



REDUCING RUMINATION (CE-CERT)

COMPONENTS FOR ENHANCING CLINICIAN ENGAGEMENT AND
REDUCING TRAUMA

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Credit to...

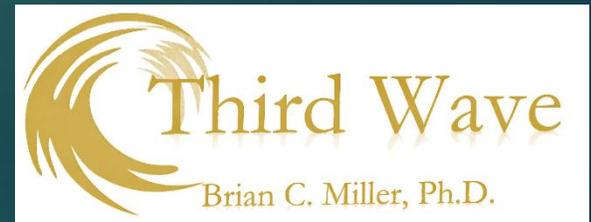
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What causes burnout/STS?

- ▶ Secondary traumatic stress occurs when the clinician becomes overwhelmed or helpless, and not mere exposure to trauma
 - ▶ Sounds a lot like....

Experiential Engagement

Reducing
Emotional
Labor

Conscious
Narrative

Decreasing
Rumination

Parasympathetic
Recovery

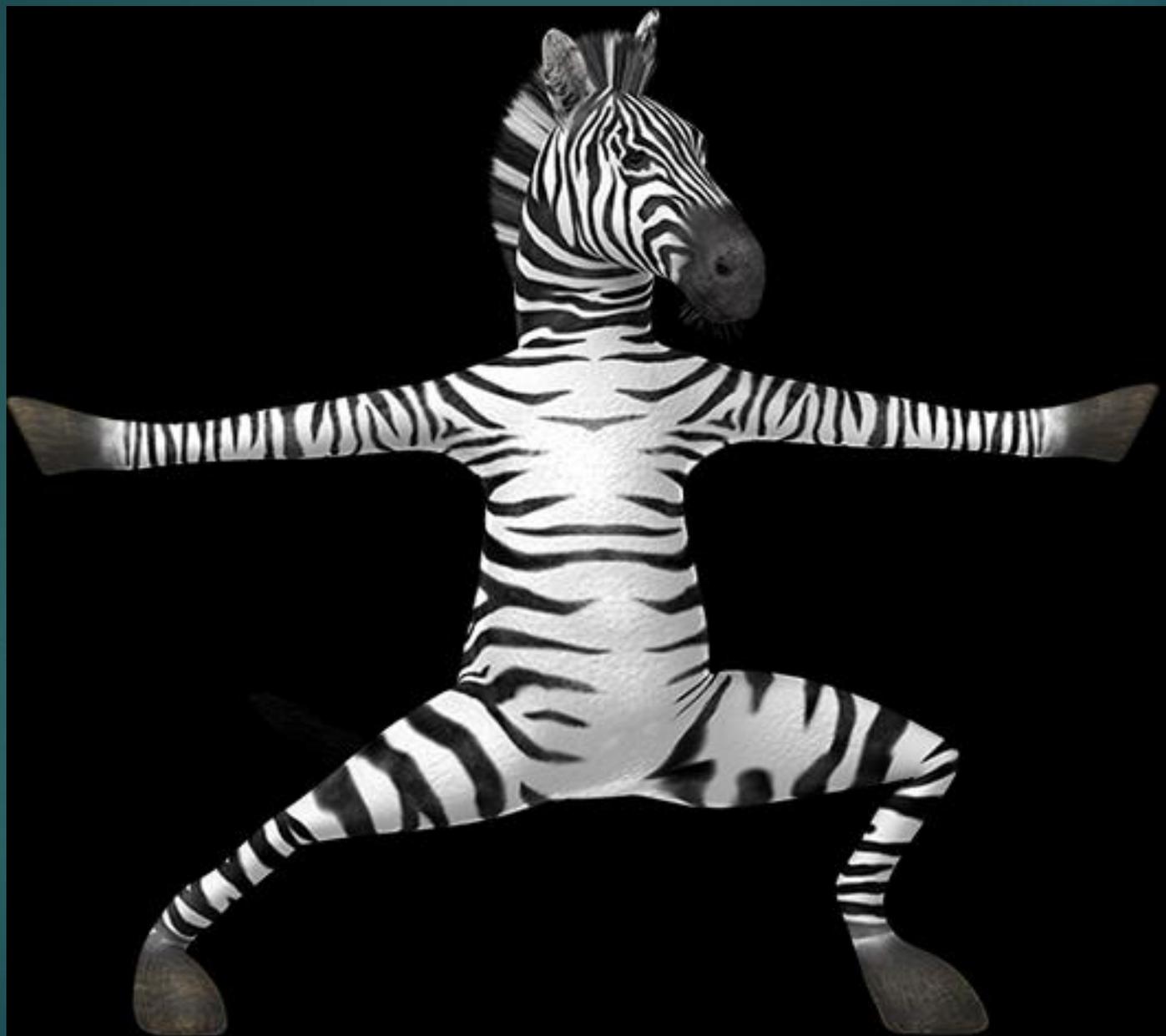


Regulating Rumination

HEY BRO, TIME FOR BED?

**LET'S GO OVER EVERY MISTAKE
YOU'VE EVER MADE.**

9GAG.COM/GAG/5881564



Why all the fuss with emotions?

- ▶ We don't know how to stop feeling them!
- ▶ We endlessly bring up emotions by reproducing events in our minds long after the event is over
- ▶ This causes a cascade of physiological reactions as our body believes itself to be back in the stressful situation



