

# Waking to War Inside the Storm



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# A Supervision & Peer Mentoring Discussion Companion for Therapists

This companion is designed to support therapists gathering together in supervision, consultation, or peer mentoring spaces during times of collective crisis and uncertainty.

It is not meant to solve, debate, or analyze global events. It is meant to slow the nervous system, deepen reflection, and protect the sustainability of clinicians who are holding others while living inside the same world.

Use what fits. Leave what does not. Let silence do some of the work.

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## Opening the Space

Begin by orienting to the body rather than the intellect.

Invite everyone to take a few breaths together. Feet on the floor. Notice temperature, contact, weight. The goal is not calm, but presence.

Name the shared reality: we are therapists living through a moment of global uncertainty while continuing to hold clinical space.

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## Part I: The Double Exposure

### Reflection prompts

- What did your body do when you first encountered the news?
- Where do you notice this moment living in you right now?
- What emotions feel closest to the surface? Fear, anger, grief, numbness, vigilance, something else?

### Clinical lens

This is dual attunement stress. Naming it out loud reduces shame and prevents silent over-functioning. The goal is not to neutralize your response, but to know it.

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## Part II: Uncertainty as a Nervous System State

### Reflection prompts

- How does uncertainty show up in your body versus your thoughts?
- What parts of you want resolution, certainty, or answers right now?
- How do you typically relate to uncertainty in your clinical work?

### Clinical lens

Uncertainty is not pathology. It is the nervous system scanning for coherence. Rushing to eliminate it can unintentionally increase distress, both in clinicians and clients.

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## Part III: Slowing the Frame

### Reflection prompts

- Where do you feel pressure to “do something” in sessions right now?
- What happens in you when a client says, “The world feels unsafe”?
- What does slowing time inside the session feel like in your body?

### Clinical lens

Containment does not require certainty. Presence often regulates more effectively than intervention. Slowing the frame is an ethical choice, not a clinical failure.

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## Part IV: Countertransference as Information

### Reflection prompts

- What personal histories or identities does this moment touch for you?
- Where do you notice pull toward fixing, minimizing, or steering away?
- What edges feel tender or activated?

### Clinical lens

This is Jungian shadow work in real time. When countertransference is unacknowledged, it tends to speak through behavior. When it is named, it becomes a source of clarity and humility.

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## Part V: Neutrality, Presence, and Relational Honesty

### Reflection prompts

- What were you taught about neutrality in your training?
- How does that teaching hold up in moments of collective crisis?
- What does grounded presence look like without over-disclosure or detachment?

### Clinical lens

Clients are rarely seeking political analysis. They are often seeking orientation. Relational honesty paired with boundaries can be deeply regulating.

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## Part VI: Different Nervous Systems, Different Responses

### Reflection prompts

- Where do you notice comparison arising in you?
- Do you judge yourself for feeling too steady or not steady enough?
- What does your nervous system actually need right now?

### Clinical lens

There is no correct internal response to global crisis. Sustainability requires releasing comparison and attending to what is true in your body.

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## Part VII: Sustainability Over Time

### Reflection prompts

- What rhythms help you metabolize stress between sessions?
- Where do you have spaces to not be the regulated one?
- What support structures need strengthening right now?

### Clinical lens

This is sustainability, not resilience. The question is not how to bounce back, but how to remain intact while staying engaged.

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## Closing the Circle

Invite each person to name one thing they are carrying and one thing that feels grounding or supportive.

End by reminding the group: therapy has always existed alongside history. The work is not certainty. It is accompaniment.

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## Optional Agreements for Ongoing Circles

- We name our humanity without apologizing for it.
- We resist urgency as a substitute for presence.
- We attend to our nervous systems as part of ethical practice.
- We let meaning unfold rather than forcing resolution.

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