





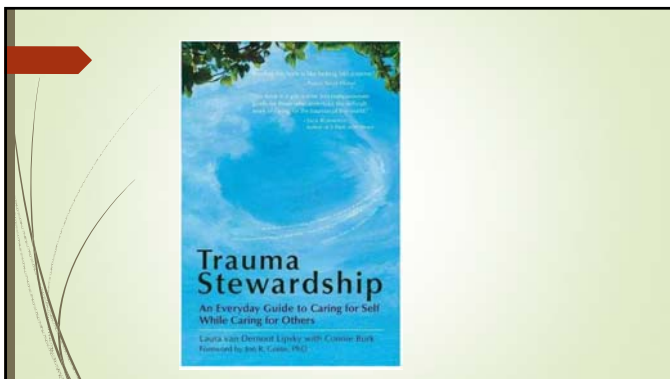




Societal/Organizational Messages

- How is society viewing the work you do and the people you serve?
 - Messages or attitudes towards the people we work with?
 - Serves to increase sense of isolation
- What messages is your organization sending?
 - To be tough
 - What are other direct messages?
 - Indirect, or unspoken messages, or culture of the organization?
 - Are there supportive messages, practices or policies?

Disclaimer - can be jarring to delve in to this topic, so space out as needed ©



What is Trauma Stewardship?

- "...refers to the entire conversation about how we come to do this work, how we are affected by it, and how we make sense of and learn from our experiences."
- "Those who support trauma stewardship believe that both joy and pain are realities of life and that suffering can be transformed into meaningful growth and healing"
- "...responding to even the most urgent needs...in a sustainable and intentional way"
- "The most important technique...is learning to stay fully present in our experience, no matter how difficult".

Trauma Stewardship by Laura van Dernoot Lipsky, 2009

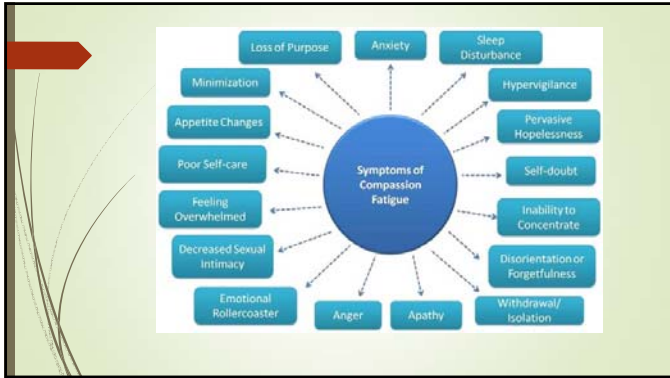
Steps in a Direction: The Resiliency Process - Parallels Good TF-CBT Work

- **Inquiry:** "What is happening to me?"
- **Focus:** "How do I stay aware in the moment when so much is happening?"
- **Compassion:** "How do I expand it for my self and others when I want to shut it down?"
- **Balance:** "How do I hold the positive and negative together?"
- **Centering:** "What is important to me?"

Research supports that in comparison to other well-being dimensions, purpose in life is important to predicting future health and mortality (Schaefer et.al. 2013)


On Trauma Stewardship

- Let's start with inquiry...
 - How has this work impacted you?
 - How are you different now than before you entered the field?
 - What would your family/friends/partner say about your job?
 - What cautions/advice would you give to others just entering this work?
 - What are possible barriers to our own personal awareness of impacts on us?
 - How essential is your professional identity to your personal identity?



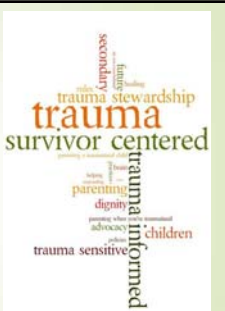
- ### Psychological and Physiological Symptoms
- Chronic exhaustion/physical ailments, depleted, sleep disruptions
 - Inability to empathize/numbing
 - "Crazy-busy" (Brene Brown)
 - Minimizing, may re-experience personal traumas or losses
 - Inability to embrace complexity, manage multi-stressors
 - A sense that one can never do enough or martyrdom
 - Anger and cynicism
 - Guilt, defensive or emotionally fragile
 - Fear, restless, jittery


- ### Behavioral Symptoms
- Inability to Listen/Deliberate Avoidance
 - Hypervigilance
 - Addictions
 - Dissociative moments
 - Reduced collaboration, factionalism
 - Withdrawal from activities, social contacts
 - Less trusting
 - Changes in communication: edgy, snarky, critical, terse, defensive, etc.



