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

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Conflict of Interest Declaration

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Partners HealthCare Employee Assistance Program
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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