



# **THE THINGS WE CARRY & HOW TO USE THEM AS SUPER- POWERS FOR GOOD!**

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## ***AS PROFESSIONALS, WHO ARE WE?***

**Name, Role, and if you could be any superhero,  
who would you be and why?**

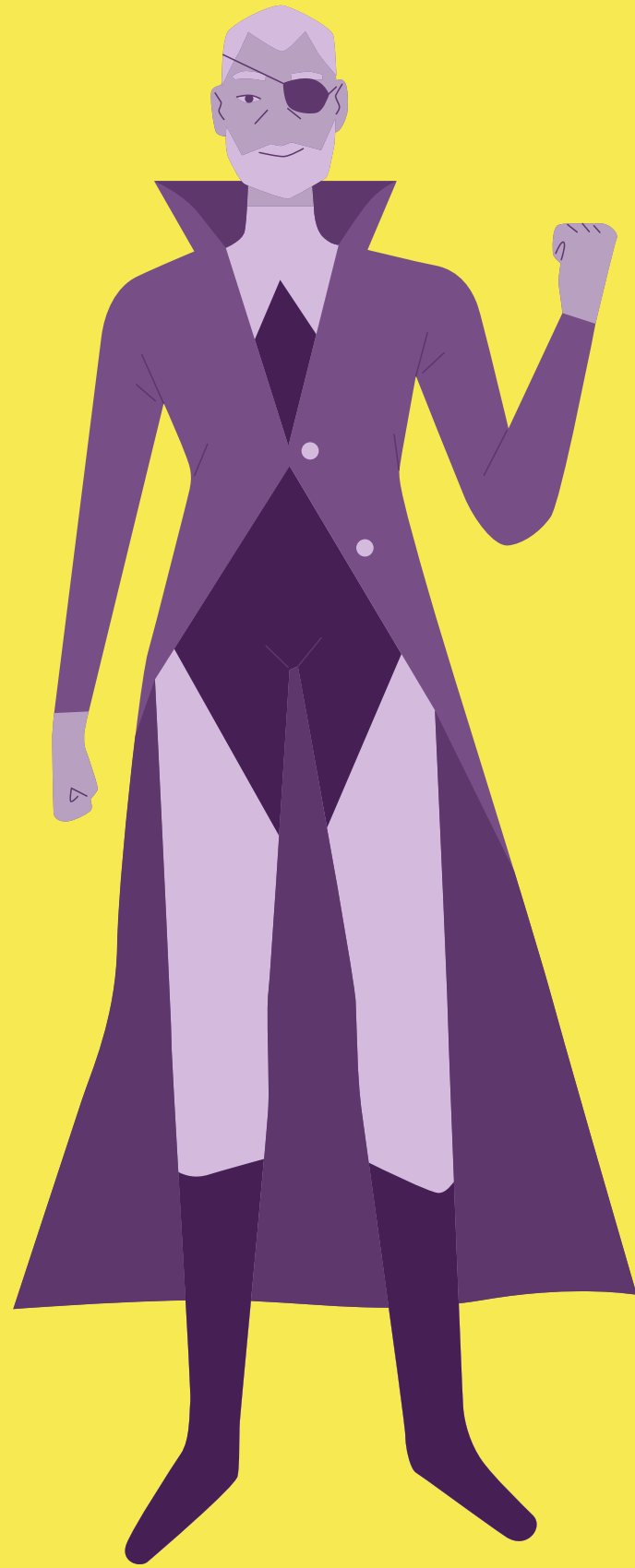


**LETS BREAK DOWN A SUPERHERO!**

**What is a superhero?**

**What traits make a superhero?**

**What powers do they have?**



**WHAT ARE OUR  
PROFESSIONAL  
SUPERPOWERS?**

# WHO SAID?

*Empathy*

*Turning Resources  
into Real Help*

?

