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Paperback 2009
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Laura, Burk, Connie. Download it once
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**Trauma Stewardship: An Everyday
Guide to Caring for Self ...**

Trauma stewardship is not simply an
idea. It can be defined as a daily practice
through which individuals, organizations,
and societies tend to the hardship, pain,

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Synopsis and Tools for Self-Care

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

Trauma Stewardship: An Everyday Guide to Caring for ...

“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

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**Trauma Stewardship: An Everyday
Guide to Caring for Self ...**

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.

**Trauma Stewardship: An Everyday
Guide to Caring for Self ...**

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. She describes this process as being trauma stewardship: “the entire conversation about how we

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In, Trauma Stewardship: An Everyday Guide to Caring for ...

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

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 ...

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 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

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lives to the greater good.

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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 ...**

In Trauma Stewardship, we are called to meet these challenges in an intentional way. Lipsky offers a variety of simple and profound practices, drawn from modern psychology and a range of spiritual...

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Trauma Stewardship: An Everyday Guide to Caring for Self ...

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 ...

To participate in trauma stewardship is to always remember the privilege and sacredness of being called to help. It means maintaining our highest ethics, integrity, and responsibility every step of the way. In this book, I will attempt to provide readers with a meaningful guide to becoming a trauma steward.

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