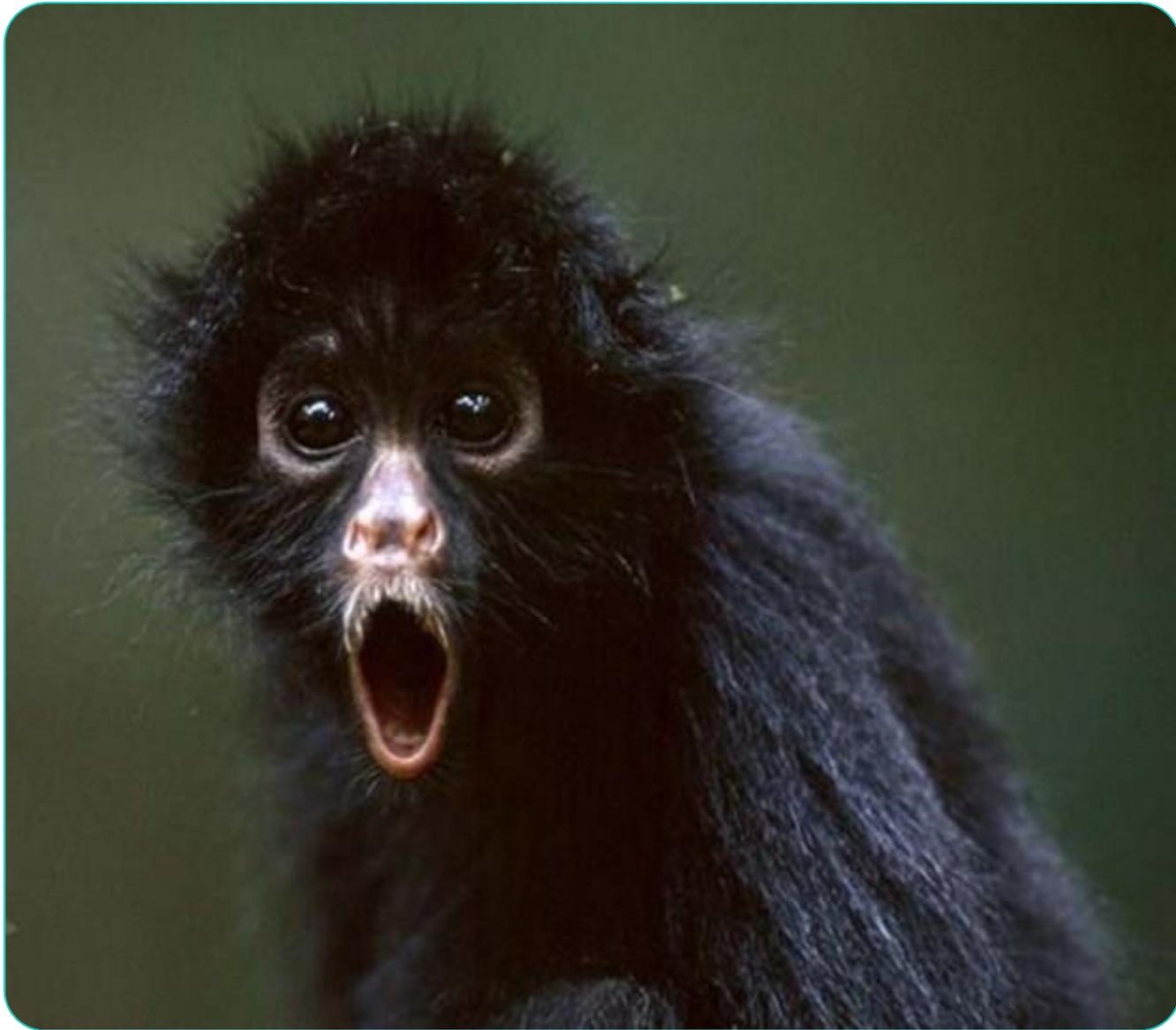


**“At least we don’t suffer boredom”**

Jackie Burke Psychology & Consulting



**Unpredictable**



**Dangerous**

# Problem Saturated Work





**Multiple Complex Needs**



Catersnews.com

# Challenging Presentations



Put on your own  
oxygen mask  
before helping  
those around you.

[pinterest,.com](https://www.pinterest.com)

**Vicarious Trauma**

# Imperfect System



# Why?

- What propelled you into this work in the first place?
- What keeps you coming into work each day after having a really hard day yesterday?
- What is it about your work that sparks that little sense of pride you get when people ask you what you do for a crust?

# People's answers

- I want to make a difference
- I want to help people
- I want to ease suffering
- I want the world to be a better place and I want to contribute to that

# Interpersonal Neurobiology

- The electrical field of the human heart can be measured 10m away from the actual organ
- How your nervous system affects the nervous system of anyone in your proximity
- The first movement of the human nervous system when under threat is to seek out others
- The human brain develops neuronal pathways in relationship with others far beyond without others. The more relationship the more neuronal networks are developed.
- Experts from biology, anthropology, physics, neurology, psychology and sociology agree that the human mind is a fundamentally relational phenomenon.

# Interpersonal Neurobiology

Our experience of our existence, our wellbeing & our capacities are built on our internal experience of being in relationship with others.

We need each other.

And doing the work we do, we need each other to be supportive.

Think about the examples you know of really excellent outcomes in our field of work and I imagine they all had team work in them.

The gestalt is truly more than the sum of the parts.

Questions?

# Contact Details

Jackie Burke Psychology & Consulting

[Jackie.Burke@5point5.com](mailto:Jackie.Burke@5point5.com)

0412404447