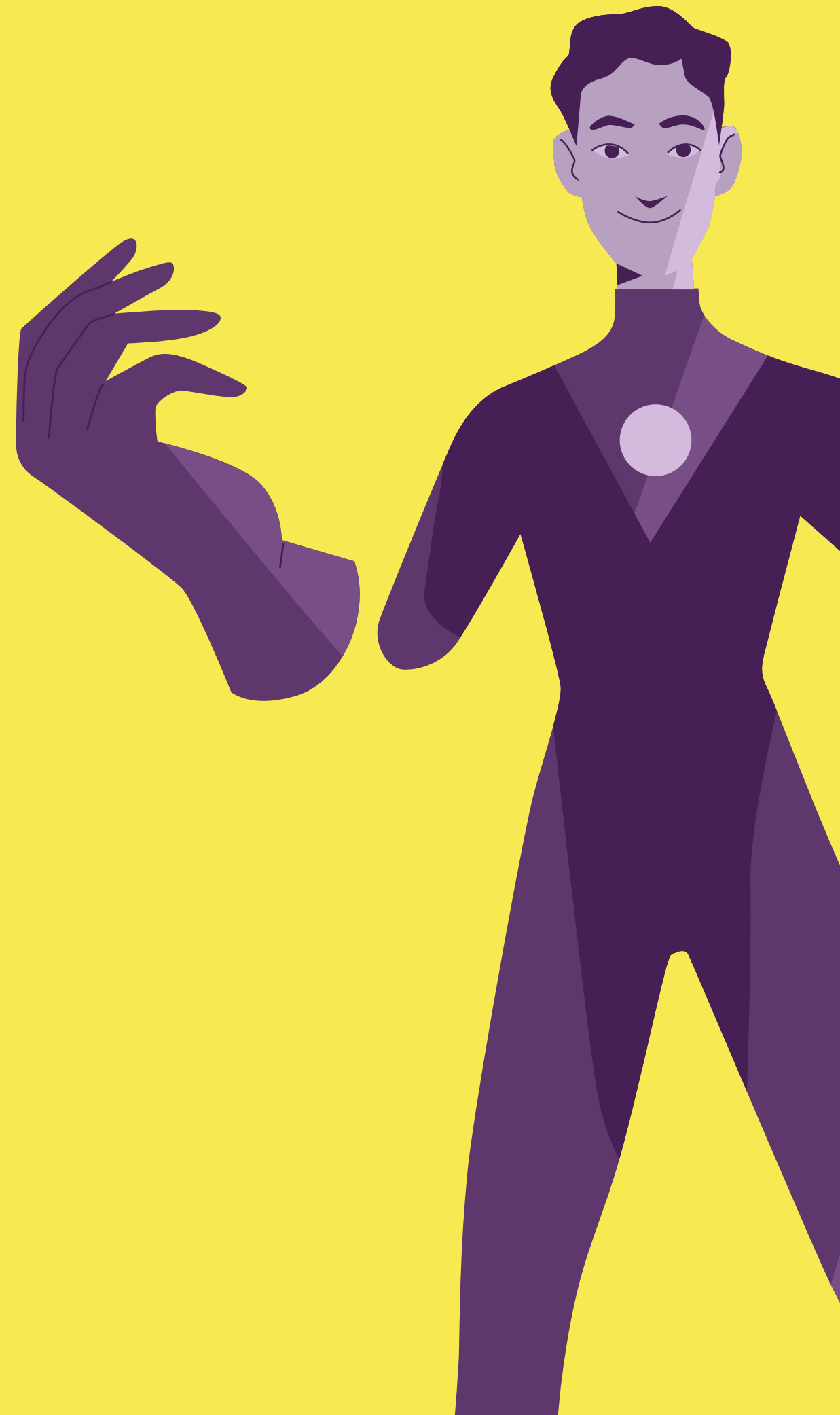


*Listen Deeply*

*Build Trust*

*Calming Tough  
Situations*

***How can we get  
participants to  
open up?  
What melts  
their armor?***



Break Out

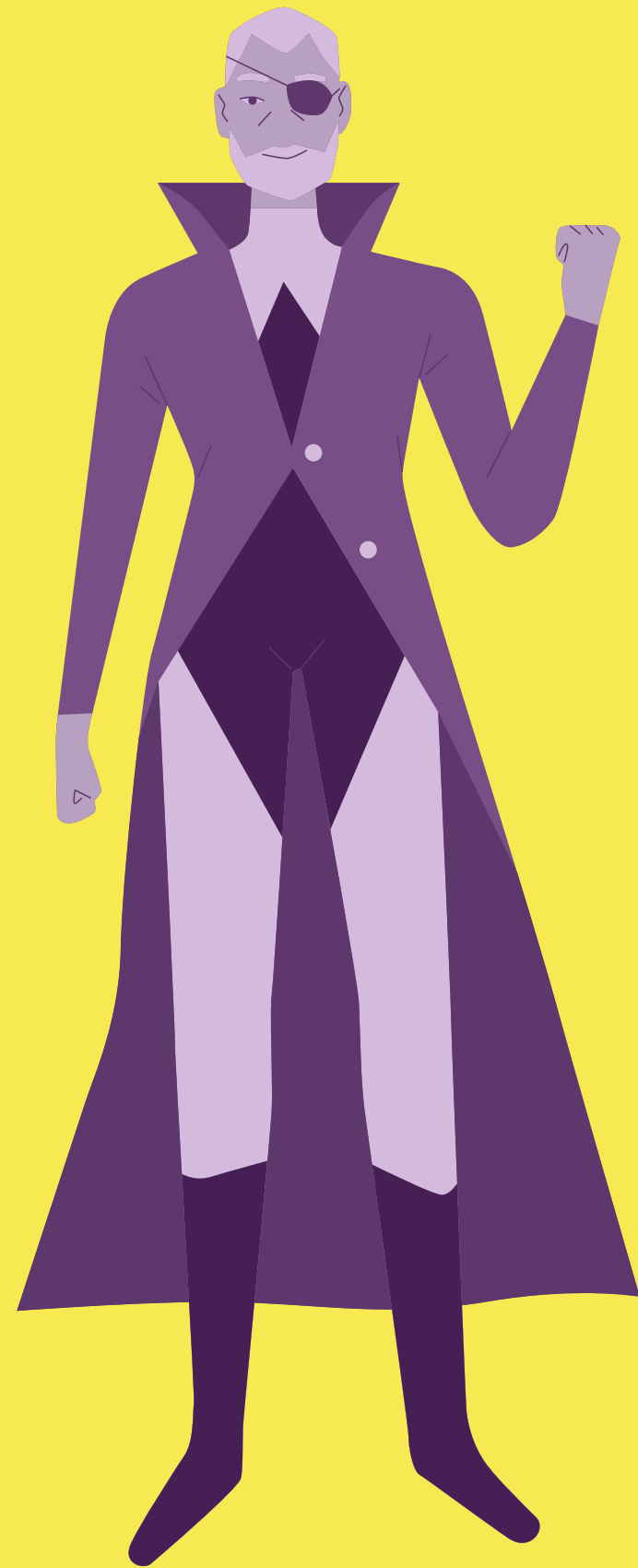


**HOW DO WE LOOK PAST BIAS  
TO SEE THE PERSON  
BEFORE THE DISEASE?**



*What kinds of traumas  
do our participants bring,  
that carry us back  
to a moment in time?  
How do you respond?"*





