

Finding Rest in the Hard Cases

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rest

A Disorienting Beginning

“All the cases involve trauma...”

Signs You are Overwhelmed

- Feeling numb
- Lack of sleep
- Ruminating on case, or case details
- Feeling de-skilled/lacking wisdom

Reflection

Difficult cases should lead us to self-reflection

- Skills and competencies
- The scope and limits of our responsibilities
- How God has made you (both strengths and limitations) and who God is

Restless Agitation

- Not something to stew in or casually dismiss.
- Your mind may be telling you that you're missing an important detail or have an incorrect understanding of the situation.

Skills and Competencies

- If you have skills, use them.
- If you don't, seek them out or refer out to someone who has them.
- Awareness of culture (Paul's letters and witnessing at the Areopagus)

Responsibilities and Concerns

- We get these mixed up because there is often significant overlap.
- Do you have legal responsibilities? General responsibilities as a Christian.
- What are the responsibilities of others?

Care for Your Body

- Walk
- Lift heavy things
- Eat good food and avoid food that is bad for you.
- SLEEP

Care for Your Mind and Soul

Philippians 4:8

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Care for Your *Mind* and Soul

- Not as a distraction, but to more fully appreciate all that is happening in an individual case, and the world outside of the case/situation.
- You become what your attention is set upon.

Reflect on Your Assumptions

What are your unstated beliefs about how the world works, or what God does in various situations?

Belief in immediate justice will leave you vulnerable.

Saving the world or entering an ark?

Writing a Note

Writing is difficult because it forces us to organize our thoughts in a coherent manner.

- Describe
- Interpret
- Plan

Describe

- What did the person report?
- How did you respond?
- Observations about the person?

Interpret

- What does the data mean?
- What do you hypothesize and what is your evidence to support the conclusion?
- What do you still not understand?

Plan

- What are your short-term plans?
- Long-term plans?
- What are the steps that will be taken? When will they be taken and by whom?
- How will you know if the plan was successful?

What helped me

- Beauty
- Fellowship
- Honesty
- Remembering

