

Trauma Stewardship An Everyday Guide To Caring For Self While Caring For Others Paperback 2009 Author Laura Van Dernoot Lipsky Connie Burk

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~~Trauma Stewardship: An Everyday Guide to Caring for Self~~
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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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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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Our world is in a moment of great upheaval and mourning. Black, indigenous, immigrant communities, disabled and immunocompromised people are disproportionately affected by the global pandemic, and black lives continue to suffer from needless brutality.

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

~~In Trauma Stewardship: An Everyday Guide to Caring for~~
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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 Table for Self-Care~~
Trauma stewardship is for social 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.

~~Book Review: Trauma Stewardship: An Everyday Guide for~~
~~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: An Everyday Guide to Caring for Self~~
Trauma Stewardship is the practice through which individuals, 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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"Trauma Stewardship provides valuable advice for all those who toil for the betterment 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 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.