What is rumination exactly?

- ▶ Rumination (n): to go over in the mind repeatedly and often casually or slowly
- ▶ Ruminators fall across a spectrum
 - ▶ A problem when: rumination intrudes in our normal activities (including sleep) OR affects our mood
- ▶ Rumination Scale by Dr. Miller



Rumination in your lives

5. *When a stressful event happened at work, which group best represents your response in the evening?* (Circle “A” or “B”)

A

I thought about the event when I did not mean to.

Thoughts about the event came to mind and I could not stop thinking about them.

Thoughts about the event distracted me or kept me from being able to concentrate.

Even in the late evening my thoughts were returning to the event.

B

I was able to fully focus on what I was doing that evening.

If I thought about the event, it was because I deliberately summoned it up.

When I thought about the event, I felt thoughtful and calm.

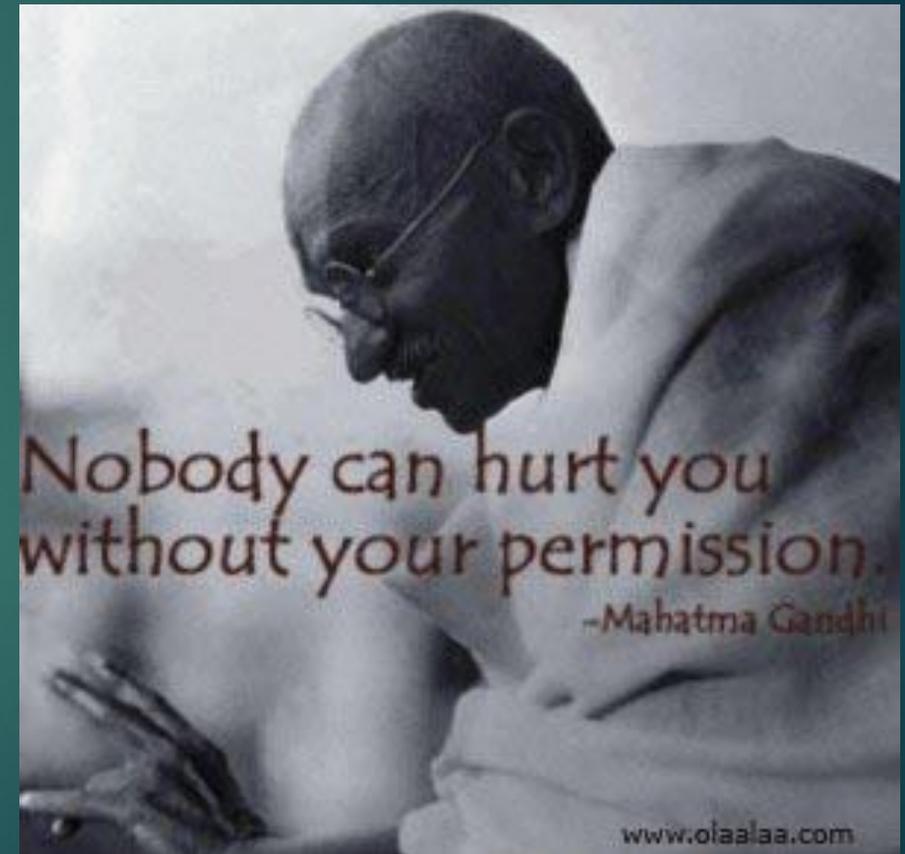
I thought about whether I have learned anything as a result of my experience.

