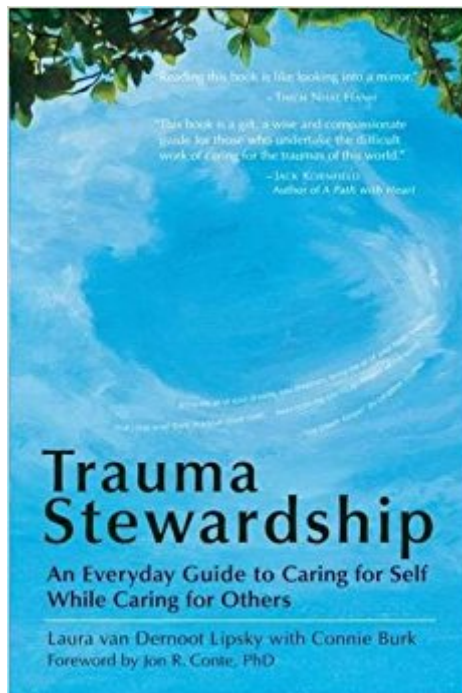


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# Trauma Stewardship: An Everyday Guide To Caring For Self While Caring For Others



## Synopsis

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. These, and other symptoms, affect us individually and collectively, sapping the energy and effectiveness we so desperately need if we are to benefit humankind, other animals, and the planet itself. Through Trauma Stewardship, we are called to meet these challenges in an intentional way--not by becoming overwhelmed but by developing a quality of mindful presence. Joining the wisdom of ancient cultural traditions with modern psychological research, Lipsky offers a variety of simple and profound practices that will allow us to remake ourselves--and ultimately the world.

## Book Information

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## Customer Reviews

Praise for Trauma Stewardship "Taking on society's biggest challenges can make self-care seem trivial, even self-indulgent. We willingly subordinate our own needs to those of the work and the world at large, often feeling gratitude for the opportunity to do so, then wonder why we're so exhausted. Gently and insightfully, Laura nudges us toward the proverbial balance so that in the end, we can both work and live more fully." --Chelsea Sexton, alternative fuel vehicle advocate and cofounder of Lightning Rod Foundation and Plug In America, featured in the film Who Killed the Electric Car? "I saw a lot as a cop in San Diego and as chief of the Seattle Police Department. Looking back on my thirty-four years in policing, I only wish that Trauma Stewardship had been in

my car or on my desk that whole time. Whether it's bureaucratic sources of distress or the steady diet of traumatic situations encountered on the streets, Laura's extraordinary book offers a lucid, insightful, often humorous, and always practical guide to the professional who has no choice but to deal with trauma. I can't recommend it highly enough." --Norm Stamper, PhD, Seattle Chief of Police (Ret.) and author of *Breaking Rank: A Top Cop's Exposé of the Dark Side of American Policing* "This impressive book helps one to recognize the effects of trauma exposure everywhere: in ourselves, our organizations, and our society. Readers will be guided (gently) along an individual path of exploration, growth, hope, and recovery. I will be recommending it to everyone I work with." --Cynthia Garrett, MD, Vancouver Native Health Society Medical Clinic and New Westminster Mental Health Centre

Laura van Dernoot Lipsky is a trauma social worker, educator, and consultant. She is also the founder and director of a Spanish-language preschool and grade school enrichment program that offers an environmental and social-justice curriculum. Connie Burk is the executive director of the Northwest Network of Bisexual, Trans, Lesbian and Gay Survivors of Abuse.

I am a "Stray Cat" Care Giver and this book was really needed! It has helped me tremendously! Gentle reading. I have learned not to feel guilty if I can't help all the cats out there that need me and I can feel free to be at peace with that - there are times though that I still struggle with that - guess I always will! All types of care givers are interviewed in this lovely book. We were ordained to be here and use our kindness to help God's creatures (people, animals, trees, birds, frogs, etc.) but we have to feed our souls as well. I thank the author for this book!

A thoughtful book on taking care of yourself if your work is to take care of others. For me, the author and I were much aligned in our ideas. I will be introducing the book to an audience in a presentation I will be giving about treating sexual problems in adult survivors of abuse. Thank you for a great resource.

In a world of "Just snap out of it," "Get over it" and the notion that people dealing with anxiety need to man up, supporting them in learning to cope and heal is an artform. There is help, but it comes from informed teamwork... and that teamwork means self-care for the support people, too (spouse, family, but even friends). It can be draining, frustrating, even powerless feeling. This book gives good insight into both the person dealing and dealing with self-care while trying to help. Because if the

anxiety issue or trauma manifesting sucks you dry, you're no good to anyone else. There is no cut and dry solution. Pharmaceuticals treat symptoms, not the condition. Caring friends are pivotal. Keeping those people healthy, mentally, spiritually + physically, is critical. To truly be there when you're needed in extreme situations, this is the playbook for staying strong and happy in the trauma.

If you work in a helping profession this is an excellent text for self care.

Love it!

This has been an important part of our process as a program managers team and overall agency directors to read this book and increase our being a trauma informed agency, not just for the sake of our clients but also for our selves as professionals in one of the fields that can be overwhelming at times to work in. I will be ordering more for the rest of our program staff soon.

Don't let the Title fool you~ this book is really for everyone in the helping profession. The Neo-natal ER Nurse or the Substance dependent Police Officer and Fireman to a elementary school teacher will get something out of this book or know someone who will take a look and identify with the relevance of the contents of this book.

We work with clients undergoing stressful situation. So the opportunity to get some tips and skills to process the information in way that does not harm our own our ability to cope is helpful. Self-care is important when you work in a field that supports others.

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