

GROUNDED

The task of regulating and grounding ourselves in order to contain client anxieties. Then to help them with regulating strategies to stay in the window of tolerance.

To stay with attitude of business as usual until it is clear I need to do something different – e.g. seeing clients, organising training events in the future (they can be postponed later if needs be).

Be sensible but not anxiously over the top – i.e. do what I can to strengthen my immune system by taking more vitamin C and minimise stress; be more conscious of hygiene – washing hands after contact with people; using hand gel at the gym etc and not going to very busy places (which suits me anyway!).

EMPATHIC AND EXPLORING

This includes being willing to keep monitoring and exploring my own responses and process.

To empathise with our client's fears and concerns. To be curious about and perhaps work with personal hooks (e.g. past traumas) and underlying existential fears and traumas

FLEXIBLE

To try to flexibly respond to events and as best I can be philosophical (the position of equanimity) – and ask what are the gifts in this if I cannot do certain things?

To flexibly meet the needs and fears on a client by client basis – e.g. can offer telephone sessions to anyone who does not want to come and/or might put others at risk if she or he did.

OWN PROCESS GROUNDED

Wise mind. Trying to stay regulated and grounding myself by trying to be boundaried about how much time I spend listening to the media and how much I spent thinking or talking about C virus. Using resources like contact with nature (celebrating its spring marvels and the continuity of nature), singing bowls, music, peers to discuss this with. Laughing at my process.

EMPATHIC AND EXPLORING

Own process – noticing a multiplicity of reaction – from an adult part of me interesting in observing all the dynamics emerging about this and trying to be thoughtful; an angry part that does not want MY life to be disrupted, a flight part who wants to push it all away and not listen to anything or talk about it, and a scared young part worried about what all this means for the future.

FLEXIBLE

Trying to stay as flexible as I can in what I do and in my thinking and responding. Everything is fluid. Change and impermanence is the nature of life.