

# Psychosocial-Spiritual Alberta Series

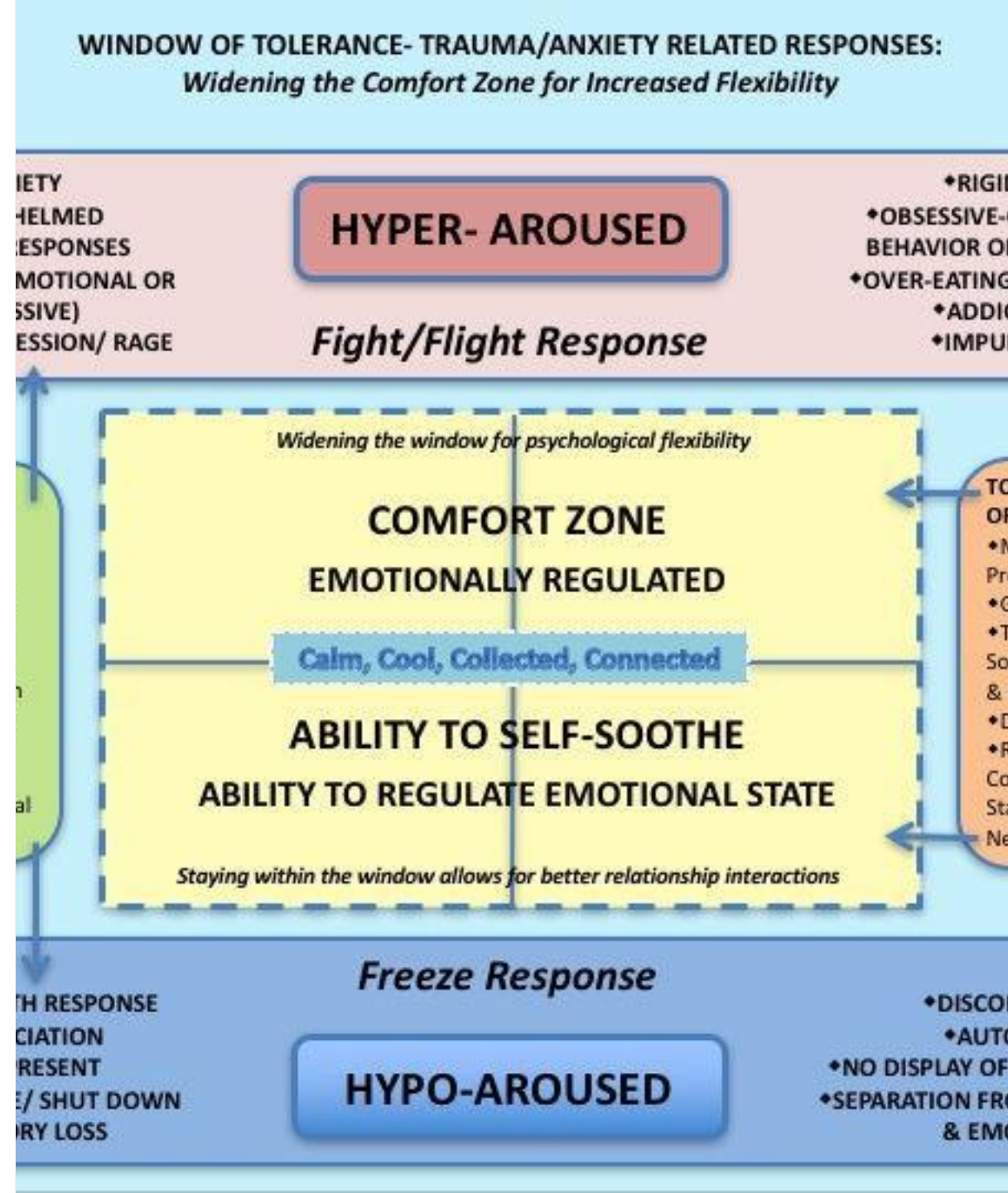
## Trauma-Informed Approach: Working in the Window of Tolerance

Host and Moderator: Ellen Mi

Facilitator: Sheila Killoran

Presenter: Kim Everingham

Date: April 18<sup>th</sup>, 2024



# Introductions

## Host and Moderator

**Ellen Mi**

Palliative Institute Project Coordinator

## Facilitator

**Sheila Killoran, MTA, MA, FAMI**

Education Lead, Palliative Institute

## Presenters

**Kim Everingham, MSW, RSW**

Family Counsellor

Grief Support Program

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Calgary, Alberta

# The Palliative Care ECHO Project

The Palliative Care ECHO Project is a 5-year national initiative to cultivate communities of practice and establish continuous professional development among health care providers across Canada who care for patients with life-limiting illness.

