



Taking care of Self: During, Before, and After Training

Mindfulness-Based Self-Care Practices

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Importance of Self-Care

High Emotional Demands: Dealing with intense emotional content.

Risk of Burnout: Continuous exposure without adequate self-care can lead to physical and emotional exhaustion.

Enhanced Efficacy: Practicing self-care promotes focus, empathy, and improved performance.

Reference: Figley, C. R. (2002). *Compassion Fatigue: Psychotherapists' Chronic Lack of Self-Care*.

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Understanding Mindfulness-Based Self-Care

Definition of Mindfulness:

"Paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally." –
(Kabat-Zinn, 1994)



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Understanding Mindfulness- Based Self- Care

How it helps in Self-Care:

- Stress Reduction: Mindfulness decreases cortisol levels and enhances relaxation.
- Emotional Regulation: Helps us process emotions without becoming overwhelmed.
- Improved Focus: Enhances attention and presence.

Reference: Kabat-Zinn, J. (1994). *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life*.

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Understanding Mindfulness- Based Self- Care

Jon Kabat-Zinn, a pioneer of mindfulness-based stress reduction (MBSR), identifies “seven foundational attitudes” essential for cultivating mindfulness.

These attitudes may serve as guiding principles for integrating mindfulness into our daily life and self-care practices.

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Mindfulness-Based Self-Care: Seven Foundational Attitudes

Non-Judging: Observing thoughts, feelings, and sensations without labeling them as "good" or "bad."

Application: Recognize and accept experiences without critical judgment, allowing us to stay present and avoid self-criticism.

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Mindfulness-Based Self-Care: Seven Foundational Attitudes

Patience: Acknowledging that growth and understanding take time and cannot be rushed.

Application: Be patient with yourself (*and trainees*) during challenging training sessions or when emotional reactions arise, trusting the process.



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Mindfulness-Based Self-Care: Seven Foundational Attitudes

Beginner's Mind: Approaching experiences with openness and curiosity, as if encountering them for the first time.

Application: View each training or interaction with fresh eyes, avoiding assumptions based on past experiences.

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Mindfulness-Based Self-Care: Seven Foundational Attitudes

Trust: Trusting yourself, your inner wisdom, and the experience of the present moment.

Application: Trust your ability to manage challenges during and after EMDR training sessions.

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Mindfulness-Based Self-Care: Seven Foundational Attitudes

Non-Striving: Letting go of the desire to achieve a specific outcome and “simply” being in the moment.

Application: Embrace the moment as it is without focusing on “fixing” or “controlling”.

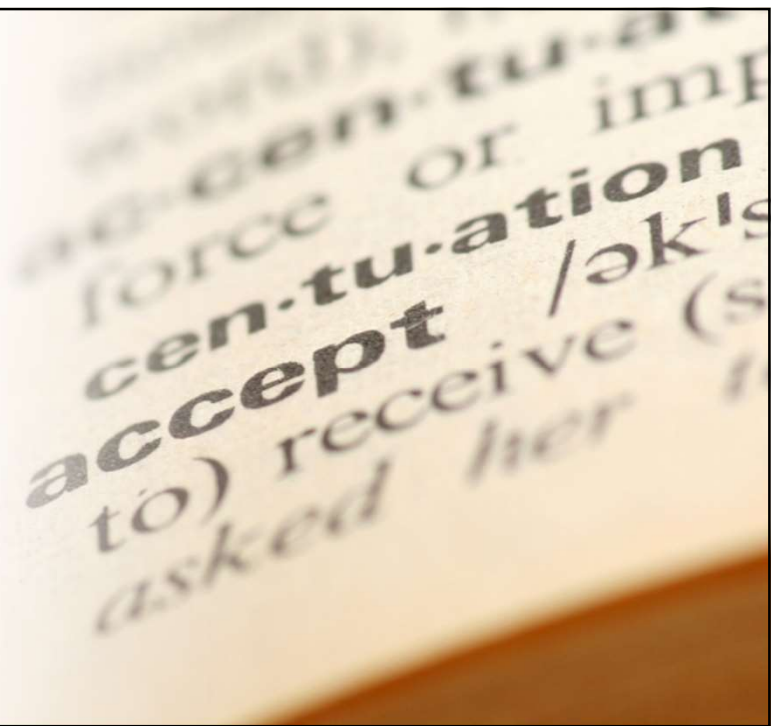
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Mindfulness-Based Self-Care: Seven Foundational Attitudes

Acceptance:

Acknowledging the present moment as it is, without resisting.

