

Taking Care of Colleagues: Domestic Violence Services for Healthcare Professionals at Work

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Conflict of Interest Declaration

- The author has no conflicts of interest to declare.



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The Story of Jane

Presentation:

- RN with over 25 years experience
- Long trauma history
- Recent physical violence
- Seeking crisis support

Many strengths and protective factors



Stages of work together

- Crisis stabilization
- Referrals and connections to resources
- Ongoing supportive counseling
- Mind-body work
- Support group
- Embracing an advocacy role

Jane as a Provider

- Insightful about abusive dynamics
- Very attuned to patient-family relationships
- Fiercely protective of patients who are incredibly vulnerable
- Often sees herself as a rescue figure

The Disconnection of Trauma

- **Within oneself**
- **From others**
- **With the world**

Survivorship in her practice

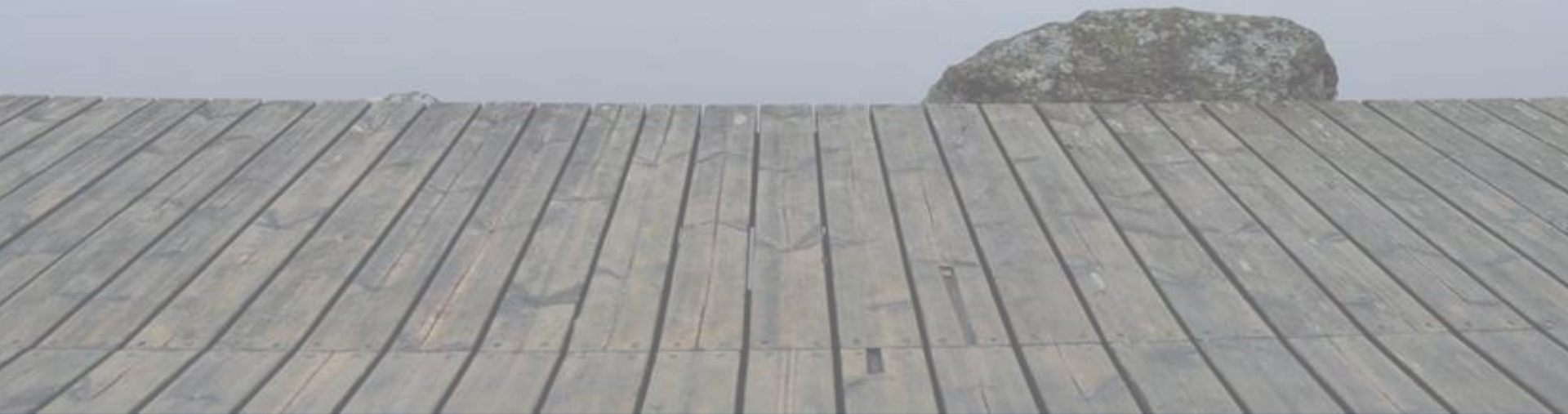
- Maintaining professional boundaries
 - Cultivation of mindful self awareness to build healthy, consistent boundaries
- Difficulty recovering from interactions that felt confrontational or critical of her practice
 - Continual processing of internal vs. external experiences and information

Ongoing work together

- Cultivating safety and stability
- Mourning losses
- Celebrating achievements and growth
- Reconnections
 - With family members
 - With work
 - With self

Clinical Considerations

- Privacy concerns
- Balancing work/life needs
- Strengths-based empowerment model





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