*Breakout!*

**AS  
PROFESSIONALS,  
WHAT'S OUR  
KRYPTONITE?**



# HOW DO WE OVERCOME?

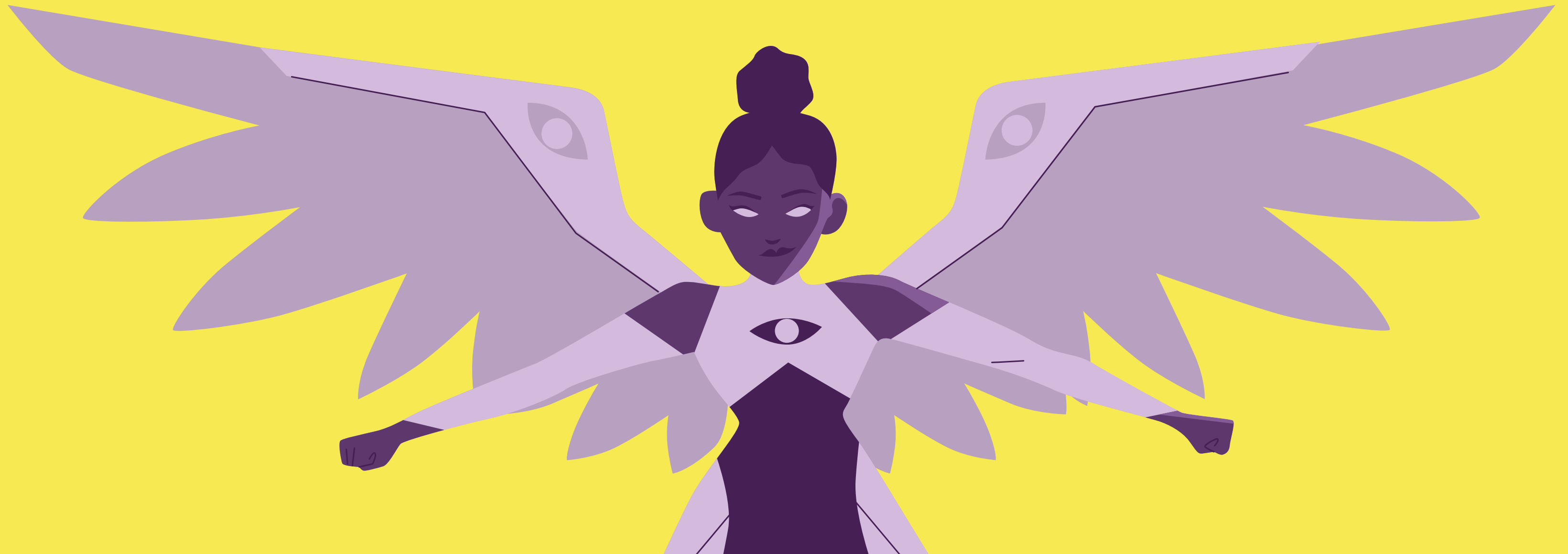
*How do we recognize when we are  
triggered or effected vicariously?*

