

Course Title: Boundaries and Self Care in Health Care: What no one teaches you about preserving yourself while caring for others

I am sure you have heard that adage about putting on your own oxygen mask before helping someone else with theirs. It sounds like reasonable advice, but may be difficult to apply in life and especially in work. Most of us are not TAUGHT the steps to take to have healthy balance in life, or to care for ourselves in practical ways. In fact, we are often rewarded for “going above and beyond”, often neglecting our own needs, personal time and energy. If you find yourself wishing you could leave work on time, have more energy for yourself and your family at the end of the day, be able to prioritize caring for you, or find more joy in your work day please consider attending this 2-hour seminar. The time spent learning in this online format will be a worthy investment in YOU.

Outline:

1. Burnout is real, but what is it?
2. Why do we burn out?
  - a. Intrinsic factors
  - b. Extrinsic factors
3. Why going above and beyond isn't all it's cracked up to be. The slippery slope of perfectionism.
4. How to recognize when you are getting overwhelmed
5. Healthy patient relationships
  - a. What's a boundary?
  - b. Boundaries can be physical, verbal, and energetic
  - c. Boundaries with patients and how to set them
  - d. Boundaries for yourself and how to honor them
6. The Drama Triangle vs. the Winners Triangle
  - a. Real life examples and case studies
  - b. A quick nod to motivational interviewing
  - c. When, why and how to “break up” with a patient
7. Work culture
  - a. What is it?
  - b. How can I influence it?
8. Self-Care
  - a. Why do we need it?
  - b. What does it look like?
  - c. How to implement
9. Self-care strategies for your
  - a. Body
  - b. Brain
  - c. Spirit
10. Developing your personal action plan
11. Additional resources

Objectives: After this presentation participants will

1. Understand the very real threat of burnout for health care providers

2. Identify healthy vs unhealthy boundaries and relationship patterns in life and work
3. Be equipped to have a positive influence on work culture
4. Implement self-care strategies to improve physical, mental, and spiritual health and resilience

Speaker: Jennafer Vande Vegte, MSPT, BCB-PMD, PRPC

After graduating from Ithaca College, Jennafer began her career as a physical therapist at Spectrum Health in Grand Rapids, MI. Since 2002 Jen has focused her professional attention on treating women, men and children with pelvic health disorders. She is energized through education and enjoys her position as adjunct faculty at Grand Valley University, speaking at community events, organizing a regional pelvic floor mentorship and study group, and didn't necessarily enjoy but survived part time home schooling her two daughters. She has been faculty for Herman and Wallace Pelvic Rehabilitation Institute since 2009 and loves to inspire other rehab professionals treating pelvic floor dysfunction. She is an author of the chapter, "Manual Therapy for the Pelvic Floor" which was published in the book, "Healing in Urology." Jen was a contributing writer for the Pelvic Floor Capstone curriculum and also co-authored the continuing education course, "Boundaries, Self-Care and Meditation" with Nari Clemons. She is certified in pelvic floor rehabilitation and biofeedback for pelvic floor disorders. Outside of teaching and treating patients, Jen loves to spend time with family and friends, run, cook, travel, do yoga and snuggle with her doggo.