

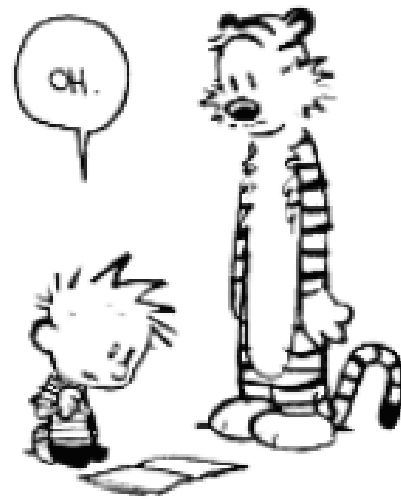
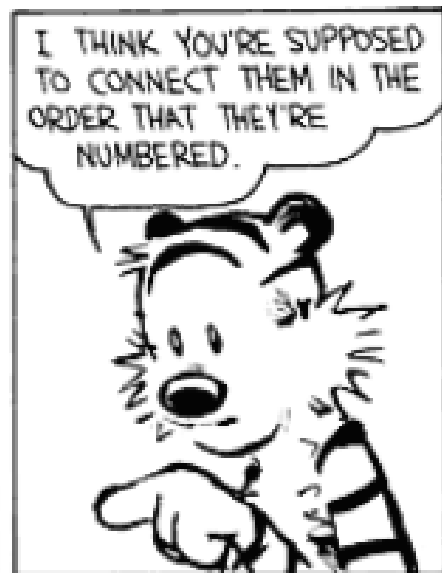
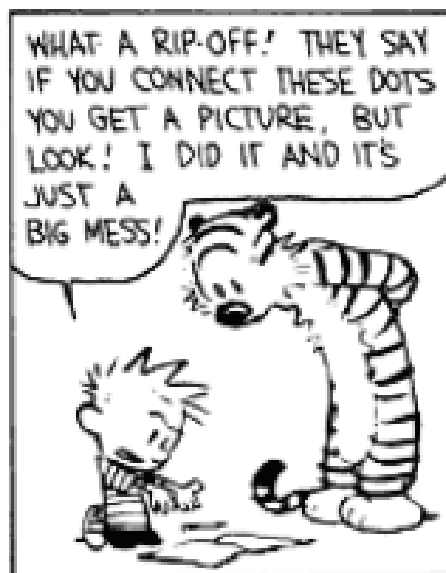
Aspirational Ethics

Understanding our what, when, how and why

PCB Annual Conference

April 24, 2023

Presenter: Jeb Bird



What's so important about Aspirational Ethics?

Why did I chose to do this work?

What were the known variables that influenced the decision?

What are the factors that have changed my perceptions of who I am in my roles/experiences as a co-worker, supervisors gatekeeper?

How do they affect my decision making?

How do I take care of my physical, mental, emotional and spiritual health?

How well prepared was I for the clinical role I was assigned to now and in the past?

What are the
key tenets of
Aspirational
Ethics?

Fitness for duty



Utilize best practice approaches, models,
medications, assessment tools, therapies,
clinicians





Stay in
your lane

1. Discipline
2. Professional Development

Intervene if someone
is being hurt or at
risk of harm



Continue learning new skills and abilities through training, education, and supervision





Empower
patients in
all aspects
of care

Examine
implicit
biases



Small Group Discussion: “How fit am I?”

Explore together what being fit means. Share what you do to practice good health and might change to get better at it.

How does your degree of fitness affect your patient interactions?

How do you manage feeling overwhelmed or fatigued at work? How would you rate your work/life balance?

Group Discussion 2: Implicit Bias

Consider your reaction to the following scenario:

You're in a team that reviews client progress. The leader is a respected clinician with 15 years of experience. When talking about male patients who are overweight, she often uses harsh and/or judgemental language. When you have tried to add comments about some of their positive attributes, she has cautioned you against enabling them.

Group Discussion 2 (continued)

What would you do?

What models have you had that influence your decisions in situations such as these?

What are some implicit biases that might influence your next steps?

What resources do you have for support and guidance when faced with challenges such as this?

Group Discussion 3

You work on a team led by your respected mentor. Lately, he seems withdrawn and your supervision appointments have become superficial. A patient in his group mentioned that a recent intervention was harsh and overly confrontational. You notice he seems tired and withdrawn from others.

Who would you talk to about this? What factors might influence what you would do? What ethical responsibilities do you have in this scenario?

The Gestalt of Healthy Work Settings

When we connect with others as the best, most honest and authentic versions of ourselves, the healthy energy is greater than the sum of the individuals.

Practice self-care frequently through the work day.

Do it with your clients. Present centered mindful movement is one of the best things we have to offer patients and ourselves.

Get help if you need it.

Thank you for your work today!