

Contents – Quick Reference

Chapter One: Introduction	17
Chapter Two: Using Daily Practice to Create a New Approach to Self-Care	37
Chapter Three: A Case Study of the <i>Stealing Minutes</i> Workshops	76
Chapter Four: A Grounded Theory Study of 16 Participant Interviews	118
Chapter Five: Imagining Forward from Unexpected Outcomes	133
References	146
Appendices	151

Contents – Detailed

Stealing Minutes: A Tri-Study of Reconstructing Self-Care For Mental Health Professionals Using Research As Daily Practice, Case Study, and Grounded Theory.

Summary.....	6
Samenvatting/Summary of this Thesis in Dutch.....	7
Acknowledgments.....	8
Contents (Quick Reference).....	9

Chapter One: Introduction

Preface	17
----------------------	----

Mapping the Territory—Chapter Outline

Exploring the Landscapes and Possibilities of Self-Care Approaches.....	17
Chapter Two—Using Daily Practice to Create a New Approach to Self-Care.....	17
Chapter Three—A Case Study of Facilitating the Workshops.....	18
Chapter Four—Exploring the Interviews with Grounded Theory.....	18
Chapter Five—Discussion and Conclusion.....	18
A Note on The “Self” and “Self-Care”.....	18

Situating Myself in the Work

This Being Human is a Guest House.....	20
I Don’t Think I was Old Enough to have a Sense About it.....	21
Four Funerals and a Wedding—My Ashes Work.....	22
Carrying Grace—The Wounded Storyteller as Practitioner.....	22
Looking to the East—Living in the West.....	23
On Becoming a Marriage and Family Therapist.....	24
Why Social Constructionism?.....	25
Why Narrative Therapy?.....	26
The Self-Pay Clinic—Doubling Down the Years.....	26
Playing with my Tribe—Growing Where I am Planted.....	27

Bumping Up Against the Problem

Exploring and Engaging with Definitions of Self-Care.....	27
The Adult Learner—A Stranger in a Strange Land.....	28
Learning the Hard Way—The Pain Management Metaphor.....	29
Self-as-Therapist as Self-Care—Why Didn’t We Think of This Before?.....	30
You Can Lead a Horse to Water but you Can’t Make Him Think.....	31

Missing in Action?—The Ethics of Self-Care.....	31
Can You Take a Bubble Bath with a Glass of Wine at Your Workplace?.....	32
That Which You are Seeking is Causing You to Seek.....	33

Vignettes of New Approach to Self-Care

There in Your Pocket When You Need it the Most.....	33
Earning Your Soft Belt in Self-Care—The Playfulness Comes Back to Me.....	35
I Dug Up a Diamond.....	36

Chapter Two: Using Daily Practice to Create a New Approach to Self-Care

Introduction

So Damn Thirsty—The Emergence of a Burning Question.....	37
Self-Care for Mental Health Professionals Revisited.....	38
Language Practices as the Foundation for a New Approach.....	38

Situating Myself in Relation to the Issue

Introduction—What I was Thinking and Why.....	38
Revisiting the Problem of Self-Care for Mental Health Professionals.....	39
Going There and Back Again—From Student to Intern to Therapist to Student.....	39
Seeing the Need for Intra-Day Approaches to Self-Care.....	39
Social Constructionism—Orienting Assumptions.....	40
The Narrative Lens—Inspirations and Guideposts.....	42
Exploring the Narratives of Therapists' Lives.....	44
Weaving Social Constructionism and Narrative Together.....	45
Why I chose the Scholar/Practitioner Approach.....	47

Methodology—Research As Daily Practice

Exploring Five Processes of Research As Daily Practice.....	48
Mining the Past and Exploring the Present.....	49
The Multi-Beingness of Daily Practice.....	49
Preparing for Action—Stumbling on a Change Project.....	50
Choosing Research for Social Change.....	51
Research as Future Forming.....	51
Letting Self-Care Breathe—Opening Space with Socio-Narratology.....	51
Re-Storying Self-Care—Counter-Practices, Deconstruction, and Decentering.....	52
From Hypothesizing to Possiblizing—Going Experience-Near.....	52
<i>The Beer Fairies</i> —The Adventures of a Fluent Outsider.....	53
Creating Four Criteria for Analysis.....	54

