


3rd Gippsland Palliative Care Conference  
**Life and death matters – it's the care that counts**

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May 29th 2010




**Medical records and  
beyond....**

using an arts based approach to self awareness and  
self care

MOLLY CARLILE

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**Background influences**

- Ageing workforce
- Tightening of workforce supply
- Skills shortage
- Ageing population
- Increased morbidity due to chronic illness
- Increased client acuity
- Increased demand for services
- Increased access/ care expectations of patient population
- Increased cost of service delivery
- Limited funding for service delivery
- We work in environments of heightened emotions

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# Can we survive?

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## But what about US?

We can't relate effectively with others until we've explored ourselves; looked in all the dark corners and at the bright vistas, knowing that darkness can change to light and light to darkness while we are in the process.....and that's OK.



**This is self awareness**

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**“He who knows others is learned; He who  
knows himself is wise.”**

Lao-tzu, (? 570-490 B.C)

*Tao te Ching*

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**“Knowing yourself is the beginning of all  
wisdom.” ~ Aristotle (384-322 B.C)**

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“Men go abroad to wonder  
at the heights of  
mountains, at the huge  
waves of the sea, at the  
long courses of the rivers,  
at the vast compass of  
the ocean, at the circular  
motions of the stars, and  
they pass by themselves  
without wondering.”

St. Augustine (354-430 A.D)


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“If most of us remain ignorant of ourselves,  
it is because self-knowledge is painful  
and we prefer the pleasures of illusion.”

Aldous Huxley (1894-1963)

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Whereas the average individuals  
*"often have not the slightest idea of what they are, of what they want, of what their own opinions are,"*  
self-actualizing individuals have  
*"superior awareness of their own impulses, desires, opinions, and subjective reactions in general."*

*Abraham Maslow (1908-1970)*

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## Defining Emotional Intelligence

"The ability to **perceive** emotion, **integrate** emotion to facilitate thought, **understand** emotions, and to **regulate** emotions to promote personal growth"

Mayer & Salovey 1997

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## Goleman's Five domains

- Knowing your emotions.
- Managing your own emotions.
- Motivating yourself.
- Recognising and understanding other people's emotions.
- Managing relationships, ie., managing the emotions of others.

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### Personal competence:

SELF AWARENESS	<ul style="list-style-type: none"> <li>■ Emotional Awareness</li> <li>■ Accurate self assessment</li> <li>■ Self confidence</li> </ul>	Recognising one's emotions and their effects Knowing one's strengths and limits Sureness about one's worth and capabilities
SELF REGULATION	<ul style="list-style-type: none"> <li>■ Self control</li> <li>■ Trustworthiness</li> <li>■ Conscientiousness</li> <li>■ Adaptability</li> <li>■ Innovation</li> </ul>	Managing disruptive emotions and impulses Maintaining standards of honesty and integrity Taking responsibility for personal performance Flexibility in handling change Being comfortable with and open to novel ideas and new information.
MOTIVATION	<ul style="list-style-type: none"> <li>■ Achievement drive</li> <li>■ Commitment</li> <li>■ Initiative</li> <li>■ Optimism</li> </ul>	Striving to improve or meet a standard of excellence Aligning with the goals of the group or organisation Readiness to act on opportunities Persistence in pursuing goals despite obstacles and setbacks

Social competence:		
<p>SOCIAL AWARENESS</p>	<ul style="list-style-type: none"> <li>■ Empathy</li> <li>■ Developing others</li> <li>■ Service orientation</li> <li>■ Leveraging diversity</li> <li>■ Political Awareness</li> </ul>	<p>Sensing others feelings and perspective and taking an active interest in their concerns</p> <p>Sensing what others need in order to develop and bolstering their abilities</p> <p>Anticipating, recognising and meeting customer's needs</p> <p>Cultivating opportunities through diverse people</p> <p>Reading a groups emotional currents and power relationships</p>
<p>SOCIAL SKILLS</p>	<ul style="list-style-type: none"> <li>■ Influence</li> <li>■ Communication</li> <li>■ Conflict management</li> <li>■ Leadership</li> <li>■ Change catalyst</li> <li>■ Building bonds</li> <li>■ Collaboration and cooperation</li> <li>■ Team capabilities</li> </ul>	<p>Wielding effective tactics for persuasion (modelling, build consensus, presentation)</p> <p>Sending clear and convincing messages (verbal/non verbal)</p> <p>Negotiate and resolve disagreements</p> <p>Inspiring and guiding groups and people</p> <p>Initiate and manage change (identifying need, change processes)</p> <p>Nurturing relationships</p> <p>Working with others towards a shared goal</p> <p>Creating group synergy in pursuing collective goals</p>

## What IS Spiritual Intelligence?

“It is the intelligence that **makes us whole**, that gives us our integrity. It is the soul's intelligence, the intelligence of the deep self. It is the intelligence with which we ask fundamental questions and with which we reframe our answers.”