What now?

- ▶ How many of you have had a supervisor tell you to leave work at work?
- ▶ How many have had a supervisor who taught you how?

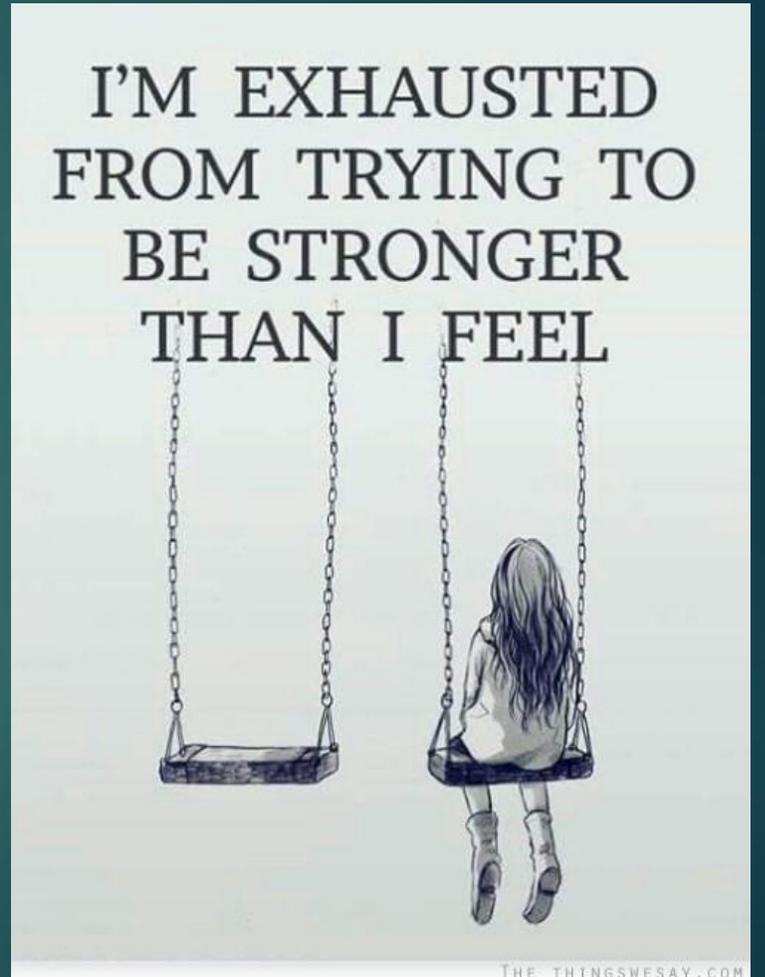
Steps to Addressing Rumination

1. Label and acknowledge ruminations when you notice them
2. Avoid mind wandering (Task Positive Network)
3. Use relationships
4. Plan your next step (ACES)



My name is Saba and I am a ruminator

- ▶ Step 1 – Acknowledge
- ▶ Turn inwards and identify a time you found yourself ruminating. Avoid judgment and just observe. Jot down the situation.

