

MetaHabilitation

Turning Tragedy Into Triumph

Ivan Starovoytov

Origin of Word

- Coined by **Dr. Joyce Mykal-Flynn**
- **Meta** - Above/beyond
- **Habilitation** - restore/reinstate to former capacity/ability
- **Metahabilitation** - surpass, exceed baseline; above restoration

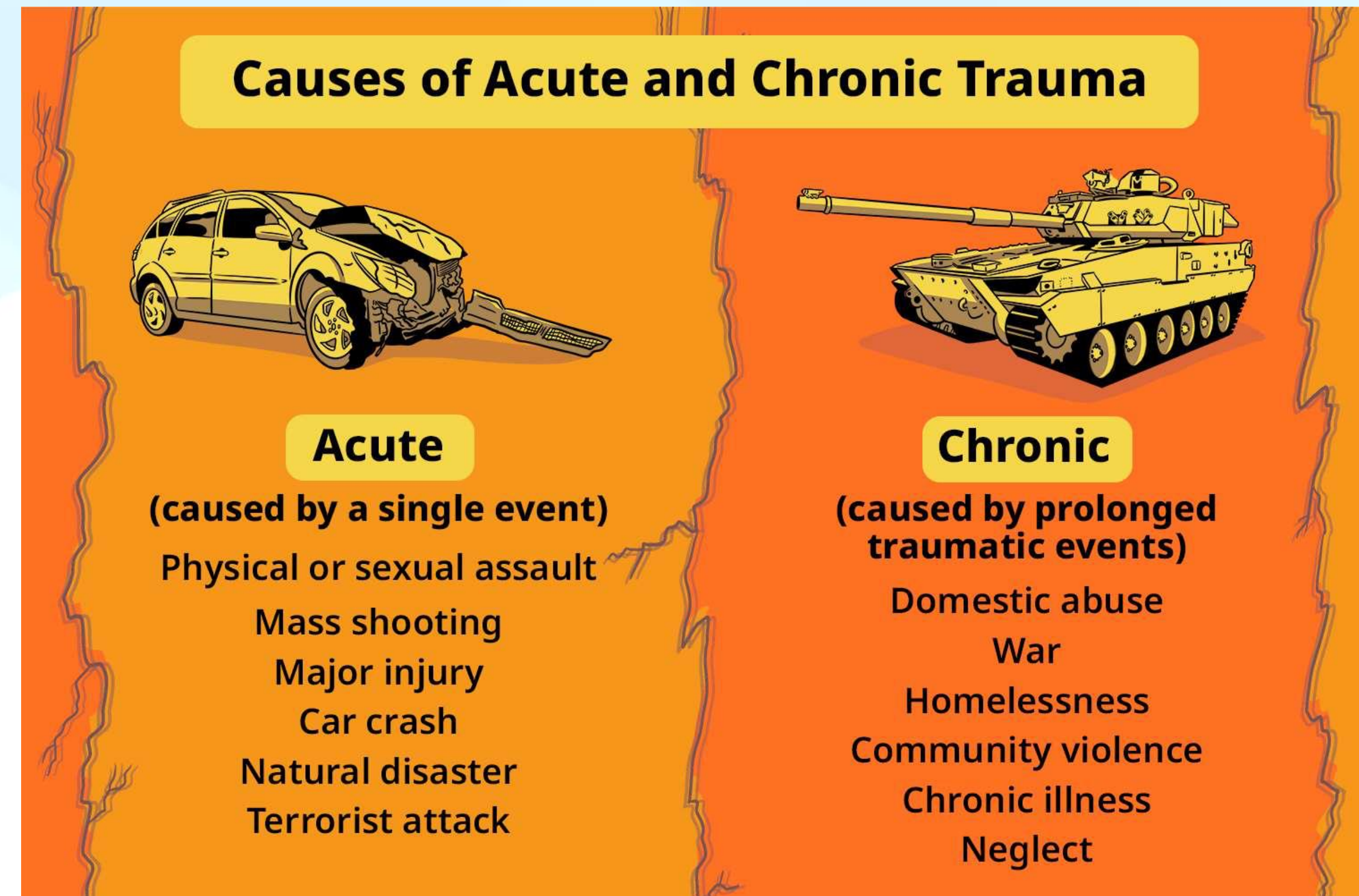


Traumatology

- Study of wounds and injuries caused by accidents or violence to a person or place (community)
- Surgical repair of wounds and physical damage
 - Branch of Medicine
- Psychology; The study, development and application of psychological and counseling services for people who experienced extreme events.

Trauma - deeply disturbing events

- Type 1: one and done
- Type 2: Chronic
- Trauma informed care embraces a perspective that highlights adaptation over symptoms and resilience over pathology



Resilience



- The art of overcoming pain and suffering
- Everyone encounters hardships, although in different amounts
- Resilience is the capacity to withstand and recover from difficulties
- It is important to not give up, no matter how hard something you're going through is

6 Stages of MetaHabilitation

- **Stage 1**
 - Acute Recovery
- **Stage 2**
 - Turning Point – Saying ‘Yes’ to Life
- **Stage 3**
 - Focus on Treatment – Conventional and Complementary
- **Stage 4**
 - Acceptance and Adaptation – A Time to Reflect
- **Stage 5**
 - Reintegration – Returning to Life; Introspection on Life’s Journey
- **Stage 6**
 - MetaHabilitation – Beyond Integration and Taking on the Future

Where to Start?

Compassion

- Definition
 - Recognize suffering
 - Common Humanity
 - Connect & Be Moved
 - STAY
 - ACTION
- **Use what seems like poison as medicine!**
- Different from empathy
 - Empathy does not require staying or acting
- Compassion causes the release of dopamine (Pleasure hormone) in the brain!



Practicing Self-Compassion

- We often expect a lot of ourselves. What happens when we take on more than we can bear?
- What can we do to help ourselves feel better?
- Three elements
 - Self-kindness vs. Self-judgment.
 - Common humanity vs. Isolation.
 - Mindfulness vs. Over-identification.



Application

Resent Data - Positive Psychology Survey

- A very high amount older adults experience loneliness
- High correlation between feeling of loneliness & depression
- Empathy - Also being lonely
- Compassion - Finding a way to build strong social connections & build community strength
- Finding a way to overcome challenges = **MetaHab!!!**

Tips for Practice

Self-compassion is a practice of goodwill, not good feelings. In other words, even though the friendly, supportive stance of self-compassion is aimed at the alleviation of suffering, we can't always control the way things are. If we use self-compassion practice to try to make our pain go away by suppressing it or fighting against it, things will likely just get worse. With self-compassion we mindfully accept that the moment is painful, and embrace ourselves with kindness and care in response, remembering that imperfection is part of the shared human experience. This allows us to hold ourselves in love and connection, giving ourselves the support and comfort needed to bear the pain, while providing the optimal conditions for growth and transformation.

