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Leah is a Speech Language Pathologist and a Certified Life Coach. She is the founder of Leah Davidson Life Coaching and the host of the Building Resilience Podcast. Leah holds a MSc (A) from McGill University in Speech Language Pathology and has spent over two decades as an SLP helping people rehabilitate and rebuild their lives following a traumatic brain injury. She is also a Professional Resilience Coach and Consultant, a Forward Facing Health and Wellness Trauma Informed Coach, a Certified EFT Practitioner and a Breathwork Facilitator. In addition to her work as an SLP with the TBI population, Leah also helps people resolve and prevent burnout, stress, and compassion fatigue by learning to regulate their nervous system, manage their mindset, and build resilience to create a purposeful and joyful life. She lives in Toronto, Ontario, Canada with her husband and they have a blended family of 5 children. She loves to learn, grow, hike, read, travel and spend time with friends and family.



Back to School

Leah Davidson Life Coaching



"The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as expecting to be able to walk through water without getting wet"

— Naomi Rachel Remen

"That which is to give light must endure burning"

— Viktor Frankl

There is a cost to caring especially if you are not aware of the risks



Compassion Fatigue

Charles Figley

- The physical, emotional and psychological impact of helping others
- Includes secondary traumatic stress and burnout
- Described as the “cost of caring” for others in emotional pain

Dr. Eric Gentry

- Combination of psychological, physiological, moral and spiritual damage caused by prolonged exposure to a toxic environment of caregiving
- Biologically, it is the neurological condition in which our stress response becomes chronically overactivated - damaging our bodies and brains and causing us to perceive danger where none actually exists

Dr. Gabor Mate

- Not about running out of compassion for others - rather it is lacking self compassion for ourselves



The 5 Phases



BY DR. ERIC GENTRY

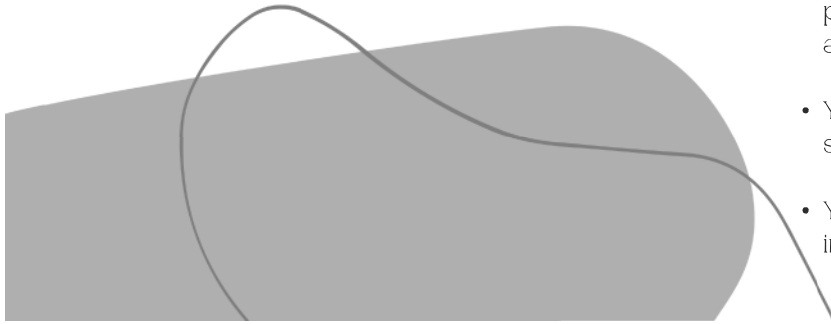
STAGE 1. The Zealot Phase



- You are enthusiastic and committed to work and are willing to go the extra mile to get work done
- You are available to your clients/patients and enjoy helping them
- You are passionate about making a difference and are optimistic that you can make a difference
- You enjoy solving problems and collaborating with your colleagues and team members
- You are taking care of yourself and connecting with those around you
- You have a good balance between work and home

STAGE 2.