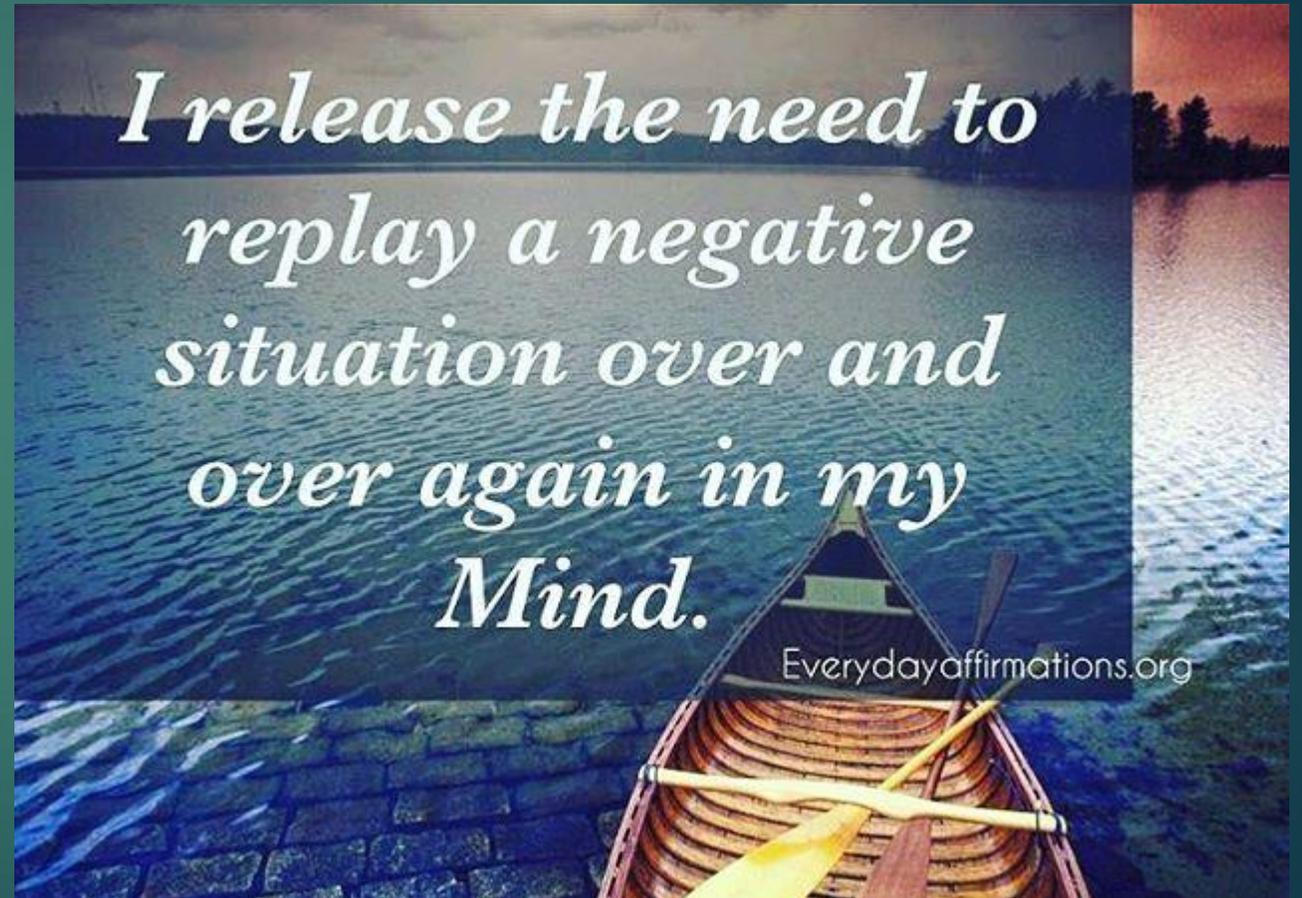


The Martyr Complex

- ▶ I must suffer because my clients suffer
 - ▶ My needs pale in comparison to the needs of my clients
 - ▶ I honor my clients by intentionally suffering
-
- ▶ Some clinicians must give themselves permission to 'let go'
 - ▶ We cannot sustain this career if we recreate suffering infinitely

