

Transforming Trauma

Navigating Amidst Overwhelming Times

Saturday, May 4 | 8AM–2:30PM | BMU Auditorium | CSU, Chico



Laura van Dernoot Lipsky

Founder & Director of The Trauma Stewardship Institute

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.

She has worked with groups as diverse as zookeepers and reconstruction workers in post-Hurricane Katrina New Orleans, public school teachers, private practice doctors, tiny non-profits, massive state agencies, libraries, the Pentagon, and higher education. Much of her work is being invited to assist in the aftermath of community catastrophes—whether they are fatal storms or mass shootings. She has worked locally, nationally, and internationally. Laura is known as a pioneer in the field of trauma exposure.

Laura's books, *The Age of Overwhelm: Strategies for the Long Haul* and *Trauma Stewardship* will be available for purchase at the event.

Learn more about Laura and her work at www.traumastewardship.com

A decade into her career working with survivors of trauma, Laura van Dernoot Lipsky experienced a near-psychotic break. She came to realize that this was the cumulative result of years of witnessing and being intimately involved in trauma while lacking insight into how to sustain herself amidst such conditions. As a part of her attempt to come back from the brink, she began a journey of inquiry into the lasting effects of exposure to suffering, hardship, crisis, or trauma.

The Camp Fire has thrown our community, and many of us personally, into a state of crisis and trauma. Professionally, we are overwhelmed with the task of caring, healing, and rebuilding. Laura van Dernoot Lipsky will show how a deeper understanding of trauma exposure and the tools for navigating systems will enable us to do our work better.

Topics Will Include:

- ▶ Understanding Cumulative Toll
- ▶ The Trauma Exposure Response
- ▶ How to Sustain Individually
- ▶ How to Sustain Collectively
- ▶ Creating Organizational, Institutional & Movement-level Change

Who Should Attend

Educators, Nurses, Social Workers, First Responders, Psychologists, Public Health Workers, Physicians & others who work with individuals who have experienced trauma

Schedule

- ▶ Check In & Coffee ~ 7:30–8:00AM
- ▶ Welcome ~ 8:00AM
- ▶ Transforming Trauma Workshop
- ▶ Lunch ~ Noon–12:30PM
- ▶ Profession-specific Breakouts ~ 12:30–2:30PM

Registration

- ▶ Full-day fee: \$15. Includes lunch.
Registration deadline is April 15.

Register by phone, 530-898-6105, or online at

rce.csuchico.edu/transforming-trauma



Sponsored by CSU, Chico Regional & Continuing Education, the School of Education, the School of Social Work, the Office of Civic Engagement, the College of Communication and Education, the College of Behavioral and Social Sciences & the Office of the President.