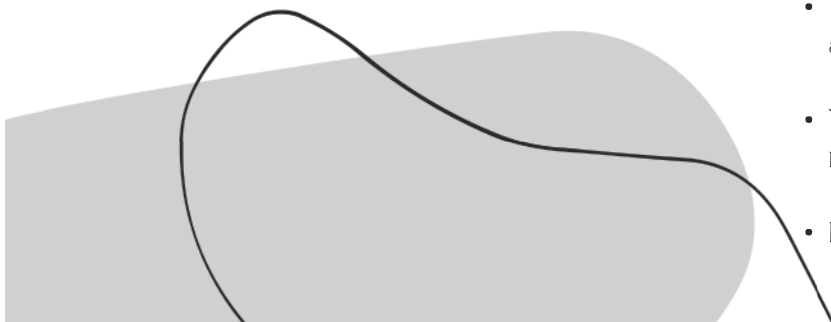
The Irritability Phase



- You start to take short cuts and cut corners and may make more mistakes and oversights
- You start to have less energy and you feel your passion for what you are doing is waning
- You begin to avoid certain clients/patients, become distracted, or start daydreaming when interacting
- You find yourself more sarcastic, cynical or even using more dark humour (which can lead to having more disrespectful conversations about clients or colleagues)
- You start to feel a spillover at home. You may lack patience, want to spend more time hibernating, avoiding conversations with family and friends
- You start to feel more anxious, sad, irritable and may start having sleep issues
- Your self-care begins to slip, you may feel a loss of interest in things you used to enjoy

STAGE 3.

The Withdrawal Phase

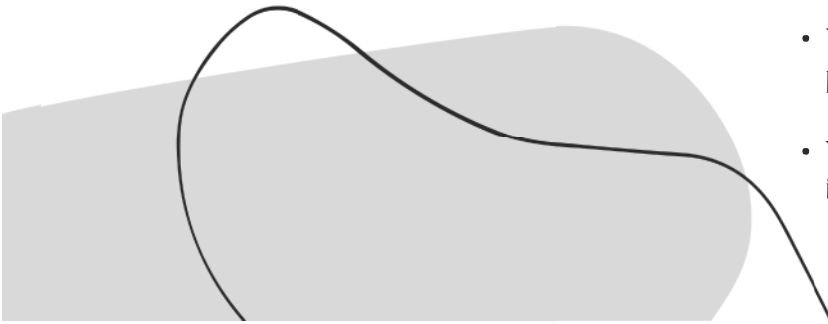


- You lose your enthusiasm and begin to feel defeated
- Clients become annoyances and irritants
- You feel tired, exhausted, run down and overwhelmed
- Complaints may be occurring - both at work or in your personal life; difficulty concentrating and focusing
- You are more withdrawn, you avoid talking about work or your profession
- Your life feels completely out of balance; end up neglecting family, friends, coworkers, and self
- Relationships start to become strained

STAGE 4.

The Zombie Phase

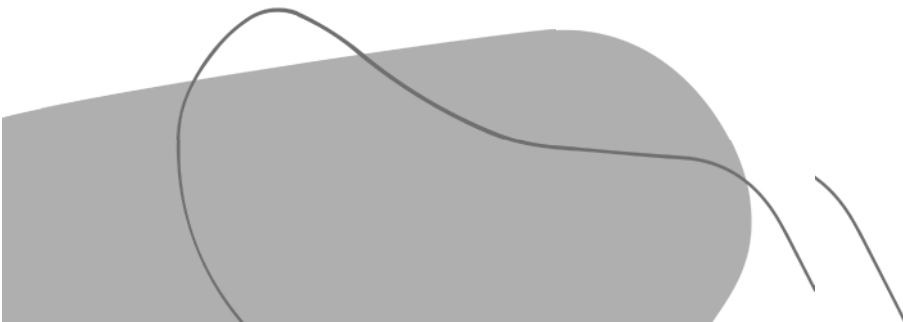
- You are just running on automatic pilot, going through the motions
- You are disconnected from your thoughts and feelings. You may feel numb and detached
- You no longer connect with colleagues, friends and even family and have lost your ability to empathize with others
- You are feeling more hopeless and helpless
- You feel like you have no meaning and purpose anymore
- You may start to experience other health issues (physical and mental)



STAGE 5.

