



2023 IN-PERSON

PACT CONVENING

Redefine

Breakout Session Option 3:
***Trauma Stewardship
and Self-Care***

1:45 PM-2:45 PM



Child & Family Policy Institute of California

Meet the Speakers



Beatriz Lodia, *she/her*
Program Manager, Stanford Sierra
Youth & Families



An Integrated Approach to Trauma Stewardship & Self-Care

Beatriz Lodia

Outline

INTRODUCTIONS/OVERVIEW



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graph TD; A[INTRODUCTIONS/OVERVIEW] --> B[SUSTAINING PERSONAL & PROFESSIONAL PRACTICES]; B --> C[INTEGRATION]; C --> D[OPEN DISCUSSION]; D --> E[FEEDBACK/Q&A];
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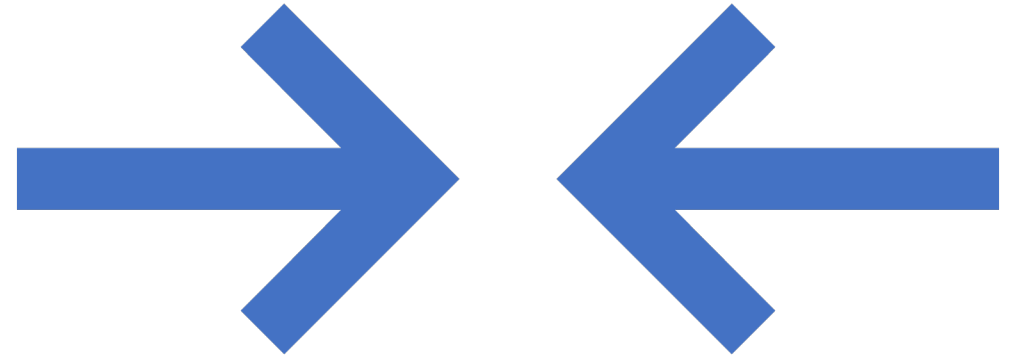
SUSTAINING PERSONAL & PROFESSIONAL PRACTICES

INTEGRATION

OPEN DISCUSSION

FEEDBACK/Q&A

The Impact of Intention



Self-Reflection

How are you intentional about managing your response to stress, the vicarious trauma experienced in the field, and the day-to-day tasks?



What is your WHY?

01

Why are you here?

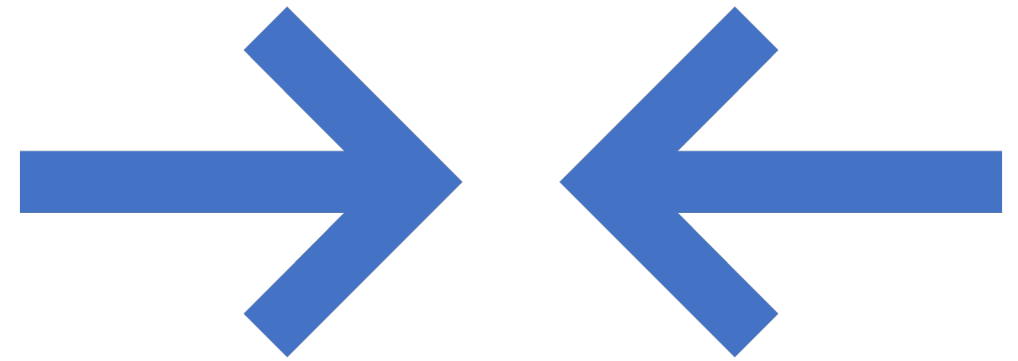
02

Why do you show up for your staff/team/yourself the way you do?