*What tools do we use?*

*How do we stay  
present?*

# HOW DO WE HOLD ON TO OUR SUPERPOWERS AND NOT LOSE OUR SELVES?

Break Out Session



# HOW DO WE SET AND KEEP BOUNDARIES?

*Why are they  
Important?*

*Can you get  
them back?*

*How do you keep  
them?*

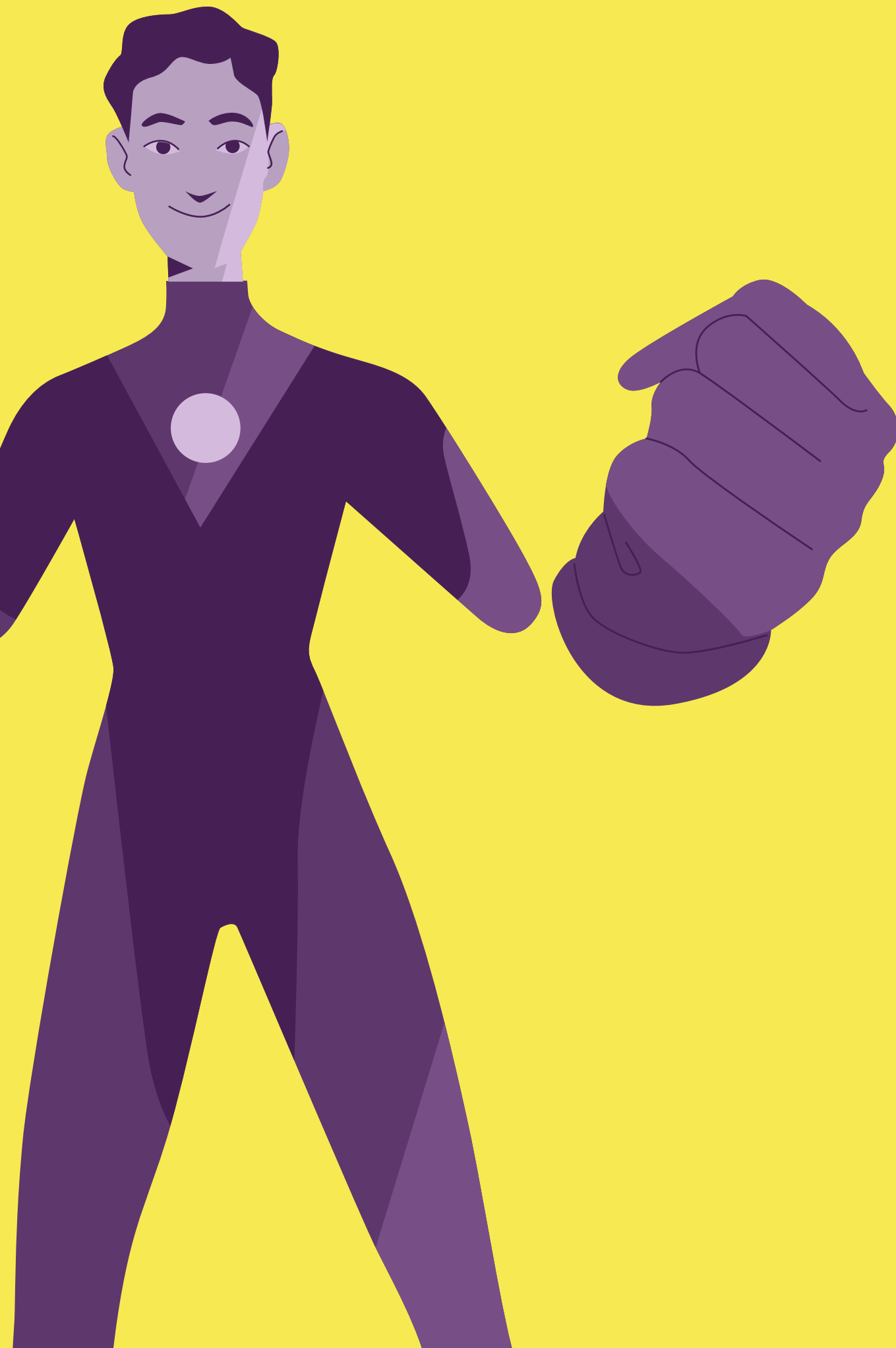


*What do they  
protect?*

*Who do they  
protect?*

*Ready*  
**SET**

**LET GO OF EXPECTATIONS!**



**BUILDING TRUST  
AND  
EMPOWERMENT  
WITH THE HEROES  
WE SERVE**



## **HOW DO WE LEAVE OUR CAPE IN THE CAVE?**

*How do we not grow  
resentful?*