The Pathology Phase

- You are in a perpetual state of exhaustion, overwhelm and burnout
- You are experiencing physical or mental health challenges or illness
- You feel victimized, hopeless and helpless
- Relationships are extremely strained
- You take a leave or leave the profession all together



Compassion fatigue arises from various factors

1- Performance demands exceed human capabilities

2- Environments frequently lack sufficient resources to meet client needs. Resources are limited for clients and us as professionals

3- Ongoing exposure to different traumatic events, situations, overall traumatized people, and secondary traumatic stress

BURNOUT

1. Emotional exhaustion - the fatigue that comes from caring too much, too long

2. Depersonalization - the depletion of empathy caring and compassion. It's an increased mental distance from one's job, feelings of negativism, or cynicism

3. Decreased sense of accomplishment - an unconquerable sense of futility: feeling that nothing you do makes any difference. It's a reduced feeling of efficacy

— Herbert Freudenberger

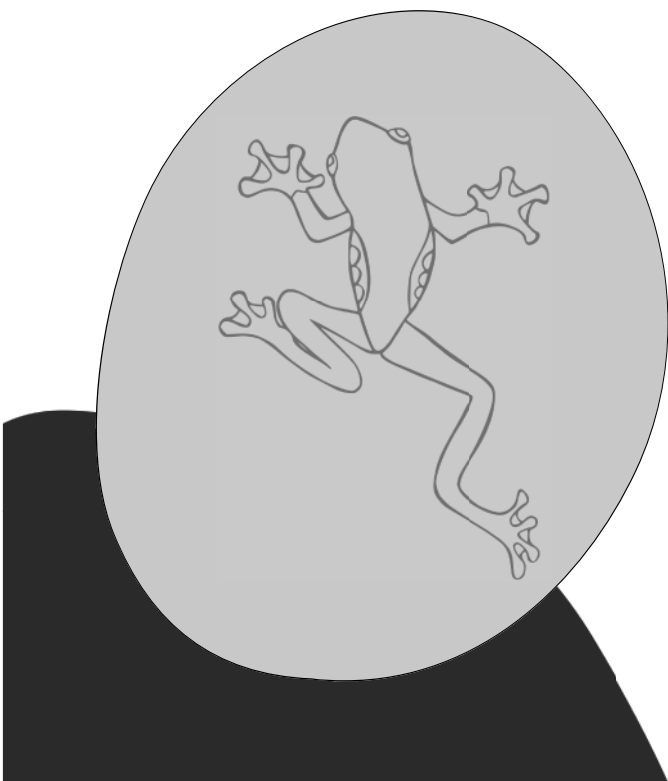
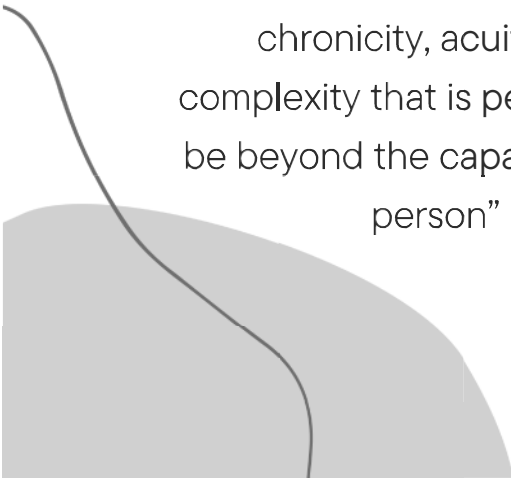
Burnout

Beth Stamm

“Burnout refers to the chronicity, acuity and complexity that is perceived to be beyond the capacity of the person”

Dr. Eric Gentry

“Burnout is the chronic condition of perceived demands outweighing perceived resources”



Secondary Traumatic Stress

FROG SOUP

Secondary Traumatic Stress

What is it?

- Emotional duress that results when you hear about a first-hand trauma of somebody else and/or you witness an event while also having a threat response where you get activated
- You get activated while listening
 - Gets encoded in your memory and tied to things that you are witnessing or experiencing
- Causes you to experience, then perceive threats in the future when confronted with similar sensory cues

Being the witness often fundamentally changes your lens from which you view the world





A - AWARENESS



B - BALANCE,
BODY, BREATH



3 Components of Self-Regulation

AM I SAFE?

DO I FEEL
SAFE?

ACUTELY
RELAX
YOUR
BODY

C - CONNECTION,
COMPASSION

Awareness

Balance

Body

Breathe

Connection

Compassion

Thank you!