

# Compassion Fatigue, Trauma Stewardship, and Sustainable Good Work

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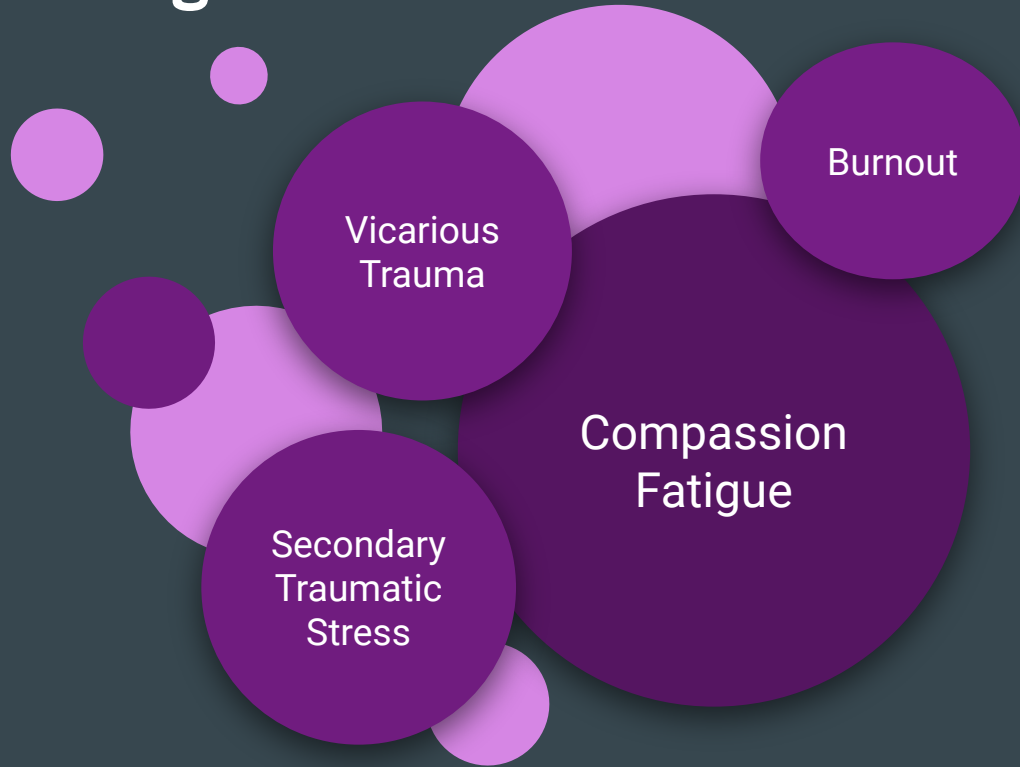
Elyse Pratt-Ronco, PhD

What is filling your  
bucket today?

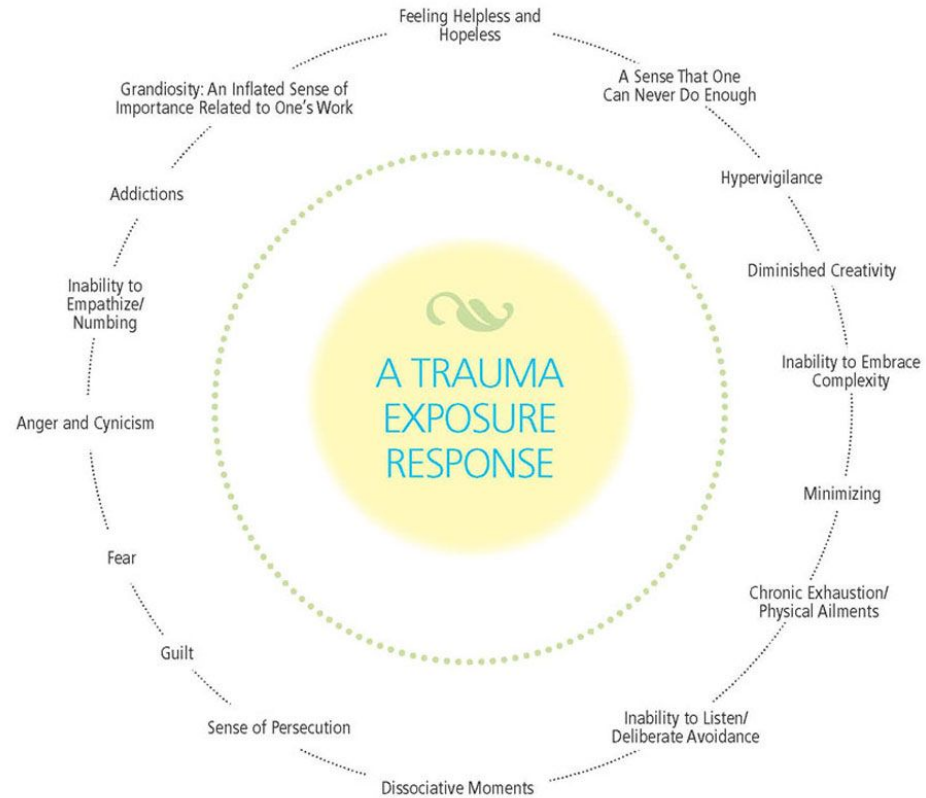
What is draining  
it?



# The Cost of Caring



# The Trauma Exposure Response



(van Dernoot Lipsky, 2010)

## *Trauma Exposure Response*

A trauma exposure response may be defined as the transformation that takes place within us as a result of exposure to the suffering of other living beings or the planet.

-Do you recognize any of these responses in yourself or your colleagues (broadly)?

-Do you recognize them as trauma responses?

-Is there anything about this that particularly resonates with you?



# Trauma Stewardship

*“The overall practice of caring for oneself in order to remain effective at – and avoid negative effects of – caring for others.”*

*-Dr. Laura van Dernoot Lipsky*

# Building Your Resilience



-What are your reactions to the idea of Trauma Stewardship and how it relates to the work you do?

-What is one thing you could do to increase your own resilience?





# One Next Step

**What is one next step you can take to increase your own resilience?**

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# Please Contact Me:

Elyse Pratt-Ronco, Ph.D.

[elyse.pratt@maine.edu](mailto:elyse.pratt@maine.edu)

