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Stewardship An Everyday Guide~~~~

Trauma Stewardship: An Everyday Guide to Caring for Self While  
Caring for Others (BK Life) Paperback – 30 May 2009. by Laura  
Van Dernoot Lipsky (Author), Connie Burk (Author) 4.7 out of 5  
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Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others From the Introduction The essayist E. B. White once wrote that the early American author, naturalist, and philosopher Henry Thoreau appeared to have been “ torn by two powerful and opposing drives—the desire to enjoy the world, and the urge to set the world straight. ”

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Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others. A longtime trauma worker, Laura van Dernoot Lipsky offers a deep and empathetic survey of the often-unrecognized toll on those working to make the world a better place. We may feel tired, cynical, numb, or like we can never do enough.

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Trauma Stewardship: An Everyday Guide to Caring for Yourself While Caring for Others Our world is in a moment of great upheaval and mourning. Black, indigenous, immigrant communities, disabled and immunocompromised people are

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~~Disproportionately~~ affected by the global pandemic, and black lives continue to suffer from needless brutality.

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Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others by Laura van Dernoot Lipsky, Connie Burk.

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Laura Van Dernoot Lipsky (2009) describes vicarious trauma as a

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~~Caring For Others~~ “trauma exposure response.” In, Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others, she explains the cyclical nature of vicarious trauma and the ways one can take care of themselves.

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Trauma Stewardship: An Everyday Guide to ... support trauma stewardship believe that both joy and pain are realities of life, and that suffering can be transformed into meaningful growth and healing when a quality of presence is cultivated and maintained even in the face of great suffering.

~~Synopsis and Tools for Self-Care~~

Trauma stewardship is for social



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workers, ecologists, teachers, firefighters, medical personnel, police officers, environmentalists, home health aides, military personnel, domestic violence workers, biologists, the staffs at animal shelters, international relief workers, social-change activists, those caring for an elderly parent or a young child—in short, anyone who interacts with the suffering, pain, and crisis of others or our planet.

## ~~An Excerpt From~~

In Trauma Stewardship: An Everyday Guide for Caring for Self While Caring for Others, Laura van Dernoot Lipsky addresses these issues that novice and seasoned activists alike know all too well, and provides readers with tips for avoiding the negative effects of exposure to trauma.

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WHO WE ARE. Laura van Dernoot Lipsky, founder and director of The Trauma Stewardship Institute and author of Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others, has worked directly with trauma survivors for more than three decades.

~~Home - The Trauma Stewardship Institute~~

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Trauma Stewardship is the practice through which individuals,

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Organizations, and societies tend to the hardship, pain, or trauma experienced by humans, other living beings, or our planet itself, while at the same time taking care of oneself. To help achieve this, Lipsky offers a variety of simple and profound practices, drawn from modern psychology and a range of spiritual traditions, that enable us to look carefully at our reactions and motivations and discover new sources of energy and renewal...

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Dernoot Lipsky (Author, Narrator), Connie Burk (Author), Berrett-  
Koehler Publishers (Publisher) 4.7 out of 5 stars 619 ratings See all  
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“ Trauma Stewardship provides valuable advice for all those who  
toil for the bet- terment of society and the environment we share.  
Author Laura van Dernoot Lipsky ’ s lifetime of caring and service  
has given her powerful insights into those who have similarly

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devoted their lives to the greater good.

~~Trauma Stewardship by Laura van Dernoot Lipsky, Connie ...~~

This book covers trauma from all types of stewardship - animal rescue, species conservatorship, planet preservation, and human caregiving. I did not realize that I had trauma from my years of cat rescue, I had assumed it all came from my work with humans.

Offers those who care for others and the planet a way to stay engaged, hopeful, balanced, and healthy when dealing with hardship, suffering, and trauma • Deepens readers' understanding of the many ways they and their organizations may

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being impacted by dealing with trauma and suffering • Uses moving first-person interviews and even cartoons to illuminate the idea of trauma stewardship Working to make the world a more hopeful and sustainable place often means having to confront pain, suffering, crisis, and trauma head-on, day in and day out. Over months and years this takes an enormous emotional, psychological, and physical toll, one that we 're often not even fully aware of until the day we feel like we just can 't go on anymore. And our well-being and the work we 're doing are too important to risk that happening. This book is for all those who notice that they are not the people they once were or who are being told that by their families, friends, colleagues, or pets. Laura van Dernoot Lipsky takes a deep and sympathetic look at the many ways the stress of dealing with trauma manifests itself: feelings of helplessness and hopelessness, diminished

