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Trauma-Informed Radical Self-Care for Service Providers



Self-care planning is one of my favorite training & consulting topics, but it is also the hardest sell. Because social service providers want to provide the best care to our clients, we seek training in the latest treatment modality, educate ourselves on the trending statistics, and work to add letters behind our name. But when that string of letters becomes so long that we change the font size on our business card to accommodate it but we struggle to answer the questions, "What do you do for fun?" or "How do you maintain your health?" it doesn't matter what certifications we hold.

WHAT RIGHT DO WE HAVE TO ASK OUR CLIENTS TO SHOW UP FOR THEMSELVES IF WE REFUSE TO DO IT FOR OURSELVES?

"You can't pour from an empty cup," "You have to love yourself in order to love others," and if I hear just one more time that I need to secure my oxygen mask before helping the person next to me attach theirs, I will scream. Because we aren't on a plane, are we? We aren't dainty tea cups no matter how adorable we are, and I take issue with that limited view of the capacity to love. We can serve others better, and work toward social change more quickly if we are healthy and happy, yes. But what if we are actually doing harm and practicing unethically in the absence of self-care?



SEEK & SUMMON

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**I BELIEVE THAT WE
CANNOT DO
TRAUMA-INFORMED,
HEALING-CENTERED
WORK WITH OUR
COMMUNITY IF WE
ARE NOT AWARE OF
OUR TRAUMA,
WILLING TO OWN IT,
AND DEVISE A PLAN
TO MANAGE IT.**

Self-care is not a soft skill, something to do only if we have the time and money, or an afterthought. It is crucial to responsible and ethical practice of social service work. And it is the hard self-work, the vulnerable work, the "get real" work that we ask of our clients all of the time...but often fail to engage in ourselves. This creates more burnout, vicarious, and secondary trauma for us, but also creates projection and transference of our own trauma onto our clients. They are not here for our healing journey; we are here for theirs. But without cultivating our own understanding of our history, we will continue to unknowingly use our clients as healers, and fail to see the culture shift we work so ardently toward.

Are you seeing yourself or your colleagues:
-over-identifying with clients?
-having own trauma history triggered?
-unable to focus at work?
-losing creativity?
-taking no time off, or taking too much?
-neglecting their own health?
-relay a history with the same social issues
you are all working to address?

If you are ready to think about self-care in a radical, trauma-informed way, contact seek&summon about this training. Workshops can be delivered in 1 and 2 hour increments, or a half-day staff development which takes a deeper dive into personal histories and how they impact our current practice. All levels of engagement will deliver research on the topic, warning signs, immediate practice implications, and some level of developing a self-care plan.

Ready to get to work? Contact seek&summon to chat about your needs!

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