

Be a Roll Model: Caregiver Self-Care

September 30, 2020 CAMFT Conference:

20/20 Advancing the Art and Science of Psychotherapy Conference

12-1:30pm

12:00am-1:30pm Mind-Body Session

by Jill Miller author of *The Roll Model: A Step by Step Guide to Erase Pain, Improve Mobility, and Live Better in Your Body*, creator of Yoga Tune Up®

Caring for others can take a toll on the caregiver. The physical stress of sitting, the rigors of deep listening and the thicket of paperwork can whittle away at a therapist's vitality and enthusiasm. In this workshop, learn self-myofascial massage strategies for self-care. The workshop utilizes grippy, pliable self-massage balls to improve breath, postural mechanics, soothe feet and provide a focused calm. Adding in moments of tactile self-care throughout the day can quickly alter one's outlook by tapping into the parasympathetic nervous system. The Roll Model method helps therapists replenish their inner resources so that they remain resilient and resourceful for their clients.

Recommended props for movement session: Pair of self-massage balls or 2 tennis balls. A rolled up hand towel or pillow. Yoga Mat.

Learning Objectives:

- 1) Discuss the mechanical stresses of sitting.
- 2) Experience fascial mobilization in multiple areas of the body.
- 3) Stimulate the relaxation response through breath, position and self-massage of trunk muscles.
- 4) Identify muscles of the feet that contribute to low back pain.
- 5) Identify muscles of respiration on the back of body.
- 6) Learn an exercise to awaken the gluteal muscles after prolonged sitting in client sessions.

12:00-12:05 Jill Miller Intro Self and Roll Model Method

- 1) Self-care
- 2) Personal Empowerment
- 3) Physiological state change prior to or post sessions
- 4) Mobility, and maximum voluntary contractions (Robyn Capobianco PhD)
- 5) World Health Organization data on perils of sitting

12:05-12:15 Mindset/Breath/Embodiment 101

- 1) I embody my body.
- 2) I am a student of my breath.
- 3) My self-care empowers me to care for others.
- 4) Abdominal- Thoracic Breath



Constructive Rest Position

12:15-12:35 Yoga Tune Up® Balls for Feet

- 1) Therapy Ball self-treatment for feet
- 2) Identify select anatomy of feet: 5 bones, 3 muscles, plantar fascia
 - a. Quadratus plantae “short foot”
 - b. Abductor hallucis
 - c. Flexor hallucis
 - d. Abductor digiti minimi
- 3) Discuss footwear and fascia
- 4) Test range of motion improvement
- 5) Demonstrate whole body interconnectivity via fascial web



Sole Saver

12:35-12:45 Yoga Tune Up® Balls for Gluteals

- 1) Therapy Ball self-treatment to help “sleepy buttocks” due to sitting.
- 2) Contract unilateral gluteal complex.



Put Your Rear in Gear

12:45-1:05 Coregeous® Ball For Breath Reset or use rolled up towel or pillow

- 1) Discuss zones of respiration: abdominal, thoracic, clavicular
- 2) Identify abdominal/parasympathetic breathing and receive feedback from the tactile experience of the ball
- 3) Identify thoracic/sympathetic breathing and receive feedback from the tactile experience of the ball
- 4) Illustrate clavicular/panic breathing and locate the myofascial strain of this style of breathing
- 5) Discuss mechanical pressures on vagus nerve for downregulation. (Stephen Porges, PhD Polyvagal Theory, Dr. Kevin Tracey)
- 6) Discuss immune benefits to abdominal massage. (Lisa Hodge PhD)



Thoracic Breath Relief



Abdominal Breath Reset

1:05-1:20 Yoga Tune Up® Balls for Upper Back

- 1) Identify anatomy of upper trapezius, rhomboids, erector spinae
- 2) Roll therapy balls into upper 9 thoracic vertebrae/ribs coupled with specific shoulder moves
- 3) Identify muscles of respiration relating to posterior body.
- 4) Test/retest breath capacity/perception/range of motion
- 5) Test/retest perception of relaxation before/after.



Upper Back Rollief

1:20-1:25

- 1) Savasana: Corpse Pose

1:25-1:30

Q &A

RESOURCES/REFERENCES:

- 1) Self-Massage Simplified <https://www.tuneupfitness.com/blog/fascia-myofascial-release/>
- 2) The Science of Self-Massage <https://www.tuneupfitness.com/blog/self-myofascial-release-techniques-using-massage-balls/>
- 3) How to Connect with the Vagus Nerve through Massage, Movement, Breath and More <https://www.tuneupfitness.com/blog/vagus-nerve/>
- 4) Embody Breath via your Diaphragm <https://www.tuneupfitness.com/blog/understanding-respiratory-diaphragm/>