

The Healing Journey

After a Transplant
*Children's Organ
Transplant Society*

About Me

Moved to BC in 2012 for my Masters

Became a Registered Clinical Counsellor

Worked in private and public settings

Specialized in chronic diseases



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Activity:
Grounding
Exercise



"HEAD START"

BREATHE

**LIGHTLY PLACE YOUR HAND(S)
ON YOUR HEAD**

Breathe

Focus your attention on one point
Notice the weight of your hand(s) on
your head

Let the weight melt into your body
Breathe slowly (through your nose)
Stay here for 5 breaths

What is Trauma?

Any threat to the individuals that causes heightened distress

Small t traumas

Relationship conflicts
Workplace conflicts
Wedding planning
Starting a new job
Having or adopting a child
Diagnosis of an illness
Transplant

Big T traumas

War
Combat
Natural disaster
Physical or sexual abuse
Terrorism
Tragic accidents
Diagnosis of an illness
Transplant

Changes in our Kids

- Physical changes
 - Old vs new organs
 - Low to high energy
 - Medications
- Emotional changes
 - Anxiety, depression, shame, guilt
 - Shifts in self-concept and identity
- Social changes
 - Shifts in relationships
 - Isolation, social readjustment and belonging



becomes a family affair

Simple and Impactful Ways to Help our Kids



Remembering the little human

Voice = sense of control



Giving age appropriate, legitimate explanations and information

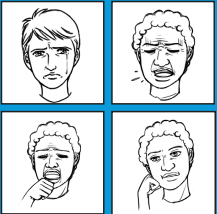
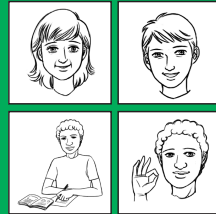


Listen = understanding



Creating space for all emotions to exist

Feel = permission

The ZONES of Regulation®

			
BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Mean Terrified Yelling/Hitting Out of Control

Emoji Emotions

The word emoji combines two Japanese words: e (picture) and moji (character).

Emojis are commonly used to add expression and emotion to electronic communications. Look at the emojis below. In the space provided, write the emotion that you see and describe a time when you have felt this emotion.

	Emotion: _____ _____ _____		Emotion: _____ _____ _____
	Emotion: _____ _____ _____		Emotion: _____ _____ _____
	Emotion: _____ _____ _____		Emotion: _____ _____ _____
	Emotion: _____ _____ _____		Emotion: _____ _____ _____

Changes in Ourselves, the Parent(s)

- Feeling tired, exhausted, heavy, drained,
- Feeling tense, rigid, restless

- Feeling worried, stressed, anxious
- Feeling scared, hurt, sad

- Feeling alone, separated, outcasted
- Feeling isolated, removed, misunderstood

Our Core Emotions

1. Sadness
2. Fear
3. Anger
4. Joy
5. Excitement
6. Sexual excitement
7. Disgust



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You Might Also Be Experiencing Grief

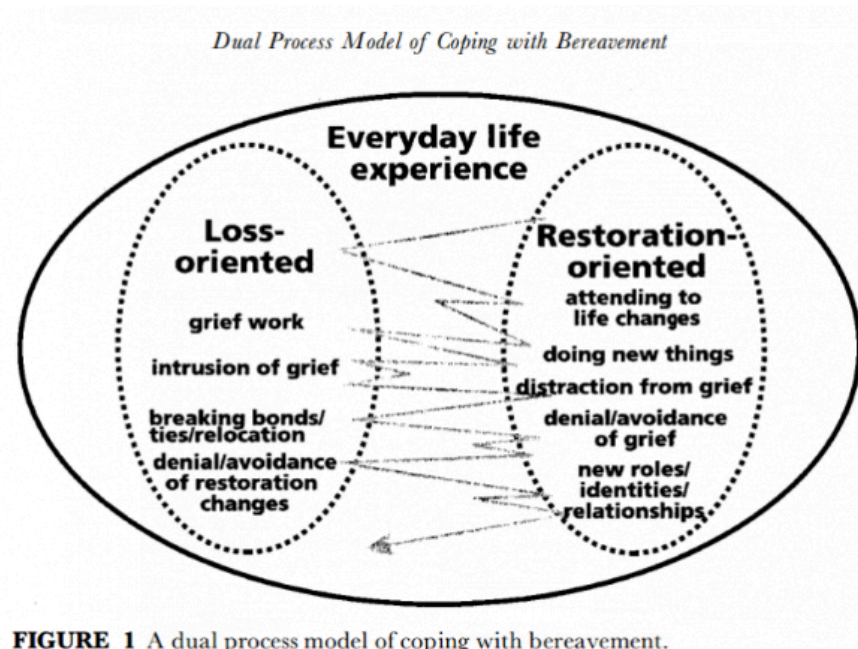


FIGURE 1 A dual process model of coping with bereavement.

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Getting Back in Control

1. Learn as much as you can about the transplant and it's recovery
2. Find new ways of coping with stress
3. Reach out to your family and/or friends
4. Meet other parents and families
5. Be teammates

Education is Key

- Learn as much as you can about the transplant
 - Keep coming to educational events
 - Read books and listen to podcasts/videos
- Research and read within reason
 - Let's not increase anxiety

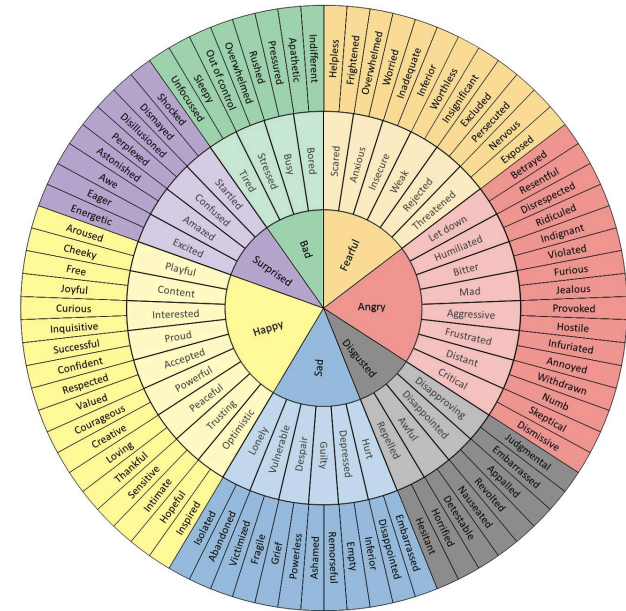
Stress Management

1. Name your emotions

- Anxiety and _____
- Grief may be a process you are experiencing

2. Find new ways of coping with stress

- If what you're already doing IS NOT working
- Practice coping strategies!



Activity: Calming Exercise

BUTTERFLY HUG

BREATHE

CROSS & PLACE HANDS ON YOUR CHEST OR UPPER ARMS

Close your eyes or focus your attention
on one point

Lightly tap one hand after the other on
your chest or upper arms

Continue tapping for up to 30 seconds
Breathe

Notice your body, thoughts & feelings
Repeat tapping until you feel calm and
your thoughts have settled

Build Your Team

- Reach out to:
 - Your family
 - Your friends
 - Your healthcare professionals
- Ask for help
 - You have the permission
 - Be specific
 - Trust them to show up
- Meet other parents & families
 - Who have similar experiences
 - Share your story with them
 - Plan consistent (aka monthly) hangouts

Then, Be a Team

As parents

- Find your shared values
- Identify qualities
- Show fondness and admiration
- Become emotionally intelligent

As a family

- Split attention
 - Have 1:1 dates
- Shift in roles/responsibilities

EXPLORE



HEAL
in counselling

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