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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  
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.”

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

“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: An Everyday**

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## **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.

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## Stewardship An Everyday

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.

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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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Laura Van Dernoot Lipsky (2009) describes vicarious trauma as a “trauma exposure response.” In, Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others, she explains the cyclical nature of

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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**

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.

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## **Home - The Trauma Stewardship Institute**

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

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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2019 Author Laura Van Dernoot

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### **Trauma Stewardship by Laura van Dernoot Lipsky, Connie ...**

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

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avoiding the negative effects of  
exposure to trauma.

2009 Author Laura Van Dernoot  
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**Book Review: "Trauma Stewardship:  
An Everyday Guide for ...**

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.

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