Developing the Materials and Approach

Making Sense and Developing Relationships.....	55
Restoring Complexity Through Applied Simplicity.....	56
Coming in Sideways—Mindfulness as an Organizing Principle.....	56
Interdisciplinary Materials with an Inter-Faith Approach.....	57
Qigong—Finding the Move and Playing with the Language.....	57
The 70% Principle and The Down Creates the Up.....	59
Loving-Kindness Meditation—Going Local.....	60
The Jin Shin Jyutsu Finger Holds.....	61
Exploring the Landscapes of Gratitude.....	62
Progressive Relaxation—The Inner Smile.....	63
Breathing—Taoist and Buddhist Approaches.....	64
<i>Stealing Minutes</i> —Can You Meditate in the Bathroom?.....	64

Field Testing the Materials and Approach

Observing, Examining, and Reflecting-in-Action.....	65
The Self-Care Lab—An 8-Week Pilot Group.....	66
You Did What With It?.....	66
Reflexivity in Motion—Folding it In.....	67

Discussion

What Went Well and How I Carried it Forward.....	68
What Did Not Go Well and Why I Am Grateful for it.....	69
Limitations of this Study.....	71
Areas for Further Investigation.....	71

Conclusion

Constructing Meaning While Honoring Local Knowledge.....	72
Patching the Quilt—Co-Constructing a New Self-Care Approach.....	74
Charting a Course for the Next Leg of the Journey.....	75

Chapter Three: A Case Study of the *Stealing Minutes* Workshops

Introduction

Looking Back and Thinking Ahead—What I Did and Why I Continued.....	76
On the Ethics of Self-Care.....	77
The Narrow Road to the Interior—Everyday is a Journey.....	78
Failing Zen— <i>The Bouncing Ball Meditation</i>	79

Methodology—A Case Study Approach to Research As Daily Practice

The Answer Leads to Another Question.....	80
---	----

The Program and Its Boundaries.....	81
The Context and Issues of the Case.....	81
Data Collection—Session Notes, Field Notes, and Interviews.....	83
Arresting Moments—The Value of Field and Session Notes.....	85
Three Key Areas of Analysis and Description.....	85

Facilitating the Workshops Across Five Settings

Introduction—Criteria for Description and Analysis.....	85
Choosing a Bad Business Model as a Cultural Counter-Practice.....	86
Setting 1—Warren Street Family Counseling Associates.....	86
Setting 2—Concord Hospital Oncology Support Groups.....	88
Setting 3—Harbor Point Therapy.....	89
Setting 4—Concord Hospital Family Health Center.....	91
Setting 5—Parker Academy Staff Retreat.....	92
The Value of Sharing My Story.....	94
Folding It In—Changing My Approach on the Fly.....	95
Assertions and Interpretations—The Relational Trumps the Setting.....	95

The Evolution of the Practices

Introduction—Criteria for Description and Analysis.....	96
Saving Qigong—“As We Relate...”.....	96
The 70% Principle—An Old Idea for a New Age.....	98
The Jin Shin Jyutsu Finger Holds.....	99
Loving-Kindness Meditation.....	100
From Letters to Maps—Gratitude Goes Experiential.....	101
The Inner Smile—A Black Swan Emerges.....	102
Taoist Dissolving Meditation—A Bridge to Progressive Relaxation.....	103
Breathing—Integration Across the Practices.....	104
Handing it Over—Visualization and Letting Go.....	105
Exploring Client Legacies—Re-Membering Practices for Therapists.....	106
Haiku Clinical Notes—Encouraging Poetic Awareness.....	106
Co-constructed Hybrid Practices—The 5-Breath Finger Hold.....	108
Assertions and Interpretations—More Cheese than Holes.....	109

The Emergence of Themes from Within the Group

Introduction.....	110
Surprised by the Generative Power of Groups.....	110
The Request for Repetition.....	110
Appreciation of Community.....	110
The Potential for Culture Shifts Within Organizations.....	111

