

“Heal the Healer” Round table discussion
American Public Health Association Annual Conference, 2014

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- I. Introduction of the MAAT Center
- II. Discussion of the “Heal the Healer” retreat

Background:

All health professionals at some point in their careers experience stress, pressure, exhaustion, and feeling just plain worn out by work demands. When this becomes a chronic state they can suffer from “burnout.” Burnout is a state of physical, emotional and mental exhaustion caused by long-term involvement in situations that are emotionally exhausting. It is characterized by feelings of being emotionally drained, the development of negative attitudes and feelings toward patients, clients, and even one’s self. Moreover, healthcare providers may begin to experience lack of self-confidence in their abilities, as well as feelings of being disconnected. The “Heal the Healer” retreat seeks to give participants the knowledge and skills that will enable more effective handling of stress, thus preventing “burnout or feelings of being overwhelmed.” Also, it seeks to assist healthcare providers and consumers in the restoration and maintenance of health and wellbeing.

III. Purpose:

The workshop is designed to explore the nexus between spirit, mind, and body. The purpose of this program is to...revitalize, reenergize and recharge human service providers, and consumers so that they can more effectively restore health and wellbeing. The workshop examines a holistic approach to health and healing with an emphasis on prevention and self-healing. The retreat is planned to revitalize social service providers, so that they may better care for themselves, their clients, and their communities. After completion participants will be able to more effectively restore harmony and balance to themselves, and those in their care.

IV. Key Concepts:

The healthcare provider and consumers are primarily responsible for their own health and wellbeing. Self-development gives one the required tools and skills. Self-development skills are explored through direct experiential learning, rather than didactic instruction, incorporating time for reflection and sharing in a supportive environment.

V. Tools:

Meditation- intended to purify the mind.

Visualization

Reflection

Deep Listening

Self-awareness

Creativity

Centering/Focused Breathing- responsible for the flow of energy in the body, helps release toxins in the body, increase length of telomeres (bits of DNA that caps the ends of chromosomes).

Silence

Yoga/ walking (movement)

Spiritual Practice

Ritual- increased connection to nature.

Energy work- used energy medicine to enhance health and healing.

Laughter

VI. Benefits:

Encourage individuals to choose their own personal spiritual practice, and be aware of practical methods for applying them.

Increase understanding, motivation and responsibility for making more positive conscious personal and professional choices and decisions.

Improve the health and wellbeing of healthcare professionals and consumers through encouraging positive self-development, self-reflection, and

awareness.

VII. Final thoughts:

We can “feel” stressed related to the demands of living, working, and just plain experiencing life. Also stress can be felt when we have unresolved conflicts within ourselves. “Until we discover and explore the unresolved conflicts within ourselves, we cannot recognize the damage to our world that we unconsciously create, and we have no access to our inner wisdom.” Self-development helps us to explore those unresolved conflicts that prevent full development of the human spirit. Self-awareness encourages making more positive conscious personal and professional choices and decisions.

Spirituality plays an important role in health and healing, healing occurs when we “accept responsibility for our lives.” There is a healer within all of us.