Healing is the Revolution

Healing Fourfold Process

1. Naming, noticing, owning our injury
2. Understanding how injury has manifested in mind, body, & soul
3. Releasing wounded-ness & suffering
4. Creating & practicing new ways of being whole and healthy

Trauma Stewardship

1. Our intention in choosing our work
2. Our philosophy of what it means to help others
3. The tone our caregiving takes
4. Daily decisions about how we live our lives

Indirect Trauma Exposure

The injury that can take place within us as a result of ongoing exposure to the suffering of other living beings or the planet

Compassion Fatigue

An extreme state of tension and preoccupation with the suffering of those being helped to the degree that it can create secondary traumatic stress for the helper

Signs of Distress

Cognitive: Lowered concentration, apathy, perfectionism, excessive complaints

Behavioral: Withdrawal, sleep disturbance, appetite change, elevated startle response, avoidance

Emotional: Guilt, anger, irritability, helplessness

Physical: Impaired immune system, increased heart rate, difficulty breathing, chronic exhaustion

"By going inwards, we increase our conscious awareness of how our feelings, especially the negative ones - sadness, fear, shame, disgust, anger - influence our thoughts and behaviors."

Dr. Denese Shervington, MD, MPH
Founder & CEO, Institute of Women & Ethnic Studies
Author of Healing Is the Revolution

Questions to Consider

1) How do we tap into our individual and collective efficacy? -- "I can, and together we will"

2) How do we heal our wounded hearts so that we can continue to create love and joy?

3) How do we dance within the mystery that is our human creation?

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