

Discussing Components for Enhancing Clinician Experience and Reducing Trauma (CE-CERT)

Alyson Morgan, LCSW-S



The CE-CERT Model

01

Synthesizes a set of skills that can be acquired with intention, practice, and coaching.

02

The focus is not on self-care strategies that can be done after work, but instead emphasizes strategies for changing the experience of doing our work in real time.

03

Developed by Dr. Brian Miller

02

The components for enhancing clinician engagement and reducing trauma (CE-CERT) model comprises five elements that are discrete actions or skills that derive from a variety of evidence-informed sources
(Miller & Sprang, 2017, p. 154)



Five Elements

Elements have demonstrated effectiveness for recovery from dysregulated states.

Practice Element I: Experiential Engagement

The most important ability therapists must develop to deal with the intensity of trauma work is to engage with the experience fully and to allow it to be experienced through to completion. (Miller & Sprang, 2017, pp. 154-155)



Skills

01

Intentionality - acknowledging and allowing feelings that arise.

Conscious acknowledgment of experience - "What am I feeling?"
Noticing and observing reduces reactivity.

02

03

Nonreactivity - feelings are noticed and allowed; the energy of the emotion and physiological responses will come up, strengthen, but then fade.

05

Practice Element II: Regulating Rumination

Regulating rumination, the mental process of reimagining past events and projecting future concerns or behaviors, involves reducing the cognitive reproduction of distressing experiences through active control of the cognitive processes away from a wandering state to a focused, goal-directed activity. (Miller & Sprang, 2017, pp. 156-157)



Skills

Acknowledgement

Notice that you are ruminating, label the feelings and thoughts

Focused Engagement

Activities that take us into goal-oriented tasks that will interrupt the cascade of increasing dysregulation and negative thoughts

Social Engagement

Engaging with another person in conversation may immediately end the rumination process.

Action-Oriented, Concrete, Experiential, and Specific (ACES)
Transition to concrete, specific, and action-focused thinking.

Practice Element III: Conscious Narrative

When an individual has an intense experience, there is a desire to describe it verbally. Linguistic accounting provides meaning, coherence, and predictability to what happened. Most professionals accept this as fact in their clinical care of clients, but it is equally true for the professional after becoming emotionally agitated by a clinical encounter. (Miller & Sprang, 2017, pp. 157-158)



Skills

When people ask what you do, what do you say?

01

Antecedent Narrative - before the experience. How did we get here?

Concurrent Narrative - during the experience. What are you saying to yourself before you call or engage with someone?

02

03

Consolidation Narrative - after an intense experience. Is it a narrative of competency or questioning?

Practice Element IIII: Reducing Emotional Labor

In the CE-CERT model, it is proposed that therapists do not experience compassion fatigue because of too much experiential engagement, but, rather, they experience it because they do not fully engage and metabolize the full emotional experience. Cynicism, feeling ineffective, trying to fix everything, and emotion-focused coping contribute to emotional labor. (Miller & Sprang, 2017, pp. 159-160)



Skills

01

Compassion - "What am I feeling?" Discuss your genuine feelings in a skillful, constructive manner

02

Wholeheartedness - not wasting energy on "Should I or Shouldn't I?" - Committing; taking action on what you are already doing, wholeheartedly

03

Intentional Learning - reframing difficult tasks into skill challenges. Personal accomplishment mediates burnout.

Practice Element V: Reducing Parasympathetic Recovery

Parasympathetic recovery refers to the real-time activation of strategies to monitor internal states and to intentionally produce a state of physical, psychological, and emotional regulation. (Miller & Sprang, 2017, pp. 160-161)



Skills

Practice within your practice

Be mindful and present with clients; take time to slow down and breathe

Balance Supervision

Supervision is vital to supporting reflection

Professional teaming and social connection

Don't isolate within your workplace; seek supervision and engage with others

Standing and Frequent Movement

Strategic Vacations

Minimum of 20 min per day of focused engagement

Accountability Partner

Practicing your Practice

Please refer to your handout



Mindfulness, Being Fully Present, Taking a Break Between Clients

Practicing your Practice

Experiential Engagement

Commit to one practice/habit that will increase your awareness and acceptance of your emotional experience during your work.

Decreasing Rumination

What are 3 task positive activities you can do to combat rumination?

- 1.
- 2.
- 3.

Conscious Narrative

What career-sustaining narrative can you tell yourself ...
...on your commute to prepare for your important professional role?

...to accept the intensity and distress that, at times, accompanies your work?

...about why you serve trauma-impacted youth and families?

Reducing Emotional Labor

How do you bring compassion and wholeheartedness into your work?

Parasympathetic Recovery

What are 2 Mindfulness Moment practices you can incorporate into your daily routine?

- 1.
- 2.

How do we rest the mind?
Conversations, puzzles, gardening,

What are we telling ourselves about this event?

Remember the why; What are the positive and successes?

How can you practice being in the moment while at work?

References

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