PREPARING STUDENTS TO SERVE OTHERS: INTEGRATING SELF-CARE INTO THE CURRICULUM

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Welcome
Care for every Human in the room

- **TRAUMA**: abandonment, significant lack of food/shelter/comfort, physical violence particularly by people who should care for us, war, oppression, exclusion

- **trauma**: rejection, lost relationship, lost lifestyle/livelihood, fear

- **Secondary Trauma**: relationship with people who carry trauma
Intersection of I-94 & I-55: A trauma & resilience story
Overview of Modules

Self-Care for School Practitioners

Please visit each session below to learn more about the impact of trauma and self-care techniques.

1. Trauma overview
2. Secondary trauma
3. Balance
4. Biological and Physical
5. Psychological and Emotional
6. Social
7. Spiritual
8. Review and Next Steps
Four Burner Theory

Health

Work

Friends

Family
psychological (emotional) self-care

Speak kindly to yourself

Recognize:

- This moment
- Ways you’re okay
- Ways you’re not okay
■ Find meaning
■ Create: Sing, write, dance, draw, pray, play, build
■ Rejoice; celebrate
■ Find ways to love this work . . . even in failure

Spiritual self-care
I’ve made it a priority to practice self-care so that I never lose my fight or drive to inspire change for others.

#truthytuesday with Letitia Elizabeth
References


SAMHSA (2017, October 11). SAMHSA addresses trauma by supporting community programs throughout US. Retrieved from https://newsletter.samhsa.gov/2017/05/16/trauma-informed-communities/
