

Virtual accountability partners & faculty self-care

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Matthea Marquart, MSSW

Friday, April 16, 2021
9:00am CT / 10:00am ET

Social Work Distance Education Conference



Your Presenters

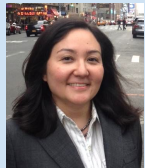
#SWDE2021



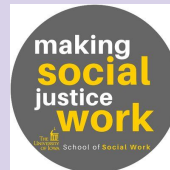
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What's in this for you?

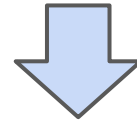
- Discuss faculty self-care, particularly in the context of the past year
- Consider multiple perspectives on self-care



- Share your ideas



- Ask questions



- Add to your toolkit

AGENDA

- | | |
|---|--|
| 1 | Welcome, agenda, and introductions |
| 2 | Recap of our #SWDE2019 session & transition to this year's session |
| 3 | Tools to cope during our current context |
| 4 | Multiple perspectives on self-care |
| 5 | The role of boundaries in acts of self-care & coping |
| 6 | Discussion |
| 7 | Q&A and wrap up |

Introductions

- Where are you joining from?
- What's one fun thing you've done/seen/heard recently?

Recap of #SWDE2019 session

Counselman-Carpenter, B., Cummings, S., and Marquart, M. (2019, April 12). *Self-care practices in online faculty: Strategies for professional satisfaction and program retention*. Panel presentation at the Social Work Distance Education Conference, San Antonio, TX. Slides deposited in Columbia University's Academic Commons: <https://doi.org/10.7916/d8-mwby-4j54>

Covered:

- Self-care definitions and model
- Self-care examples
- Reflection and discussion
- #SelfCareAC

Self-care vs. Reasonable workload & systemic issues

Note: This presentation topic does not seek to absolve institutions of the responsibility to treat faculty with respect and establish reasonable expectations for workload.

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PRE - PANDEMIC

WORK LIFE

NOW

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lizandmollie What's a vacation day again

#worklifebalance #burnout #boundaries #quarantine #venn #stress #boredom #work #career #weekend #selfcare #selfcompassion #workaholic #tooreal #mood #likesforlike #like4likes #emotions #feelings #wellbeing #stress #art #drawing #illustration #artistsoninstagram #artoftheday

6w

whatmattersforkids This literally had

35,955 likes

FEBRUARY 26

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JUST BE RESILIENT!

COVID

HATE CRIMES

INSTABILITY

A YEAR IN QUARANTINE

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lizandmollie Ok thanks...

It's healthy to invest in your resilience, but too often we're told: If you just think differently, you'll immediately feel differently and all your worries will go away. Sometimes the best thing to do is not to tell yourself, "Oh I should just become stronger and move past this." It's to walk away from a situation, allow yourself space to fall apart for a bit, or speak out against injustice.

#psychology #motivation #selfcare #selflove #justice #overwhelm #stress #news #life #overwhelmed #mood #grace #compassion #support #wisdom #emotions #feelings #art

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Resources for self-care during COVID-19

- National COVID-19 Day: [Resources](#)
- NASW: [Social Work Resources re: Coronavirus](#), which includes the page [Self-Care for Social Workers](#)
- [What to Do About Self-Care Fatigue](#) (Columbia Medical)

Staying focused while managing a difficult news cycle

*Recommendations from Kerry Ann Rockquemore, President of [National Center for Faculty Development & Diversity](#)

*[Essay on how faculty members can keep focused amid so much disturbing news](#)

WHAT DOES YOUR BODY NEED?

WHAT DOES YOUR MIND NEED?

WHAT DOES YOUR SPIRIT NEED?

Do what matters

Consider developing a 'rage practice'

Intentionally experience joy, love & gratitude every day.

7 Tips for Managing Stress, Burnout During the COVID-19 Crisis

Dawn E. Shedrick, LCSW-R

*Adjunct Lecturer, Columbia University
School of Social Work*



Article link:
<https://www.generalsurgerynews.com/COVID-19/Article/05-20/7-Tips-for-Managing-Stress-Burnout-During-the-COVID-19-Crisis/58321>

“Self-care can be challenging for health care workers, many of whom are conditioned to prioritize the needs and care of patients over their own.... Here are seven tips for managing stress and fostering emotional resilience to prevent burnout....

1. Know that what you’re feeling is a normal stress response.
2. Engage in consistent self-reflection to identify the emotional and mental signs of stress.
3. Prioritize your basic needs.
4. Take brief mental breaks throughout the day.
5. Incorporate sensory-soothing techniques to facilitate calm and relaxation.
6. Create and nurture supportive connections with your colleagues.
7. Seek professional support to cope with moral distress and grief.”

The Politics of Self-Care: Toward Radical Decolonization

Jalana S. Harris, PhD, LCSW-R

*Lecturer, Columbia University School of Social
Work*



Article link:

<https://www.socialworker.com/feature-articles/self-care/politics-of-self-care-toward-radical-decolonization/>

“Decolonized radical self-care means unpacking our personal, generational, and historical trauma and the ways our people have survived by seeking proximity to a mythical norm reflective of cultural imperialism and patriarchy. Radical self-care requires a process of redefining one’s goals, one’s values, and, ultimately, one’s self **for** oneself. It means disrupting the cycle of socialization. It involves knowing what’s truly in our best interest and not what we've been socialized to believe is in our best interest—but is actually the oppressors’ best interest.”

Stephen: Course mid-point discussions on self-care

Semester mid-points focused on gauging students

Focused discussion on what self-care means to them

- Allow students to discuss how their program is inhibiting, complicating self-care
- Throughout semester - check the “pressure valve” - interior, exterior stressors on students

[Nilofer Merchant](#): “Got a meeting? Take a walk”

[Talithia Williams](#): [Own your body's data](#)

- Physical awareness, “taking ownership of data” of self, “expert of your body”

Modeling Boundaries & Other Self-care Practices

- Example: Digital Sabbath Observance
- How do you set boundaries for yourself?
- A provocative read “How to Listen Less”:
<https://www.insidehighered.com/advice/2015/11/04/setting-boundaries-when-it-comes-students-emotional-disclosures-essay>

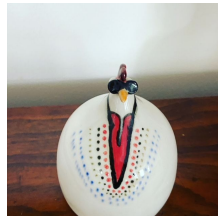
When baking sourdough just might not work for you...

For some of us, self-care can look like wearing your cat around the room during a Zoom meeting that could have been an email...



Or....cross-stitching a manifesto....

Or supporting a local artist by buying a ceramic chicken that looks like Elvis to remind you to smile on the days that break your heart:
(his name is Larry)....



Recommended Resources

Holistic Self-Care for Change Makers - Loretta Pyles

How to Not Always Be Working: A Toolkit for Creativity and Radical Self-Care, Marlee Grace

Sustaining Spirit: Self-Care for Social Justice by Naomi Ortiz

Martha Tesema: Reflection Questions on Self-Care:

<https://advice.theshineapp.com/articles/how-you-can-honor-the-radical-history-of-self-care/>

Discussion - Peer Support

- What are your reactions to the perspectives and resources shared in this session?
- How might virtual accountability partners support self-care?

Q&A

If you would like to contact us:

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