**Stay connected:** [www.echopalliative.com](http://www.echopalliative.com)



# Reminders

- This session is being recorded. A copy of this recording will be made available on the compassionate Alberta ECHO hub page.
- Please do not disclose any personal health information during the session.
- Your microphones are muted. When we invite participation, please unmute yourself if you'd like to speak at that time.
- If you experience technical difficulties, please let us know in the chat.

# *Window of Tolerance*



Kim Everingham

MSW, RSW

Grief Support Program,  
Alberta Health Services



# Disclaimer

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# Land Acknowledgement

# Learning Goals

- Understand the window of tolerance.
- Identify when someone is outside of their window of tolerance.
- Have tools to help yourself and others move back into the window.







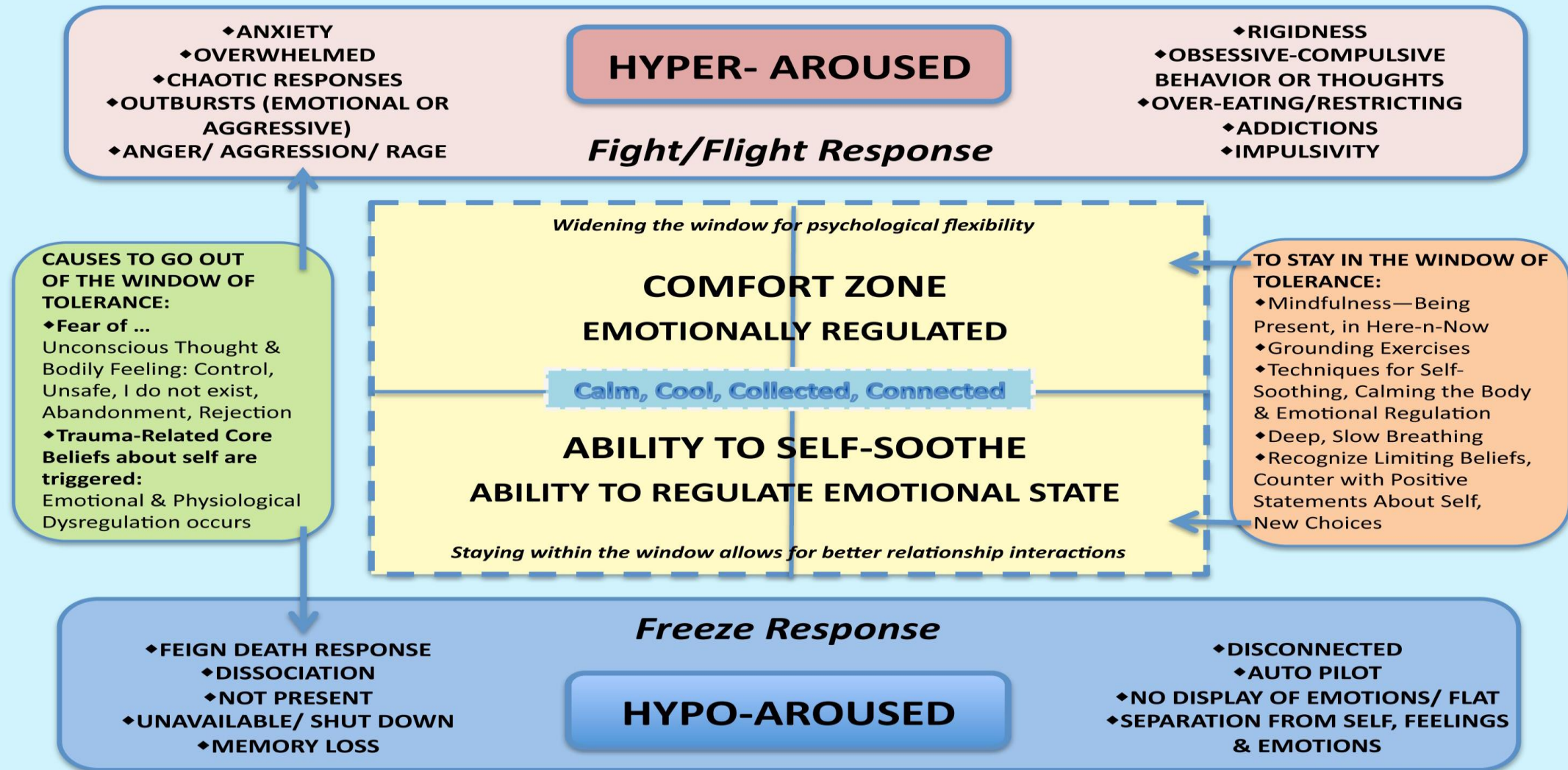
# Window of Tolerance

- Developed by Dr. Dan Siegel and shared in the book *The Developing Mind* published in 1999.
- Website: [Dr. Dan Siegel Home Page - Dr. Dan Siegel \(drdansiegel.com\)](http://drdansiegel.com)
- Referred to by Dr. Arielle Schwartz as the “Window of Capacity”.
- Looks at how we regulate our emotions and when we are not regulated, what is happening.