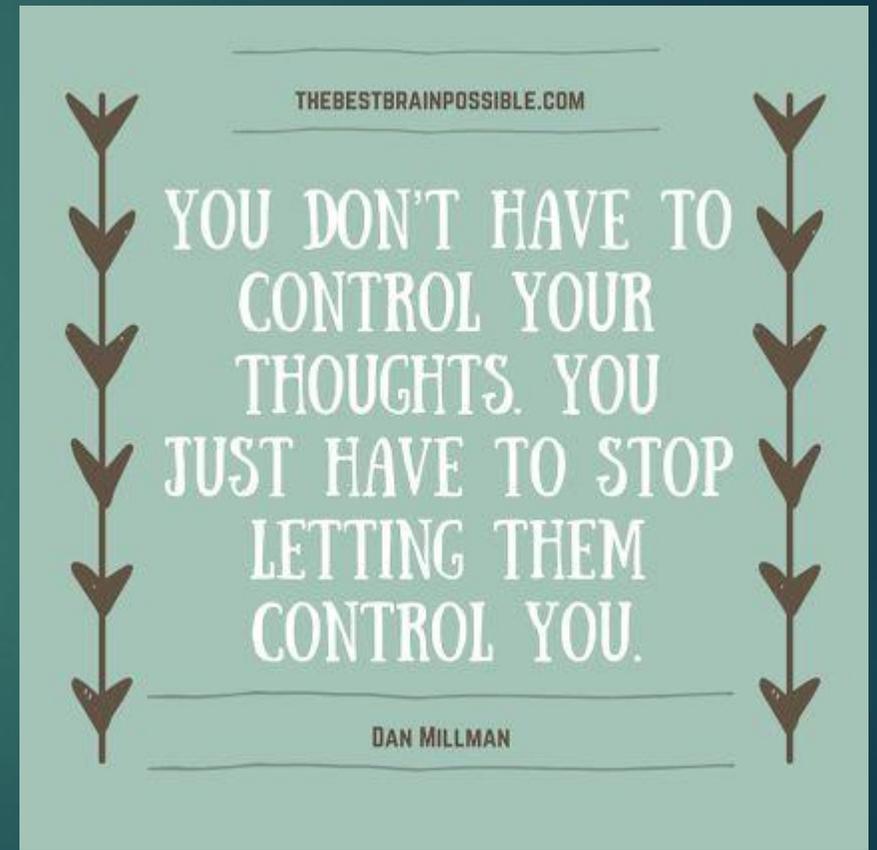
The Solution - Task Positive Network

- ▶ Step 2 - When we are doing something that 1) is an activity and 2) holds our focus
 - ▶ So no more TV?!
- ▶ We do not ruminate when we are in TPN
- ▶ As little as 2 minutes in TPN can reduce emotional arousal



Activity brainstorming

- ▶ Take 3 minutes to create your personal list of go-to activities for when you realize you are ruminating
- ▶ Make it comprehensive – what about when you're in bed trying to fall asleep or in a meeting?



