

c a r e

5th
place

When stress and
fatigue loom,
there is a place of
calm and care

An overview of 5th Place's **Shape of Emotion** care
programme for supporting those who look after others

DEALING WITH THE DEMANDS OF SUPPORT AND CARE

How much caring can you do?

Repeated exposure to stressful events, traumatic stories and being witness to suffering that one can do little about, can leave caregivers feeling helpless and hopeless. Fatigue, exhaustion, insomnia and emotional numbness are some of the symptoms of a carer who has cared too much for others. In the busyness of stressful professional responsibilities and the multiple demands of life, her own inner needs are often neglected.

Open communication with a non-judgmental peer and regular debriefing with an experienced supervisor are vital ingredients for the prevention of emotional fatigue and depression. Even with this, it can be difficult for caregivers to express how much distress they feel. If counsellors, caregivers and wellness practitioners do not attend to their own needs and run on empty, they can't expect to successfully maintain caring professional and personal lives.

"I discovered that compassion fatigue is a real thing. Emotions, so strong at first, can easily shift into apathy. The subsequent guilt is paralyzing; it can prevent us from ever doing anything and freeze us into inaction."
— Chris Marlow

Current strategies to deal with difficult emotions

Strategies like avoidance or numbing can be turned to in an effort to deal with more persistent, difficult and unpleasant emotions. Avoidance can be immersion in excessive social media use, compulsive shopping, and

other pleasure-seeking opportunities. Numbing can take the form of over eating, drug or alcohol abuse and too much TV watching. Although these strategies may bring some relief, they are not sustainable, and can even be dangerous or detrimental to one's health.

In support of resourcefulness

At 5th Place we had a desire to create something that would support people to bring themselves back to a place of resourcefulness, quickly and effectively. We created a model, process and tool of how we structure, store, represent and regulate our inner feeling states, to address the impact that difficult emotions like stress and anxiety have on individuals. This tool and process is called **Shape of Emotion**. It is content-free, gentle, safe, easy to learn and use and quickly clears the effects of difficult emotions allowing for a return to a centred, resourceful state.

With **Shape of Emotion**, the volume of any difficult feeling (e.g. sadness, stress and anxiety) can be turned down, released and let go. It can also be used to amplify and turn up the volume on any positive feeling (e.g. joy, excitement and happiness). **Shape of Emotion** can be used on its own, as a primary intervention and included as a complementary tool with other modalities and approaches.

SHAPE OF EMOTION™
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SHAPE OF EMOTION CARE - TRAINING FOR EMOTIONAL RESILIENCE, MANAGING COMPASSION FATIGUE & FINDING YOURSELF AGAIN

Find yourself again

5th Place presents a training programme specifically for caregivers, counsellors and wellness practitioners. This one-day **Shape of Emotion care** workshop introduces a compelling new process to develop emotional resilience, deeper self-awareness and a sustainable personal self-care programme to find yourself again.

This interactive, powerful learning experience will:

- Explore why it is important to develop emotional resilience
- Give an understanding and appreciation of the causes of compassion fatigue and the effects on you, your body, your relationships, and your ability to thrive
- Offer a highly effective approach to easily, safely and sustainably regulate and manage compassion fatigue, stress and other difficult emotions using **Shape of Emotion**
- Enhance your ability and capacity to support yourself and others during times of increased emotional strain and “care wear”

Shape of Emotion is a remarkably powerful, yet deceptively simple process for how we structure, store, represent and regulate feelings in order to thrive in today’s fast-paced, stress-filled, overwhelming world. Relief is immediate and in the moment. The process is largely content-free in nature. There is no need to expose oneself, unpack

or spend any extended time analysing what or why you feel the way you do.

Based on the latest work in Neuroscience, **Shape of Emotion care** draws from the best of Energy Psychology, Neuro-linguistic programming (NLP), Mindfulness and Traditional Chinese Medicine (TCM). It is a comprehensively researched, evidence-based and proven method for enduring change.

What others have said about the **Shape of Emotion** programme:

- “ It was simple genius.
- “ *A very clever and usable tool for working with difficult emotions.*
- “ Wonderful technique and it worked.
- “ *Very empowering to learn the process.*

What this workshop gives you

- Full day interactive course - 09h00 - 16h00
- Workbook with notes
- Journal with practice exercises*
- Three-week personal practice programme*
- Regular support through email updates, WhatsApp and videos
- One on one follow up session*

A **Shape of Emotion care** certificate will be issued upon successful completion of activities marked *

“The expectation that we can be immersed in suffering and loss daily, and not be touched by it, is as unrealistic as expecting to be able to walk through water and not get wet.”
—Naomi Rachel Remmen

About 5th Place

5th Place is the space of connectedness, community, possibility, well-being and equality of all beings. 5th Place asks us to build a better world through the realm of feeling. By embracing our feelings and managing our emotions we can become fuller, more whole, human beings. As a full human being we can engage and connect more meaningfully with other human beings. We can engage and connect more meaningfully with other forms of life, nature and our home, mother earth. 5th Place is an organisation created to make the world a better place.

For more information

Please connect with us about **Shape of Emotion care** and how we can assist and support you. We'd love to engage with you around our work, training or presentations, and if you have other queries too.

5th Place Consciousness (Pty) Ltd

- www.5th.place  web
- info@5th.place  email
- +27 82 901 2404  phone



Chantal Dawtrey

Chantal loves to learn and loves to work with people who want to learn. She is inspired by those who are prepared to transcend the narrative that being in control means being successful. She works to create spaces where people feel safe to be vulnerable, and strong enough to engage meaningfully about what truly defines them and their lives. She supports learning journeys, co-creates and facilitates personal, group and team change and development work and gives structure to a growing body of work that brings meaning and purpose to her life and others'. She is the co-founder of 5th Place and co-creator of

Shape of Emotion.



Matthew Green

Matthew loves to connect with people and inspire them to become more engaged with their feelings. His favourite maxim is: "If you don't know where you are how can you move to somewhere else?". Matthew teaches and facilitates people to accept where they are and what they feel so they can live happier, more fulfilled and purpose driven lives. Matthew's been researching and working with human development potential for the last 29 years. He's the co-founder of 5th Place and co-creator of **Shape of Emotion.**

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