

COLLABORATIVE Practice Tips

July 2020

A monthly bulletin from the CP Cal Practice Excellence Committee

The Practice Excellence Committee is pleased to offer tips to help you increase your Collaborative cases and achieve *practice excellence*.

Please send us your comments and questions! Email us at info@cpcal.com

[Click Here for Tips from Previous Months](#)



The Chronic Funk: Covid-19, Social Justice, and Election Fatigue: An Imperfect Storm

A common theme right now seems to be, “I’m so tired of bad news. I’m so depressed. I can’t seem to get myself up and running. It’s one bad thing after another.” Hopefully, some of this month’s TIPS will help you deal with the Chronic Funk of 2020.

It is important to recognize that the world changed for just about everyone around the world earlier this year. Some people are affected more than others; but everyone has been affected in some way. So how can we best manage our own well-being?

One approach is to start with RAIN:

1. **Recognize** that you’re upset and turn toward it: Denial is not your friend. Name what you are feeling, thinking and experiencing: depressed, frustrated, angry, tired, sad, fearful, etc.
2. **Accept**: Acknowledge and accept what you are feeling. It’s there. It is what it is. AND remember this feeling is temporary and that you are capable of riding the wave until it passes.
3. **Investigate with Interest and Care**: Many people actually physically feel their emotions somewhere in their body before they recognize the emotion. Are you having any physical sensations anywhere in your body right now? Is it in your stomach, chest or throat? Are your shoulders tight? Are you having headaches? Investigating where you are actually feeling your emotions helps you to identify them more easily

in the future.

4. **Nurture:** Nurture with Self-Compassion: Normalize your feelings and identify what you need right now. Anyone would have a stomachache right now; this is normal. What do I need **right now?** Consider a walk, a cup of tea, deep breathing, meditation, turning off the television, taking a nap, enjoying good food, talking with a friend. Then do exactly that for yourself. Process makes perfect.

How can we apply RAIN to issues contributing to our current imperfect storm? Whether it's Covid-19, Climate Change, Social Justice, Black Lives Matter or Election Fatigue, all of these issues illicit strong reactions in us and the people we work with. Attention and sensitivity are required now more than ever, as well as receptivity to alternative points of view. For example, consider applying RAIN to your personal reaction to Black Lives Matter ("BLM") as follows:

Recognize the fact that the BLM movement exists. It is likely to bring up many different reactions for a variety of people. As you name your own feelings, recognize that others have strong feelings as well and they may be different from yours.

Accept: Acknowledge and accept that BLM is a current and sensitive issue in our communities right now. Accept what you are feeling about it. Be receptive to how others are feeling about it.

Investigate with Interest and Care: Use your curiosity to look into the social justice issues that are being brought to your attention at this time; investigate them. Listen to what others have to say in an effort to at least understand their perspectives and experiences. Their experience may be very different from yours. Look within and investigate your own intrinsic biases and privileges - we all have them.

Nurture: What do you need right now? Talk it out with friends, colleagues, family. Educate yourself; reach out to friends; join a reading group; listen to podcasts. Donate to a social justice cause that you believe will be helpful. Volunteer.

Next, consider what this time means for you and who you are as a human being and as a professional. We are all grieving the loss of the world we as we knew it just a few short months ago. This can be a time to reconsider your priorities, your ethics and your place in the world. Consider this a time to learn and grow. All of these actions are part of the grief process - letting go of the lives we lived before and updating our perspective to meet new realities. We may be in the eye of an imperfect storm; AND drawing on RAIN can help us weather it.

From the PEC:

Make Love to the Camera, Baby!

We are not going to be able to meet face-to-face with our clients nor our referral sources and colleagues for quite some time. This is both sad and true, and we are all grieving for this loss. We are also faced with the terrible discomfort and sometimes sheer exhaustion that comes from trying to connect with our clients online.

One experiment to try with this is to pretend that you are a movie actor. That green light at the top of your monitor is the camera. Look right into that light as you're speaking to your client, with all of the emotion you can muster, all of your compassion for their experience showing on your face. It's weird to do this, because you're not getting the feedback you'd get if you were looking straight into their eyes. However, on the other side of the equation, your client experiences that you are looking at them directly. You don't need to do this all of the time! In face-to-face conversation, we actually only look gaze directly for very brief periods. When you want to make an important point, or when you want to show your client that you have deep empathy for what they are going through, though, these short and powerful direct looks at the camera are priceless.



Join the Conversation #CPCAL

This message was sent to you by [{Organization_Name}](#)

If you no longer wish to receive these emails, you can [unsubscribe](#) at any time
767 Brannan Place, Concord, CA 94518
1-925-566-8590, cpcal.com