

The Professional's Mental Health: What it Looks Like? How to keep it !

Presented by: Phillip D. Hamberg, L.M.S.W., L.M.F.T.

E-mail : pdhamberg@comcast.net

A. What should a “healthy” Mental Health Professional be able to do?

1. Accept intense emotional projection without going “historical”
2. Be able to jump quickly from an emotional feeling to a cognitive analysis
3. Be able to feel comfortable in the feeling of powerlessness
4. Be able to self soothe
5. Be able to ask for help and accept it
6. Be able to empathize and wish to understand the etiology of what is happening
7. Be able to name their own feelings
8. Be honest with self
9. Trust others and self
10. Make mistakes and know they will not be wrong

11. Stay physically healthy

12. “Dose” each other with positive / mastered experience

13. A Belief system

A. Radical Acceptance

B. Synthetic Happiness

B. “Pitfalls” to watch out for... (to be covered only if time permitting)

1. Needing to be “right”

2. Needing to be in absolute control

3. Worry about “looking good”

4. Think they know it all (not accept help)

5. Focus on only one human function: Emotions or Cognitive processing

6. No interest in working as a team

7. Difficulty or inability to say: “NO”