



"Reading this book is like looking into a mirror."

— Treva Noveck Hynes

"This book is a gift, a wise and compassionate guide for those who undertake the difficult work of caring for the traumas of this world."

— JACK KORNFIELD

Author of A Path with Heart

Trauma Stewardship

An Everyday Guide to Caring for Self
While Caring for Others

Laura van Dernoot Lipsky with Connie Burk

Foreword by Jon R. Conte, PhD

Laura van Dernoot Lipsky

Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others



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and ultimately the world. We may feel exhausted, cynical, or numb or like we can never do plenty of. In Trauma Stewardship, we have been called to meet these challenges in an intentional way— These, and additional symptoms, affect us individually and collectively, sapping the energy and effectiveness we so desperately need if we are to benefit humankind, various other living things, and the earth itself.to avoid becoming overwhelmed by developing a quality of mindful presence. Joining the wisdom of historic cultural traditions with contemporary psychological research, Lipsky presents a variety of basic and profound practices that will enable us to remake ourselves—A longtime trauma worker, Laura van Dernoot Lipsky presents a deep and empathetic study of the often-unrecognized toll taken on those attempting to help to make the world an improved place.



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Probably the most intelligent, comprehensive *and* down-to-earth and practical book on compassion fatigue I've ever read The most intelligent, comprehensive *and* down-to-earth and practical book on compassion fatigue (this author refers to it as Trauma Exposure Response) I've ever read, and I have read greater than a dozen. Wonderful hands-on tools and precious concepts for those who work daily managing or looking after people in crisis.) but we need to feed our souls as well. If you just buy one reserve on compassion fatigue, get this one! I taught compassion exhaustion classes for animal care workers for seven years, and am currently designing a fresh class for recovery practitioners. This publication will be needed reading. All sorts of care givers are interviewed in this lovely book. This publication beautifully outlines how any of us may fall into burnout and vicarious traumatization, having periodically experienced both over my profession and fighting my way out, I can attest that the reserve helps to normalize the symptoms and offers a pathway out. I learned about this reserve at a training, bought it the next day, and browse it cover to cover in a single day. Lovely book for ALL caregivers - people and animals I am a "Stray Cat" Care Giver and this book really was needed! It has helped me tremendously! YES. I've learned not to feel guilty easily can't help all the cats out there that require me and I could feel free to be at peace with that - there are times though that I still have a problem with that - guess I usually will! A Must for those Working with and through trauma I have been a trauma practitioner for more than twenty years, the only way that this has been possible is through self awareness, holidays and phenomenal support. I business lead a nonprofit that delivers volunteer-centered advocacy for abused and neglected kids. There are various books on how best to cope with stress, burnout and compassion exhaustion, but none that address the main causes of the way the issue of compassion fatigue fits into the big picture of global problems of oppression.I thank the author for this book! I can't recommend this highly plenty of! Gentle reading. Obtain it, you won't be disappointed! This reserve is very ideal for anyone carrying out trauma work possesses a lot of New Yorker cartoons which make it a little simpler to get through. I would recommend this for any fresh or seasoned therapist, anyone feeling burnout, compassion exhaustion, secondary traumatization, etc. or anyone wondering if they're in the proper field. Fantastic book. easy read with valuable lessons I had to get this reserve for a course in my Master's of Social Work program. This book was assigned if you ask me within a course I'm taking toward my Masters of Divinity degree at the Starr King School for the Ministry. I think this is a significant book for mental medical researchers to learn. I also think anyone could benefit from reading this book since it is relevant to daily life. Buy this Book This book has literally transformed the way I practice. Many books concentrate on "self-care" but this book teaches you how to possess a new relationship vicarious trauma when working with and doing work that matters. It is inventive, clean, and the author's tone of voice is refreshing, educated, and engaging. I couldn't stop taking notes and highlighting. She and her publication are perfect. I also bought the Audible audiobook version and used both to move through the book. I really believe excerpts co. Anyone working in Kid Welfare or with families in crisis should go through this. It is also the only real general book on the topic where references to animals is made consistently. A must read. A must have for all those in emergency services Met the writer at a NYS Women in Law Enforcement training in Saratoga Springs, NY. Therefore glad I purchased the reserve and was luckily enough to hear the author speak. uld become shared in personnel meetings for overall wellness and self care for those individuals diligently serving on leading lines. Solid information Great information. Amazing book. My volunteers were showing signs of caring fatigue. Outstanding book This is a phenomenal book. Great details. A must go through for those

caring for trauma victims This book found me at just the proper time. We had been ordained to be here and make use of our kindness to help God's creatures (people, pets, trees, birds, frogs, etc. Must read for public workers, medicinal professions etc Came in great condition Awesome book. The info in this reserve helped us become more intentional about self-care. Five Stars Thank you Thoroughly Enjoyed Well-written and a must read for anyone in the helping profession. I have applied the 5 directions and have seen a positive modification in myself and in my practice. Read for class, liked because it's good! This is a brief, easy read with useful lessons. This reserve validates and can help you understand the adjustments that happen in your brain and heart of law enforcement (along with other emergency solutions). I'll refer to this one once again as I continue my research and as I move into the real practice of Ministry. I understand how much I still have to learn! Plenty of insight here - topics I'd had surface understanding of, I will have a deeper understanding.



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