Using relationships (social engagement)



- ▶ Skill 3 – “Your mind is a bad neighborhood, don’t go there alone.” (Miller, 2017)
- ▶ Break the cycle between rumination and physiological arousal by simply engaging another person
- ▶ Do not have to discuss the event – just move out of your self-focus

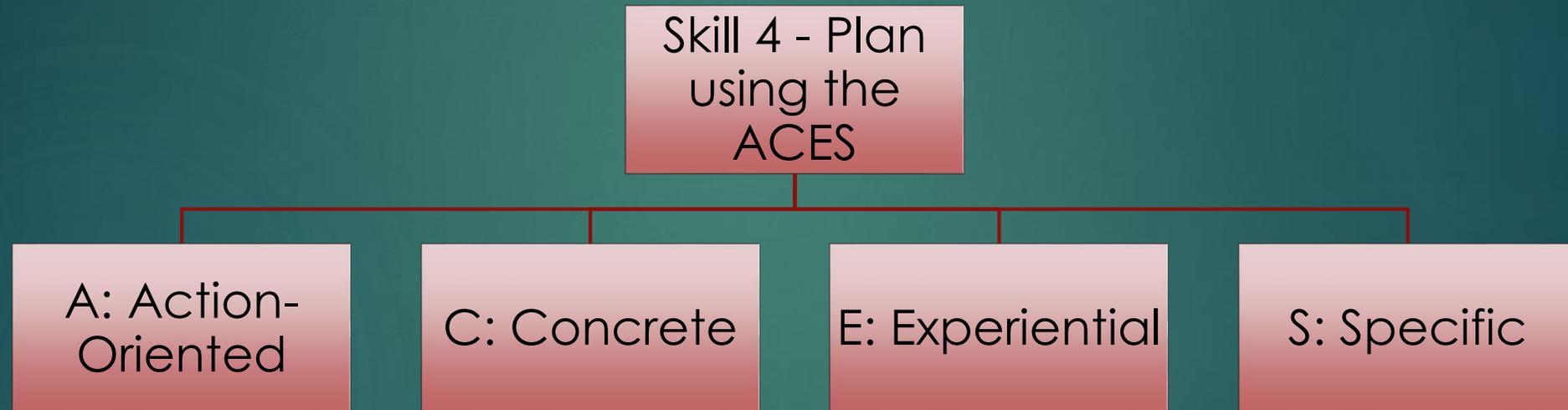
Who is your person?



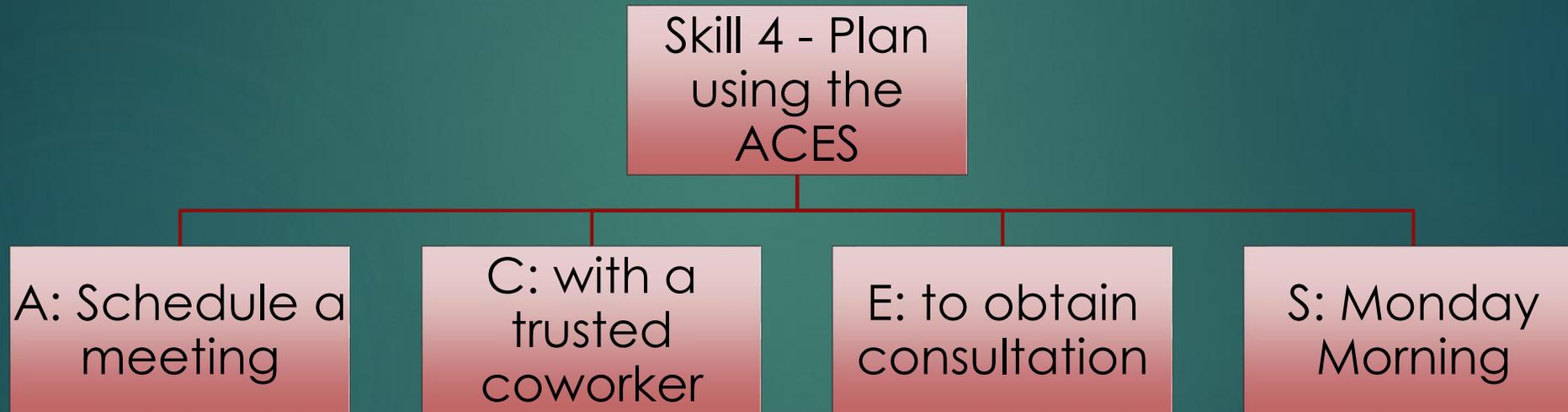
But, ruminating is productive!