*How do we hold on to Optimism and positivity in the work that we do?*

*What are the things that we have appreciation and Gratitude for?*

**HOW DO WE ABSTAIN  
FROM THE NEGATIVITY AND  
DELUSIONS OF THE REAL WORLD?**





# RETURNING TO US

*How do we know when we are running  
low?*



# HOW DO WE KEEP OUR SUPER POWERS ON POINT?



*What do we do to take care of ourselves?*

*Why is this important?*

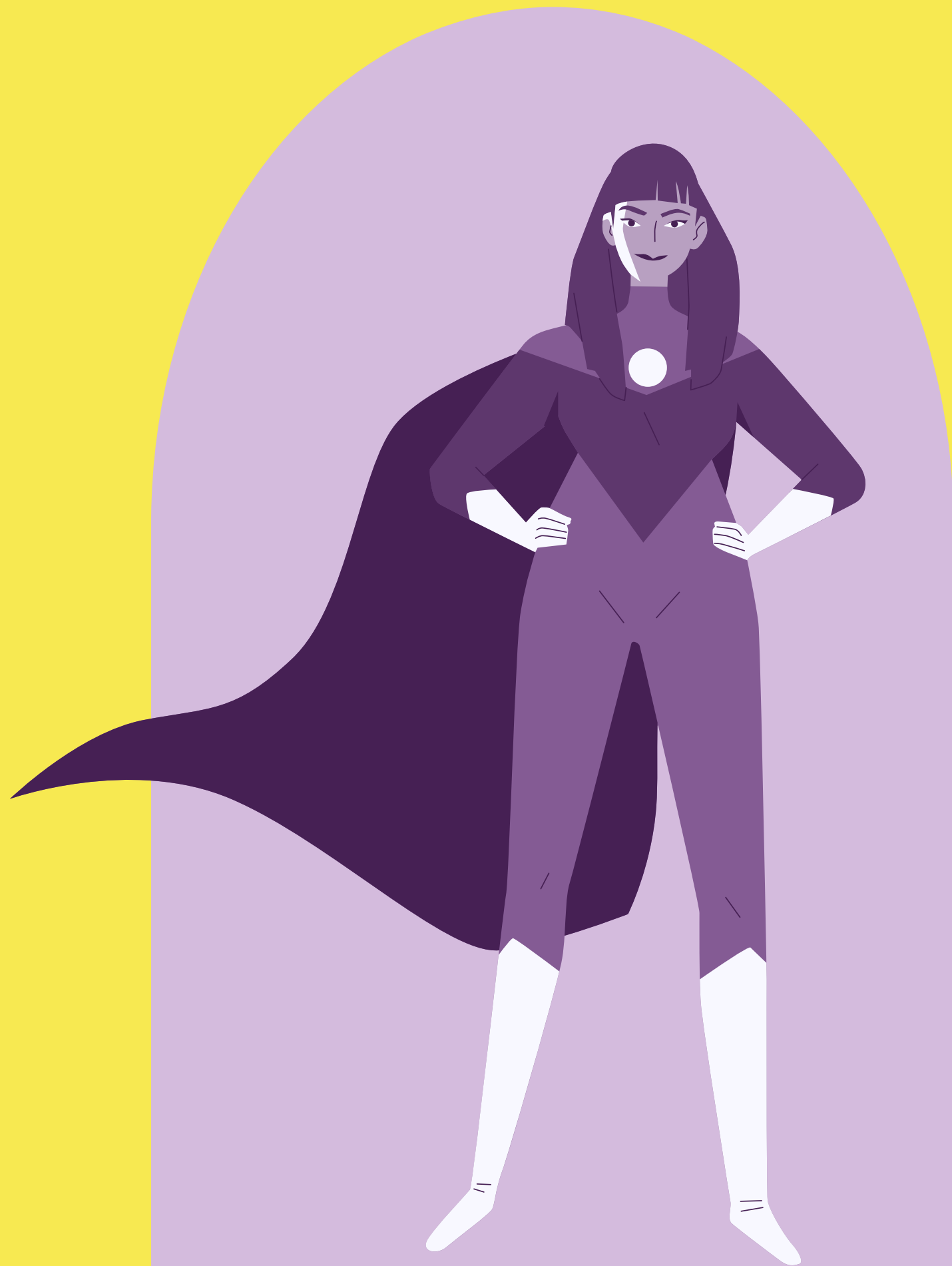
**HOLDING**

**ON**

**POSITIVITY**

**OPTIMISM**





**WHAT ARE  
WE TAKING  
AWAY  
FROM  
TODAY?**