00:25:40 Dana Roberts: I am going to .. I am booked through Sept already

00:26:03 Timmian Smith - PIEPC: https://us06web.zoom.us/meeting/register/tZMvce6grj8qGNPjjiAEkitRybFMHStk-BH-

00:26:18 Timmian Smith - PIEPC: July Webinar Registration

00:26:48 Marc Sacco: Hill AFB, UT, UEPC

00:27:04 Justine Chorley: Justine Chorley, Clallam County, EM Coordinator

00:27:13 Marc Sacco: Cool

00:27:48 Kelly Kiehn: Good morning, Kelly Kiehn here, located in Puyallup, representing the Washington State Fair

00:27:51 Marc Sacco: Good track? Or the Golf Course? (I don't golf... )

00:28:23 Linda Oosterman: Linda Oosterman, Thurston PUD

00:28:44 lisa kraft: Lisa Kraft, Redmond CERT

00:29:27 John Ebner: Can't seem to open my camera.

00:32:39 Ted Buehner - Co-Host: Replying to "Good track? Or the G..."

Yes, the golf course.

00:43:45 Ted Buehner - Co-Host: If you have questions, please feel free to post them here in the chat box.

00:44:56 Michael Godfried: Reminds me of the Serenity Prayer

00:45:38 Dana Roberts: I am into that whole Detachment ability. Mine or not. I can detach.

00:54:23 Dana Roberts: COVID 19 is a good one. Disrupted many people

00:55:34 Leslie Wilson: Q.Holly, much like you, I stumbled into this field because of the great need for this knowledge – for me, but even more for those I help or work with. It really started to snowball when I arrived here in Ukraine two years ago for other work. Terrible lack of crisis interventionists, chaplains, and PFA knowledge.You have a perspective I haven’t seen in other training. Any advice for the training that I’ll be setting up for Village Emergency Response Teams? I’d love to pull in some of your ideas and would like to know how to credit you or your sources.2. This is off topic but I’m interested in the WWII cleanup you did. I’d love the chance to connect with you over Ukraine and the work I’m soon starting in war-torn villages.Thanks!

01:00:21 Michael Godfried: Dr. Murray Bowen, orginator of Family Systems Theory, so the family as an emotional unit and focued on how the relationship system functioned rather than an individual focus. He coined the under-over functioning reciprocity between people. Both people play a role. The overfunctioner may steady themselves by taking control and the underfunctioner may seek more support than is needed to steady themselves. As Bowen saw it, people can develope a stronger sense of 'Self' and not fall into either under or overfunctioning. It's important to emphasize both parties play a role and both can be susceptible to symptoms depending on the situation.

01:01:22 Michael Godfried: https://www.thebowencenter.org/

01:02:42 Leslie Wilson: Thanks for info & link!

01:03:13 Michael Godfried: Reacted to "Thanks for info & ..." with 👍

01:10:29 Kari Seybolt-Murphy: Burnout seems to be far more prevalent during and now after the pandemic for those who are still working remotely. The permissions we used to give ourselves and our teams in the office, coffee breaks, chatting with co-workers seem to have been lost since COVID 19. This is very helpful. Any other best practices you can share to encourage teams to build better work-life balance?

01:10:52 Justine Chorley: This was a great presentation. Lots to think about. I love the tools you shared.

01:11:03 Kelly Wheeler, Co-Host: Reacted to "This was a great pre..." with ❤️

01:12:06 Dana Roberts: Reacted to "Burnout seems to be ..." with 👍🏼

01:12:33 Ted Buehner - Co-Host: https://da.cruciallearning.com/crucial-conversations-md

01:15:09 Kelly Wheeler, Co-Host: https://www.linkedin.com/pulse/thrive-9-1-1-carry-lighter-load-adam-timm/

01:20:13 Don Lynn: Long term deployments make "Daily Decompression" vital. Part of taking care of oneself - so that you can take care of others. Each of my response teams have it as a priority.

01:22:21 Dana Roberts: I have a supervisor. Otherwise I am it for Emergency Management

01:25:16 Holly Weiss-Racine: hweiss-racine@usgs.gov

01:25:32 Leslie Wilson: Reacted to "hweiss-racine@usgs.g..." with 👍

01:29:34 Krishna Surasi: Great presentation. Thanks, Holly!

01:31:34 Don Lynn: Really-Really-Really appreciated this session. Thanks!

01:31:54 Melanie Basler: Thanks Holly !

01:32:03 Dana Roberts: Thankfully they are on their site. I have had to miss these.

01:32:03 Kelly Wheeler, Co-Host: Reacted to "Really-Really-Really..." with ❤️

01:32:04 ALAN COBURN: Amazing presentation!! Thank you!!

01:32:04 Josh Stewart: Great presentation! Thank you very much Holly!

01:32:08 Micah Scheff: Great presentation. Thanks!!

01:32:16 Dana Roberts: Thank you so much. It was a great presentation