

The Evaluation of 5-sessions Brainspotting therapy Program for Self-Care of Mental Health Professionals in Indonesia

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Self-care for mental health professionals is still have not getting enough attention in Indonesia. There is still an opinion that psychotherapy or counseling is intended for clients only and not for mental health professionals. In fact, working in a mental health set-up is a stressful occupation often characterized by not just high amounts of occupational stress and burnout, but also a sense of increased vulnerability to severe emotional exhaustion and psychological tension in personal life (Hill et al., 2006; Kirkcaldy & Siefen, 1991; Poojalakshmi & Ghosh, 2015, as cited in Sriram, 2018). Self-care behaviors help mental health professionals and other health care providers avoid [compassion fatigue](#), which can often result from work in a high-stress or traumatic environment and may lead to [self-doubt](#), self-blame, and ethical or legal complications. Brainspotting is a powerful, focused treatment method that works by identifying, processing and releasing core neurophysiological sources of emotional/body pain, trauma, dissociation and a variety of other challenging symptoms (Grand, 2013). As a self-care initiative, a 5-sessions of Brainspotting therapy program for mental health professionals were held in Jakarta, Indonesia. This research is still ongoing and the research is conducted using quantitative descriptive methods with purposive sampling, by survey and interview of 15 mental health professionals who participated in the 5-sessions of Brainspotting therapy program. The research would like to find out more on the impact and benefit from this program specifically in their daily performance as mental health professionals.

Keyword: brainspotting, mental health professionals, self-care