

Provider Wellbeing and Self-care: Radical Acceptance



DMH-UCLA Public Mental Health Partnership

Presented by:

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Guided Meditation by:

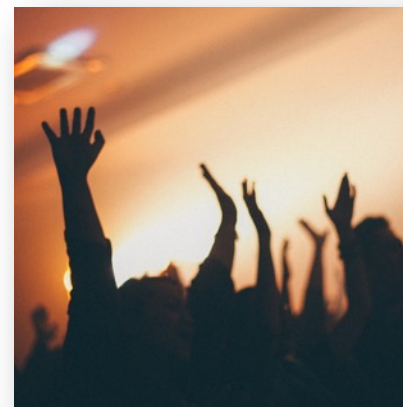
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Logistics

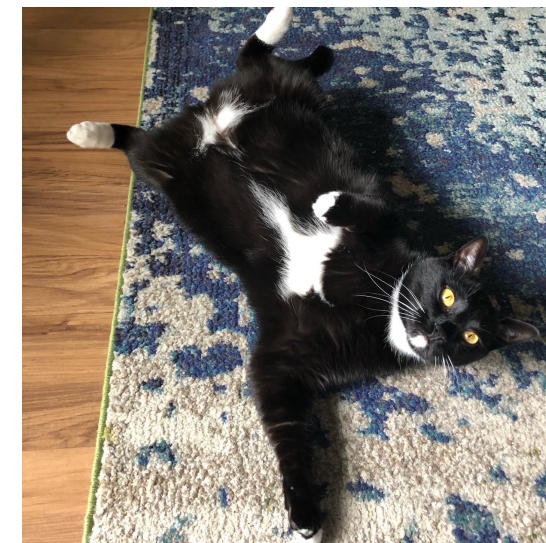
Today's presentation is 1 hour.



Participation is encouraged!



Relax!



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- Training at home
- CPI modules
- Resource list (on PMHP home page)



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Learning Objectives

- ❖ Gain a deeper understanding of radical acceptance to better manage uncertainty and other challenging experiences related to the circumstances of the Coronavirus outbreak.
- ❖ Apply these skills to ourselves personally and to our work serving clients.
- ❖ Learn from and connect with your colleagues.



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What are our options when presented with a problem?

According to Dialectical Behavior Therapy (DBT):

- 1) Change the situation or solve the problem
- 2) Change your feelings about the situation
- 3) Radically accept the situation
- 4) Do nothing (stay miserable)



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Linehan, 2015

What is Radical Acceptance?

- Radical acceptance rests on letting go of the illusion of control and a willingness to notice and accept things as they are right now, without judging. (Linehan, 2015)
- Fully open experience of what is, entering into reality just as it is, at this moment. Fully open acceptance is without constrictions, and without distortion, judgment, evaluation and attempts to keep an experience or get rid of it. (Hayes et al., 2004)



What is it NOT?

- Approval, passivity, or giving up
- Forgiveness (with or without compassion)
- Choosing parts of reality to accept and parts to reject
- Treating beliefs, judgments, or assumptions as facts
- A concept or practice that precludes change
 - Rather it allows for greater clarity on where we can truly effect future change.
- Simply acknowledgement
 - Radical acceptance involves accepting all the way, deeply, with heart, mind, and body.
- One and done, in a single dose of practice



Why is it important?

- ↓ Rejecting or denying reality doesn't change reality
- ↓ Changing reality (where possible) involves first accepting reality (facts)
- ↓ Pain cannot be avoided
- ↓ Rejecting reality turns pain into suffering
- ↓ Accepting reality can bring freedom (from suffering)
- ↓ Acceptance may lead to sadness, but lack of fear of sadness usually follows in the form of **deep calm**

Radical Acceptance is neither avoidance nor (over)exposure

- Avoidance can be:
 - Adaptive
 - Maladaptive
- We cannot strong-arm ourselves via rumination, self-forced exposure, or immersion into radically accepting something.



Turning the Mind



Acceptance

Denial/
rejection

Over-
exposure/
rumination

1. Observe non-acceptance
2. Make inner commitment to accept reality as it is
3. Do it **again and again**
4. Develop plan for drift out of acceptance

Willingness vs. Willfulness

Willingness

- Accepting what is
- Doing what works
- Focus on individual and common needs
- Responding from wise mind

Willfulness

- Trying to control events/experience
- Focus on ego/self's agenda
- Refusing to take part in life
- Holding back, saying “yes, but”
- Holding a grudge or bitterness



Radical Acceptance in Practice

1. Observe that you are challenging or fighting reality
2. Remind yourself that the reality is just as it is
3. Consider the causes of the reality you need to accept
4. Practice accepting with the Whole Self (mind, body, spirit)
5. Practice 'Opposite Action'
6. 'Cope Ahead'
7. Attend to body sensations
8. Allow disappointment, sadness, or grief to arise
9. Acknowledge life is worth it even with pain
10. List pros and cons of acceptance to reference when non-acceptance arises again



Radical Acceptance in Practice

Challenges	Tips to meet challenges
Self-protective or trauma-influenced instincts	Ask yourself: "What is the risk in accepting this?" and then, "What is the risk of not?"
"I really don't agree with this, how can I accept it?"	Acceptance isn't agreement or endorsement
But "why me?"	Every event has a cause, identify whether it had anything to do with you or not.
"I don't know that I can sustain the discomfort of really embracing such a painful reality."	You only have to accept one the current moment, not all moments following. Take each as they come anew.



We're being asked to cope with A LOT right now

- Digesting disappointments
 - Cancelled plans, isolation, financial impacts
- Making space for fears
 - For our families, selves, clients, job/housing/food stability
- Dealing with work frustrations
 - Learning new skills to operate remotely/digitally, changes to resources for clients, reduced sense of connection with clients
- Constant change, ambiguity, and uncertainty



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Myth-busting the illusion of control



Knowledge is power, but information is not control



Change is constant



We've never really had “control” over our clients! We respect their **autonomy** and **self-determination**.



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What do we have control over?

What do we not have control over?

Ourselfs

Clients/work

How I respond How I spend my time My time The time I get up in the morning Doing my best each day If i do self care Choosing to help others My schedule and routine exercise	Health conditions Emotions that arise If we get sick Family and friends needs (if they need us) Availability to resources Trauma responses
Making calls trainings I can reach out to clients Boundaries If I show up Projects I work on Collaboration with other providers How quickly I respond to emails Being kind to myself finding resources	If they show up Their feelings and actions Their engagement Client choices If they stay home Feedback from mgmt. Their reactions to stress Daily changes to policies



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Chat time!

How can you practice acceptance for the limitations on your work with clients right now?

How can we know when we're doing enough in these new novel circumstances?

What strategies can you use related to healthy boundaries (with work, clients, personal life)?



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Serenity Prayer (adapted from Nieburh, 1934)

Grant me the serenity to accept the things I cannot change,
courage to change the things I can, and wisdom to know the difference.

Mother Goose (Bartley, 1965)

For every ailment under the sun
There is a remedy, or there is none;
If there be one, try to find it;
If there be none, never mind it.

Shantideva, 8th Century

If there's a remedy when trouble strikes,
What reason is there for dejection?
And if there is no help for it,
What use is there in being glum?

Epictetus ~100 AD

Make the best use of what is in your power,
and take the rest as it happens. Some things
are up to us and some things are not up to
us. Our opinions are up to us, and our
impulses, desires, aversions—in short,
whatever is our own doing. Our bodies are
not up to us, nor are our possessions, our
reputations, or our public offices, or, that is,
whatever is not our own doing.



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Thank you and be healthy.

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