03

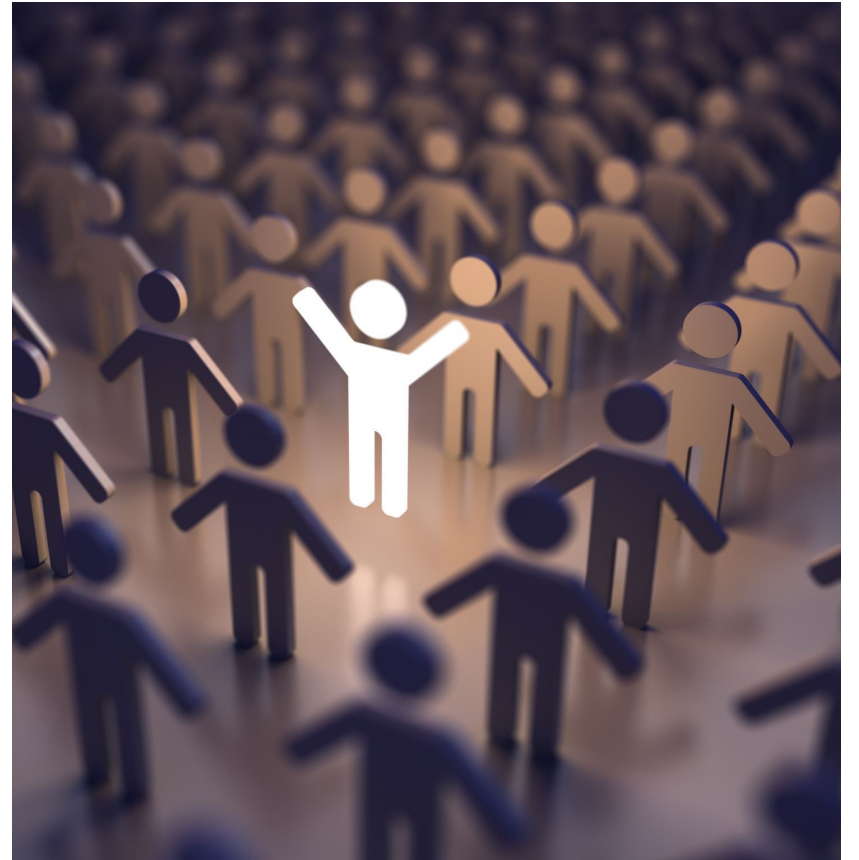
Why do you continue to do the work?

Sustaining Personal & Professional Practices



Group Share

What current strategies or practices do you integrate personally or professionally with your team/within your agency that are beneficial? Are there any barriers?



Unsustainable Personal Practices Lead To:

Vicarious Trauma

Blurred boundaries and burnout

Compassion Fatigue

Countertransference

Lack of self-care routines/rituals

Unsustainable Professional Practices Lead To:

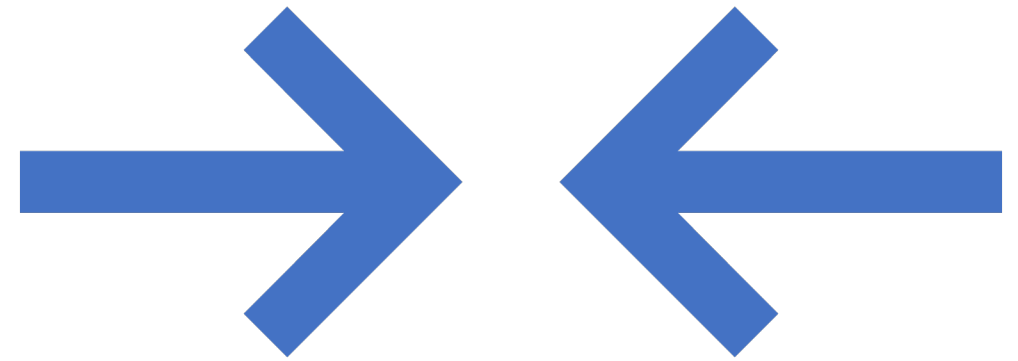
Lack of connection

Blurred boundaries

Increased reactivity & decreased productivity

Poor work culture/team morale

Sustaining Personal & Professional Practices



Professional Integration

- Crisis Response
 - Agency Infrastructure?
 - Loss of a client, critical incidents, world events, policy changes
 - Retention
- Affinity Groups/Team building Opportunities
- Consultation/Scheduled Meetings:
 - "What's Working"
 - Standing Agenda Items (Partnership/Collaboration)
 - Feedback and Accountability
 - Personal/Professional Development opportunities
 - Love languages



Personal Integration

- Self-Care vs. Self-Soothing strategies
- EAP (resources)
- Challenging the typical hybrid working experience
- Wellness Challenges
- Accountability Partners



Feedback/Q&A



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Please join us for our Closing
Plenary Session

3:00 pm – 4:00 pm

*Thank you for providing space for Event Staff to open up the
walls.*



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