(Siegel, 2022; Schwartz, 2023)



# WINDOW OF TOLERANCE- TRAUMA/ANXIETY RELATED RESPONSES: *Widening the Comfort Zone for Increased Flexibility*







# Hyper-aroused

- Anxiety
- Overwhelmed
- Chaotic responses
- Emotional outbursts
- Anger/Aggression/Rage
- Rigidness
- Impulsivity

NICABM, 2024



# Tools

- Checking your own window of tolerance first
- Co-regulation – how you present helps those around you
- Facial expression and tone of voice
- Active to calm via connection
- Vagal hold, butterfly hug, breath work
- Music
- Warm water
- Drinking from a straw
- Shaking or stomping out energy
- Comforting food

Gibson, 2023; Gill, 2017



# Hypo-aroused

- Can be identified as a “frozen” state
- Depression, numbness, emptiness
- Inability to speak
- Dissociation, disconnected, flat emotions
- Memory loss

NICABM, 2024;





# Tools

- May need stimulating, movement.
- From stuck to active via movement so anything that gets the body moving and helps bring a person into the present.
- Essential oils can stimulate as much as they can calm.
- 5-4-3-2-1- - 5 things you see; 4 things you can touch; 3 things you hear; 2 things you smell; 1 thing you can taste.
- Mindfulness
- Tapping, butterfly hug, vagal hold.



# Window of Tolerance Reimagined



# References

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- Gibson, C. (Producer). (2023). *Toolkit for Traumatic Responses*. On line presentation.
- Stock images. Microsoft 365 (2024, April)



# Discussion Questions

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When you head out of your window of tolerance, do you typically become hyper or hypo aroused.

When considering your work, when is your window of tolerance smaller and when is it larger?

What tools do you currently use to help yourself or others move back into the window?

What is most helpful for you when considering this concept of the window of tolerance?



Coming up: Psychosocial-Spiritual Alberta Series

## **Session 6: Non-physical Suffering: Challenges and Opportunities for Psychosocial/Spiritual Care Specialists**

The prevention and relief of suffering, physical and non-physical, is a primary aim of palliative care. This session will provide space for participants to reflect on their own experiences working with patients' non-physical suffering, increase their understanding of this form of suffering, and offer research-informed insights to support clinical practice.

**May 16<sup>th</sup>**

Presenter: Maxine Rattner, PhD, RSW

**[Register: ECHO Hub | Compassionate Alberta](#)**



# Save The Dates: Psychosocial-Spiritual Alberta Series

**June 20**

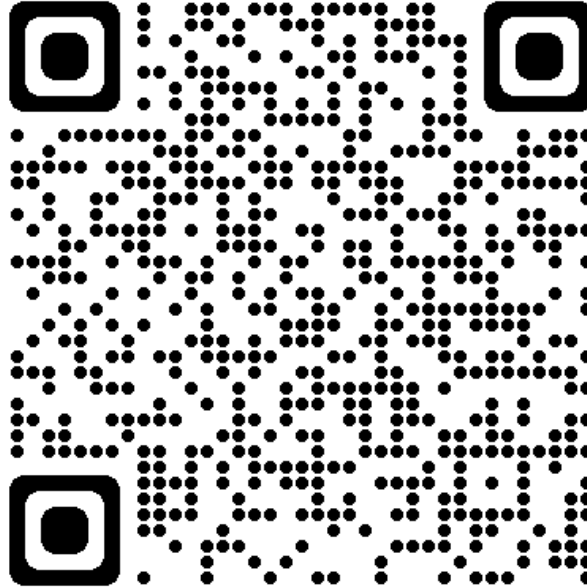
**Session 7: Effective tools for Grief Care: Perspectives from Spiritual and Mindfulness-Based Practice**

**Presenter:** Rasheal Charles, RCSW, Corporate Director Mission, Ethics & Spirituality

**[Register: ECHO Hub | Compassionate Alberta](#)**



# Evaluation



<https://redcap.albertahealthservices.ca/surveys/?s=RDNHXNLFYK9979EY>



# Thank You

The Palliative Care ECHO Project is supported by a financial contribution from Health Canada. The views expressed herein do not necessarily represent the views of Health Canada.



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