





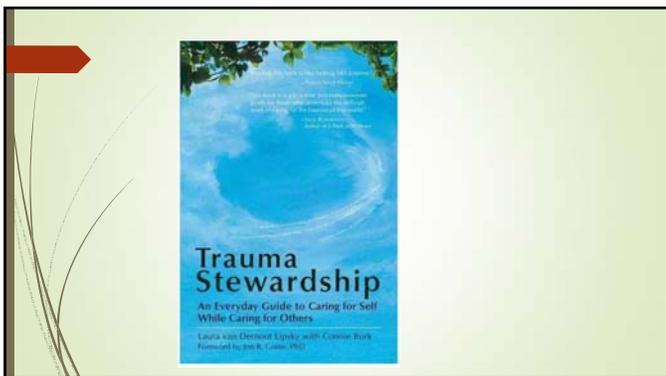




Societal/Organizational Messages

- 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

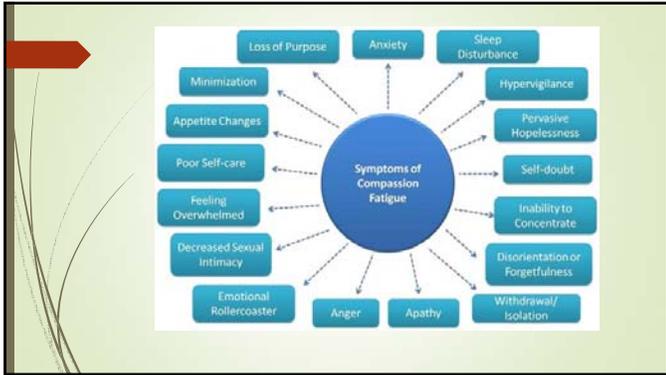
Steps in a Direction: The Resiliency Process - Parallels Good TF-CBT Work

- **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)

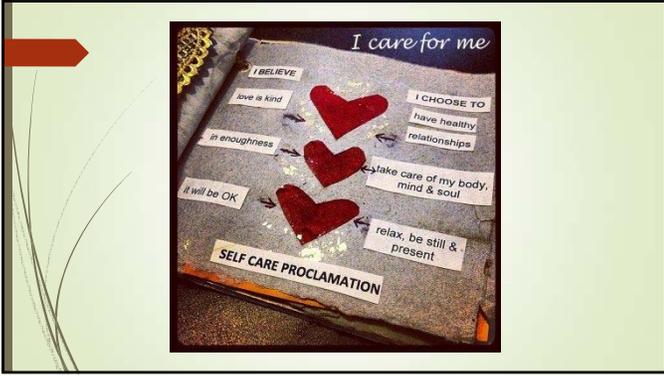
On Trauma Stewardship

- 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.



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

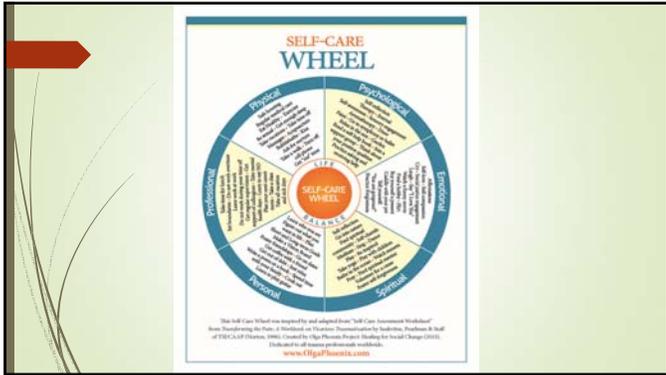
- 1. Experience More Positive Emotions**
We know from neuroscience that experience rewires the brain. Emotions like joy, interest and delight help us feel and function better, and rewire our brains for increased resilience. *This will help you experience positive emotions and increase your resilience.*
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, how does it make you feel?
If possible, try to do something nice for someone else.
This will help you see the good in every day.
- 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/fingering 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).
Do opposite posture for 20 secs, then return to original emotion for 10 secs.
Do opposite for 20 secs and w/11 mins of posture that feels 200% fear (surrender in middle).
This is a way of letting our body lead us via discomfort like an obstacle that we have struggled with and in so doing, we build up our resilience.
- 5. Do 1 Scary Thing Per Day**
We get nervous when we do something new. *This will help you see the good in every day.*
When we do one scary thing/day, we are teaching ourselves that we can do new (never tried before) things.

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