Zohar, Danah “Spiritual Capital: Wealth we can live by” 2004

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We start with **self awareness**

This builds our **self knowledge**

Then we can focus on **self care**

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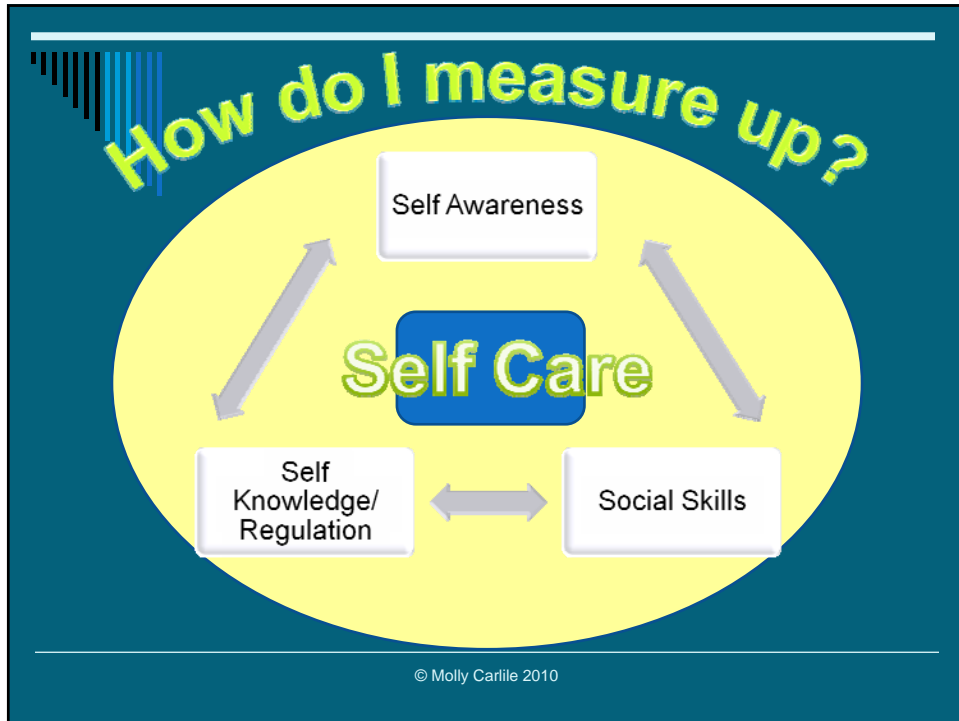


**We know**

- Our emotions are feelings
- Our emotions effect how we behave
- How we behave effects how we appear to others
- Our emotions influence our cognitive functioning
- Self awareness enables us to acknowledge emotions
- Self knowledge helps us to predict emotions
- Our ability to predict an emotional response can enable us to moderate our behaviour
- Having a sense of purpose helps us feel valued


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# Don't know where to start?

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## Allowing the arts to “tell a story”

- The setting doesn't need to be elaborate
- The setting must be SAFE (provide a framework)
- Dedicated TIME needs to be allocated
- You need freedom to choose HOW they wish to tell your story and the stories of others
- You need to know your story is VALID
- You need the option to SHARE your story, OR not

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## Arts applications

- Visual arts (painting, drawing, sculpture, embroidery, tapestry etc)
- Performing arts (music, plays, dance, circus etc) eg. Four Funerals in One Day
- Digital arts (film, TV, online applications, video etc)
- Built environment (architecture, landscape etc)
- Literary arts (poetry, prose, narrative etc)

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## Writing for reflection and self awareness


- There is NO bad writing (blah, blah)
- Writing is an intimate and solo pursuit but has the potential to be wide reaching and applicable to others
- Writing allows you to explore your “inner demons” and passions
- Writing allows complete honesty
- It’s OK to ignore grammar & use colourful language



## Writing for reflection and self awareness

- Writing allows you to get to know your personal story from “inside-out” (1<sup>st</sup> person ‘I’)
- Writing allows you to explore yourself from “outside-in” (2<sup>nd</sup> person YOU)
- Writing allows you to be an objective observer (3<sup>rd</sup> person HE/SHE/THEY)
- You can write in past, present or future tense
- Writing is all about “Telling a story”

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Telling a story is more than a factual recounting of an event in linear terms

Telling a story is painting a picture with words

Telling a story allows you to see, hear, smell, taste, think and feel

Telling a story connects you to your subconscious self...it allows you to share your vulnerabilities

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## List poems

- Each line starts with the same word or sound
- Except the last line which is the 'punchline'
- The title gives a clue as to the content
- Example: List poem in 2<sup>nd</sup> person and in 1<sup>st</sup> person

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## Your turn


- Think of a patient that you have found difficult to deal with
- Think about your last meeting with them
- Write a list poem in the first (I or WE) or second person ( YOU) that captures the thoughts/ feelings and outcomes of that encounter

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## Sharing your poems...one step at a time

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## Automatic writing

- Ensure quiet, undisturbed space
- Relaxation exercise, engage with your 'heart space'
- Place pen onto paper and allow the words to flow
- Don't lift your pen from the paper
- Don't allow your 'head' to interfere....refocus on your heart space

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## Reflective Writing

- Start with a particular concept, event, picture in your mind (subject)
- Allocate a set amount of time
- Relax and focus on the subject
- Place your pen on the paper and write from your heart space about that subject
- Don't control the writing, allow it to flow
- It doesn't need to make sense, just write words with your hand/heart
- Don't read over what you've written

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## Your turn

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## Remote viewing

- Identify an event
- Meditative space
- Experience the event from the viewpoint of the other person OR from the viewpoint of “narrator” (using your ‘butterfly’)
- Write the story of the event in any form you choose (poem, prose or performance piece)

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## Free writing exercise

- Guided meditation
- Connect to the music
- What does it make you feel, think, see, hear, smell?
- As soon as you feel ready write whatever you are sensing, thinking and feeling
- Use any writing form you like (prose, poetry, single words etc)

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## Sharing stories



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## Where to from here?

- Explore Goleman's Emotional Intelligence Competencies in more detail
- Allocate regular time to experiment with different writing styles and forms
- Keep a journal
- Incorporate writing as a reflective practice modality
- Write for the sheer JOY of it

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