



# THERAPIST REFRESH

HEALING FOR HEALERS

Monday Mantra \* October 1, 2018

## Shifting Focus from Suffering to Survival

Our jobs require us to witness the suffering of others. We know, well, how this can leave us vulnerable to the effects of burnout and vicarious traumatization.

Yet, we have the power to help protect ourselves from the negative impact of this exposure. One simple, and powerful, way, is to shift our focus.

Laura van Dernoot Lipsky, author of *Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others*, instructs us that even as we witness suffering, we **can** choose where to direct our attention.

She elucidates, "Should we focus on the trauma itself?... Or should we focus on the amazing capacity of humans to survive, help, love, repent?"

And so, as you begin your work this week, we encourage you to choose to consciously direct your attention towards the resilience you observe.

- Where might you witness courage this week?
- Creative adaptation and survival?
- The power of love to heal?

Remember, the cracks are where the light gets in. (Leonard Cohen)

We wish you good healing,  
Sharon + Carryn