
Thank you

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