Strategies for Trauma Stewardship


Dissonance is exhausting, authentic empathy is replenishing






Well? Now What?

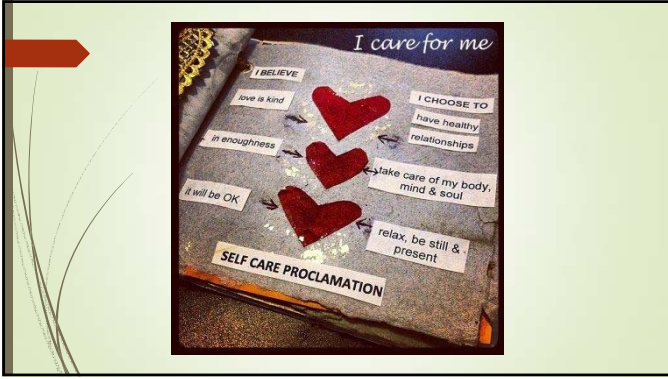
- May be no way of limiting exposure in this work, so how do we ID self and others at risk, create buffers
- Identity, personal or professional, is forged in social interaction.
- Let's revisit our steps...



Steps in a Direction: The Resiliency Process - Parallels Good TF-CBT Work

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Revisiting Trauma Exposure Responses

- Numbing**
 - Can't selectively numb. When we protect ourselves from shame, horror, fear we also protect ourselves from joy and excitement
 - We all do it, question is can we learn to be more intentional with our numbing?
 - How, when and why do you numb?
 - What strategies do you have to bring yourself back?
- Importance of cultivating our capacity to stay present
 - Waves keep coming!



Trauma Stewardship

- Have you thought about or ever implemented your own personal safety plan? What has been the hardest thing about or greatest barrier to sustaining a posture of self-care?
- A letter of support to your future self, from your workshop self

5 Tips to Build Your Resilience

- 1. Experience More Positive Emotions**
We know from neuroscience that experience rewires the brain. Emotions like joy, interest and delight help us feel and function better, and rewire our brains for increased resilience. *This will help you experience positive emotions and increase your resilience.*
Start to notice positive events. Seek new experiences.
- 2. Gratitude Exercise**
Write down for 2 mins everything that you are grateful for. *This will help you see the good in every day.*
When you think of something you are grateful for, write it down. *This will help you see the good in every day.*
If possible, try to do this every day for 30 days.
- 3. Hand on Heart/Serenity Exercise**
Place your hand on your heart for 1 min. *This will help you feel calm and centered.*
Or massage yourself on base of skull. *This will help you feel calm and centered.*
Hand on heart calms stressed nerves around the heart. Massaging skull/flopping self leads brain to release Oxytocin, a natural sedative to stress.
- 4. Emotion Exercise**
Assume posture of emotion that is difficult for 20 secs (for ex. anger). *This will help you experience positive emotions and increase your resilience.*
Notice feelings that rise and hold for 20 secs (for ex. stress). *This will help you experience positive emotions and increase your resilience.*
Do opposite posture for 10 mins, then return to original posture for 10 mins. *This will help you experience positive emotions and increase your resilience.*
Do opposite posture for 10 mins, then return to original posture for 10 mins. *This will help you experience positive emotions and increase your resilience.*
- 5. Do 1 Scary Thing Per Day**
Write down for 2 mins everything that you are grateful for. *This will help you see the good in every day.*
When you think of something you are grateful for, write it down. *This will help you see the good in every day.*
If possible, try to do this every day for 30 days. *This will help you see the good in every day.*

Low Impact Debriefing

Françoise Mathieu, Compassion Fatigue Solutions, 2012

Do we always need to share all the gory details?

- Step One: Self Awareness
- Step Two: Fair Warning
- Step Three: Get Consent
- Step Four: Low Impact Disclosure



Resources

- NCTSN
- Trauma Stewardship Institute
- Brene Brown Daring Greatly
- Laura van Dernoot Lipsky with Connie Burk, Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others, 2009
- ProQOL.org
- Francoise Mathieu Compassion Fatigue Solutions
www.compassionfatigue.ca
- www.joyfulheartfoundation.org