Application: Accept emotional challenges that arise during training without judgment, creating space for “unconditional positive regard”.



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Mindfulness-Based Self-Care: Seven Foundational Attitudes

Letting Go: Releasing attachment to thoughts, feelings, and outcomes that no longer serve you.

Application: Let go (enough) of any lingering stress or emotional baggage to maintain mental resilience.

LET IT GO

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Mindfulness-Based Self-Care: Additional Attitudes

Gratitude: Focusing on what you appreciate in your life and work.

Application: Reflect on the positive aspects of your role as a trainer, such as contributing to the growth of others.

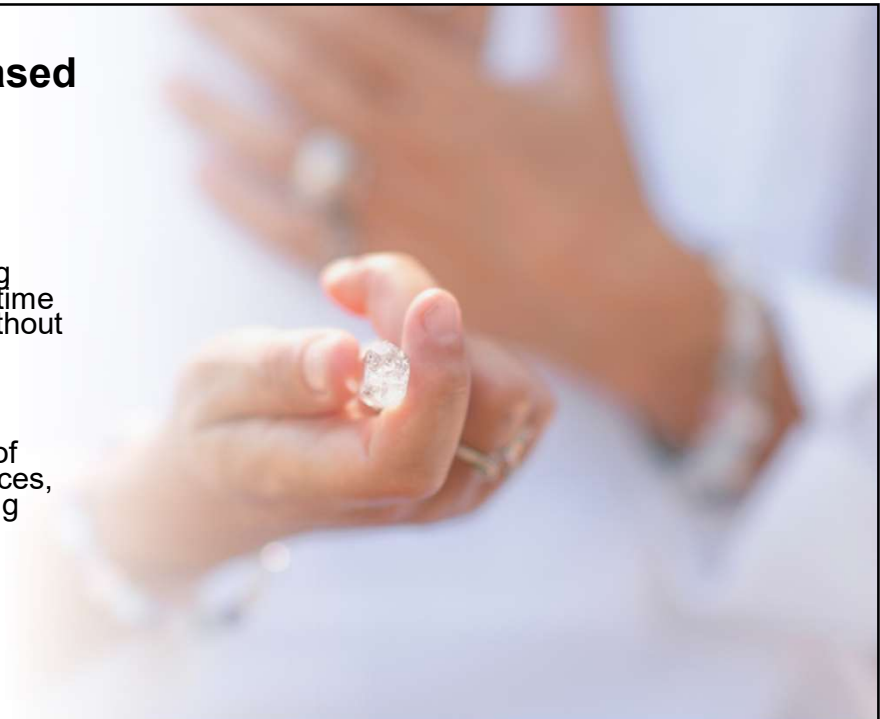


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Mindfulness-Based Self-Care: Additional Attitudes

Generosity: Practicing kindness and sharing time and attention freely without expecting anything in return.

Application: The joy of giving, share experiences, knowledge, and helping others.



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Skills and Mindfulness Practices for EMDR Trainers

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Skills and Mindfulness Practices for EMDR Trainers

Before Training:

- **Body Scan Meditation:** Brings awareness to physical sensations and fosters relaxation.
- **Breath Awareness:** May stabilize focus and calms pre-training-discomfort.
- **Grounding Tree Visualization:** May promote grounding/connection before the training

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Skills and Mindfulness Practices for EMDR Trainers

During Training:

- **Grounding Techniques:** Techniques like noticing sensory details anchor us in the present.
- **Mindful Breathing and Listening:** Helps us stay attuned to trainees.

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Skills and Mindfulness Practices for EMDR Trainers

After Training:

- **Loving-Kindness Meditation:** Cultivates self-compassion
- **Reflective Journaling:** Provides space to process emotions and reflect on experiences.

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