- ▶ We trick ourselves into believing we're 'problem-solving' or 'working things out'
- ▶ Often focus on judgments about events or people involved and the negative aspects of what happened
 - ▶ What we SHOULD have done
 - ▶ What others SHOULD have done
- ▶ "Self-focused rumination has been shown to reduce problem-solving ability (Lyubomirsky & Nolen-Hoeksema, 1995)

Another option

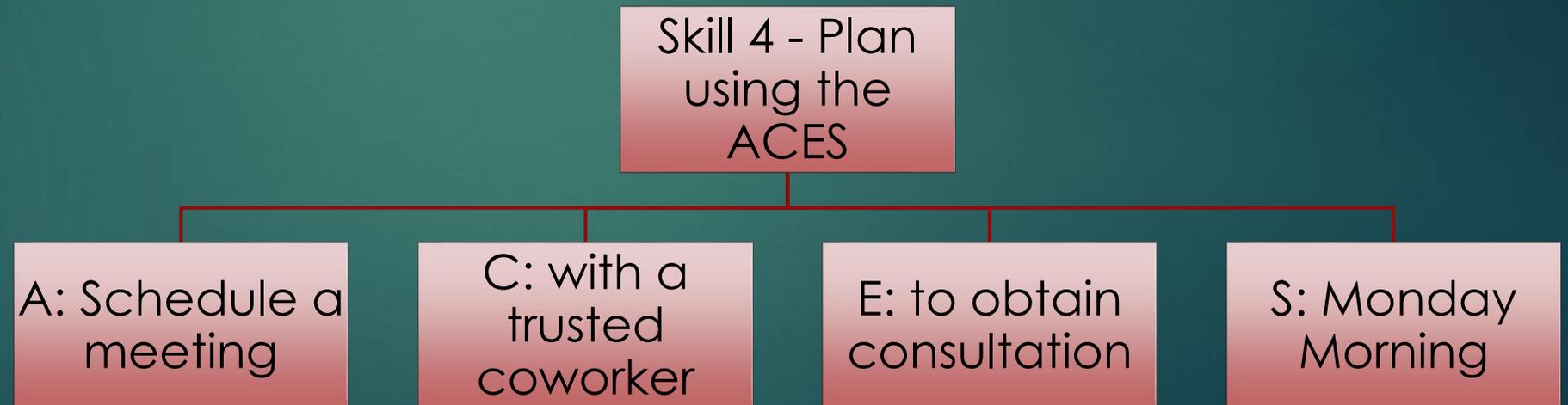


- ▶ **Situation:** I've been ruminating on an unproductive session with a client where I felt like I was spinning my wheels; feel like I'm not helping this client and that I'm not a good therapist – keep replaying the situation and feel crummy; maybe client needs an MST therapist – should I do some training?



Let's Practice

- ▶ Go back to the example of rumination you identified earlier...
- ▶ Use the ACEs to identify a solution that would have broken the rumination cycle
 - ▶ Send them through the question pane



CE-CERT in Oklahoma

- ▶ Two one-day trainings with Brian Miller planned in April for DMH agencies
- ▶ Friday, April 20th: COCMHC, CRC, Edwin Fair, Hope, LCDA, Jim Taliaferro, MHSSO, NCBH, NorthCare, RedRock
<http://oklahomatfcbt.org/events/ce-cert-training-oklahoma-city/>
- ▶ Monday, April 23rd: Carl Albert, CREEKS, CRSOK, DVIS, FCS, Grand Lake, Green Country
<http://oklahomatfcbt.org/events/ce-cert-training-tulsa/>

Questions?