



#8 Holding Space for Self and Others

Working with Children

Agenda

- Welcome
- Creative Interventions
- Special Guest: Dr Jodi Mullen
- Connecting In
- Managing the Third Quarter
- Prize Giveaways

Dr Jodi Mullen

PhD, LMHC, RPT-S, CCPT-Master



Jodi Ann Mullen has been a Mental Health Counsellor and Play Therapist for 25 years.

She is a professor at SUNY Oswego in the Counseling & Psychological Services Department where she coordinates the Mental Health Counseling Program and Graduate Certificate Program in Play Therapy.

She is also the Director of Integrative Counseling Services in New York State an international speaker and author.

Connecting In



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The Third Quarter

We have begun the dreaded third quarter of isolation, when — yes — things get weird

By [James Purtil](#) Triple J Hack

Monday 27 April 2020

- Studies of people isolated in submarines, space stations or polar bunkers
- Found an inflection point where the frustration and hardship of being cooped up inside gets suddenly harder.

- According to clinical psychologist assessing mental health of Australians in Antarctica, we're entering this phase now.
- Dr Kimberley Norris, authority on confinement and reintegration at University of Tasmania, Australians have broadly been through two periods of isolation:
- An initial point where there was panic buying and confusion, and then a "honeymoon period" when it felt novel and different to stay at home.

- "For a little while people were saying how they were loving working in pajamas, and not having to battle morning traffic," she said.
- That phase — which we can call the sourdough starter moment, — is passing.

We may now be entering the dreaded third quarter. Time grows sludgy. The days blur into the nights, and the weekdays into the weekends.

"We don't understand what's going on with us," cosmonaut Valentin Lebedev wrote during the third quarter of a 211-day mission aboard a space station."



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- **Third-quarter phenomenon** first described in early 1980s studies to determine how long humans could survive in space. They found that radiation or zero-gravity were less of a problem than interpersonal conflict caused by isolation.
- "Typically, mood and morale reach their [lowest point] somewhere between the one-half and two-thirds mark of the mission," one review found.



- Studies found that this third stage depends on the *relative* passage of time — in a six-month mission it could happen at around the four-month mark, while in a one-year posting it might appear at the eight-month point.
- What's important is what proportion of the mission has elapsed, and how much is still to go.

- How does this relate to COVID?
- "People who see the curve flattening think we've done it, we've beaten it," Dr Norris told *Hack*.
- "That's the signal that it's not long now. That re-energises hope."

- Daily number of new cases in Australia has steeply fallen from a peak a few weeks ago
- May give the impression we're past halfway.
- Both infectious disease experts and the politicians responsible for the restrictions say we're not even close.

- Social distancing rules likely to remain in force until at least September or October — modelling shows that allowing people to mix freely too soon would trigger a second-wave of infections.
- The uncertain duration of COVID restrictions could stretch the 'third-quarter period' over many months. Rather than a set amount of time, it's a state of anticipation.

- Isolation affects people in profound and different ways
- Even fearless astronauts and polar explorers get knocked sideways simply by not having people around.
- Take it easy on yourself, Dr Norris says. The next few months may be hard.

- But there's also some good news.
- Despite the third-quarter phenomenon, many people who experience isolation once want to do it a second time.
- About half of those who overwinter in Antarctica want to go back, Dr Norris says, as well as nearly 100 per cent of astronauts.

- "We ask them, 'If it's so bad why do you keep going back?'"
- They value the experience for what it has taught:
- They have a better idea of their personal values, and they're more committed to acting on them.

What personal
values are more
important to you than
ever?

FUN and PRIZES



Play Therapy Essentials

Dr Jodi Mullen

On-Demand Webinar

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Matthew Evans
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Tuesday 9th June
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