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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?



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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.

This training will ask your team

- ...Why did I choose this work?
- ...Do I have a trauma history similar to that of my clients?
- ...Are we really valuing healing in relationship if we have so much turnover that our client/provider relationship is constantly disrupted?
- ...Is that shared history leading me to practice in ineffective or unethical ways?
- ...Am I prepared to do my own hard work, in order to facilitate the hard work of my clients?
- ...Are we applying the same trauma-informed principles we use with our clients in our work with one another as a team?

Is this training what your organization needs to get to the next level? Ask yourself:
Are you seeing yourself or your colleagues
...over-identifying with clients?
...having own trauma history triggered?
...unable to focus at work?

- ...losing creativity?
- ...experiencing high turn over?
- ...taking no time off, or taking too much?
- ...neglecting their own health?

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 trainings will deliver research on the topic, warning signs, immediate practice implications, developing a self-care plan.

READY TO RADICALIZE?

Trauma-Informed Radical Self-Care for Service Providers is informed by best practices and current conversations in the field of social service work. It relies on my training as clinician, my work as a social service provider, and my own journey to square all of that with my own trauma. If your team is ready to show up for themselves so that they may more fully show up for their clients, let's get to work.

With gratitude,
Mary-Margaret Sweeney, LSW, RYT
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WHAT ARE PEOPLE SAYING ABOUT THIS WORKSHOP?

"Mary-Margaret possesses a unique talent for delivering high-quality practical personal renewal workshops focusing on the "tough to talk about" reality of our work. While providing tools for self-care, she walks participants along personal paths of exploration, examining unhealthy patterns & highlighting positive interactions and activities to promote renewal. Her sense of humor & unapologetic revelations of her own struggles draws participants in & creates a nonjudgmental atmosphere." -Kori Jones, Outreach & Solutions Manager, Indiana Youth Institute