Self-Care Practices as Therapeutic Applications.....	111
Playing With the Practices—Taking Them Up in Their Own Ways.....	111
“Coming Back to Myself”—Re-Invigorating Past Self-Care Practices.....	112
“You Can’t Fail Self-Care!”.....	112
Barriers to Self-Care—Recognizing Dominant Societal Discourses.....	112
Infectious Ideas—The 70% Principle, <i>Stealing Minutes</i> , and Breathing.....	113
Assertions and Interpretations—On Devushkinizing the Participants.....	114
Discussion	
Introduction.....	114
Looking at the Context—Environments, Demographics, and Cultures.....	115
Looking at the Practitioner—“How did you squeeze all this into one life?”.....	115
Limitations of this Study.....	115
Areas for Further Investigation.....	116
Conclusion	
“Because Nobody Went Out There and Brought it Back”.....	117
Charting a Course for the Next Leg of the Journey.....	117
Chapter Four: A Grounded Theory Study of 16 Participant Interviews	
Introduction	
Introduction.....	118
Methodology	
Participants.....	118
Sampling.....	119
Interviews.....	119
Data Analysis.....	120
Open Coding.....	120
Focused Coding.....	121
Constructing Themes	
Simple and Profound.....	123
Linking Up Into Our Lives.....	124
Transformative Experiences.....	124
Connection and Community.....	125
Influence of the Wider Culture.....	126
Culture Shifts in Organizations.....	127

STEALING MINUTES	15
Emerging Theory	128
Discussion	130
Limitations	130
Areas for Further Study	131
Conclusion	132
 Chapter Five: Imagining Forward from Unexpected Outcomes	
Introduction	
Surrounded by Unexpected Outcomes.....	133
Implications and Applications.....	133
“Little Things You Can Do that Create Lasting Change”.....	134
An Enduring Metaphor—Keeping it Below a Five.....	134
The Unexpected Benefits of Being Witnessed.....	135
 Social Constructionism—Continuing the Journey	
Choosing an Open-Source Approach.....	136
Scaffolding into the Precious and Valuable.....	137
Surprised by how Quickly it Brings Discovery.....	137
Un-Fearing Practices—Moving Towards Versus Away.....	138
How Can this Help Social Constructionism?.....	138
 Culture Shifting through Communities of Practice	
Introduction.....	138
Warren Street Family Counseling Associates.....	139
Concord Hospital Family Health Center.....	140
Parker Academy.....	140
Encouraging Culture Shifts in Organizations.....	141
 Conclusion—Charting a Course for the Next Leg of the Journey	
Widening the Audience.....	143
Expanding the <i>Stealing Minutes</i> Concept.....	143
Exploring Therapeutic Applications.....	144
Looking to the Future—Conflict and Trauma.....	145
Where Do We Go from Here?.....	145

References	225
-------------------------	-----

List of Figures

Figure 3.1: Balancing Factors in Pre-Licensure Work Settings.....	82
Figure 4.1: Visualizing a New Approach to Self-Care.....	129

Appendices

Appendix A: Narrative Interview of Author with Participant Reflecting Team.....	151
Appendix B: Sample of Session Notes.....	160
Appendix C: Field Notes Journal Form.....	161
Appendix D: Handout—Qigong Principles.....	162
Appendix E: Handout—Research on the Benefits of Qigong & Meditation.....	164
Appendix F: Handout—Loving-Kindness Meditation.....	166
Appendix G: Handout—The Jin Shin Jyutsu Finger Holds.....	168
Appendix H: Handout—Gratitude Practices.....	170
Appendix I: Handout—The Inner Smile.....	172
Appendix J: Handout—Breathing Practices for Self-Care.....	173
Appendix K: Handout—Mindful Breathing.....	174
Appendix L: Handout— <i>Stealing Minutes</i> (Original Handout).....	175
Appendix M: Flyer—For Promoting the Pilot Workshop.....	177
Appendix N: Flyer—For Continuing Education Unit Approved Workshops.....	178
Appendix O: Application to Issue Ethics Continuing Education Units.....	179
Appendix P: Workshop Evaluation Form.....	180
Appendix Q: Testimonials for Continuing Education Unit Application.....	182
Appendix R: Sample of Ethics Continuing Education Unit Certificate.....	183
Appendix S: List of Interview Questions.....	184
Appendix T: Sample Interview Transcript—The First Interview.....	185
Appendix U: Interview Consent Form.....	197
Appendix V: Handout—Gratitude Maps.....	199
Appendix W: Handout—Taoist Dissolving Meditation.....	201
Appendix X: Handout—Handing it Over.....	202
Appendix Y: Handout—Re-Membering Client Legacies.....	203
Appendix Z: Handout—Haiku Clinical Notes.....	204
Appendix AA: Handout—The 5-Breath Finger Hold.....	205
Appendix BB: Sample Page from the Codes to Themes Process.....	206
Appendix CC: Word Cloud of Interviews—All Dialogue by Interviewees.....	207
Appendix DD: Word Cloud of Interviews—All Dialogue by Interviewer.....	208
Appendix EE: Code System for Open and Focused Coding.....	209