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creativity, chronic exhaustion, cynicism, and a dozen more. To keep from being overwhelmed, we need to respond to suffering in a thoughtful, intentional way—not by hardening our hearts or by internalizing others' struggles as our own but by developing a quality of compassionate presence. This is trauma stewardship. To help achieve this, Lipsky offers a variety of simple and profound practices, drawn from modern psychology and a range of spiritual traditions, that enable us to look carefully at our reactions and motivations and discover new sources of energy and renewal. She includes interviews with successful trauma stewards from different walks of life and even uses New Yorker cartoons to illustrate her points. “ We can do meaningful work in a way that works for us and for those we serve, ” Lipsky writes. “ Taking care of ourselves while taking care of others allows us to contribute to our societies



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Caring For Others  
with such impact that we will leave a legacy informed by our deepest wisdom and greatest gifts instead of burdened by our struggles and despair. ”

Offers a look at the many ways the stress of dealing with trauma manifests itself: feelings of helplessness and hopelessness, diminished creativity, chronic exhaustion, cynicism, and more. This title presents a variety of simple practices that enable us to look carefully at our reactions and motivations and discover sources of energy and renewal.

Whether we are overwhelmed by work or school; our families or

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Caring For Others; caretaking for others or ourselves; or engagement in social justice, environmental advocacy, or civil service, just a few subtle shifts can help sustain us. Laura van Dernoot Lipsky, bestselling author of Trauma Stewardship, shows us how by offering concrete strategies to help us mitigate harm, cultivate our ability to be decent and equitable, and act with integrity. The Age of Overwhelm aims to help ease our burden of overwhelm, restore our perspective, and give us strength to navigate what is yet to come.

The Compassion Fatigue Workbook is a lifeline for any helping professional facing the physical and emotional exhaustion that can shadow work in the helping professions. Since 2001 the activities in this Workbook have helped thousands of helpers in the fields of healthcare, community mental health, correctional services,

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education, and the military. In addition to a comprehensive description of compassion fatigue and vicarious traumatization, The Compassion Fatigue Workbook leads the reader through experiential activities designed to target specific areas in their personal and professional lives. It provides concrete strategies to help the reader develop a personalized plan for identifying and transforming compassion fatigue and vicarious traumatization. Topics covered include: understanding compassion fatigue and vicarious trauma symptom checklist targeting areas for strategic planning understanding warning signs assessing contributing factors evaluating self-care identifying triggers solutions: personal, professional and organizational strategies.

How empathy can jeopardize a therapist's well-being. Therapist

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**Caring For Others** burnout is a pressing issue, and self-care is possible only when therapists actively help themselves. The authors examine the literature from neurobiology, social psychology, and folk psychology in order to explain how therapists suffer from an excess of empathy for their clients, and then they present strategies for dealing with burnout and stress.

This volume is the latest in a series that focuses on the immediate and long-term consequences of highly stressful events. It focuses on those individuals who provide therapy to victims of Post-Traumatic Stress Disorder crisis and trauma counselors, Red Cross workers, nurses, and doctors.

This workbook provides tools for self-assessment, guidelines and

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Caring For Others activities for addressing vicarious traumatization, and exercises to use with groups of helpers.

Taking care of the caregivers--a compassionate guide to healing secondary trauma A traumatic experience can have profound impacts on the people directly involved. However, that trauma can extend to the professionals like first responders and crisis counselors, as well as the friends and family of trauma survivors--even if it wasn't a firsthand experience. Healing Secondary Trauma is the gentle guide to help you identify symptoms, understand the feelings, and begin the healing process of your own secondary trauma. With interactive exercises and cutting-edge strategies for caregivers and professionals, it will help you address the daily realities of compassion fatigue, stress, and anxiety. Your journey to recovery

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Caring For Others from secondary trauma starts here. Inside this book you'll learn: Find yourself again--Learn how to process and manage your emotional responses so you feel calmer, present, and more in control of yourself. Plan for wellness--Create a path toward healing with a personalized self-care plan and strategies to regenerate empathy when your compassion stores feel low. You're not alone--Stories about everyday people highlight how secondary trauma can affect all of us in different ways. Begin the healing process from your secondary trauma today.

Some of Australia's leading trauma specialists provide a unique and systematic analysis of trauma reactions in both victims and their helpers.

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