

STILLPOINT

The Dance of Selfcaring, Selfhealing

Barbara K. Ehrenman, PhD



A PLAYBOOK FOR PEOPLE WHO DO CARING WORK

Stillpoint The Dance Of Selfcaring Selfhealing A Playbook For People Who Do Caring Work

Rev. Suzie DeVaughn LMSW



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Move Cynthia Winton-Henry, Phil Porter, 2016-10-12 **Subject Guide to Books in Print**, 1993 **Stillpoint** Sheila K. Collins, 1992 *The Small Press Book Review*, 1991 **The Cumulative Book Index**, 1992 A world list of books in the English language Paperbound Books in Print 1995 Reed Reference Publishing, Reference Reed, 1995-12 *Forthcoming Books* Rose Arny, 1992 Stillpoint Sheila K. Collins, Christine Gautreaux, 2018 My radio audience filled with caregivers from all walks of life will treasure each page Joel Markel host of Preferred Company President and Founder of Preferred Home Health Care Nursing Services What a delightful comprehensive guide reminding us all about the critical importance of self care The authors invite us to rethink perhaps redefine the concept of caregiver transforming it into caresharer Take some time with this book practicing its precious gems and notice from the inside out the impact it makes on your ability to be present with yourself and all your relations Jamie McHugh Somatic Movement Therapist and artist If you are weary from caring for others and humbled by what it takes open this book Sheila K Collins and her co author Christine Gautreaux both walk this walk Sheila is a national leader in the dance of wise caregiving for self and others Phil Porter and I the cofounders of InterPlay are indebted to her for her contributions to our system We know her backward and forward as an artist therapist and teacher She s the real deal Tested tenacious tender and true a wise elder and creative guide for getting through life s hard stuff Cynthia Winton Henry InterPlay co founder and author of *Move What the Body Wants* and *Dance the Sacred Art* In this comprehensive guide the Stillpoint authors creatively address a neglected component of professional social work education self care As we teach students the best practices to meet the needs of clients we often fail to provide evidence based tools to assist students and young professionals in maintaining a strong and vibrant self Stillpoint could be a helpful textbook for social workers serving others in what turns out to be a hazardous occupation Lynn Coghill LCSW Director of University of Pittsburgh School of Social Work MSW Program retired **Mastering Self-Care** Rev. Suzie DeVaughn LMSW, 2021-08-30 This book begins with the deeply impactful healing journey of Suzie DeVaughn and illustrates how extreme self care saved her life The painful health crisis eventually led her into a career as a public speaker author psychotherapist and healing facilitator She has guided thousands of clients to their innermost pain transforming wounds into wisdom through compassion love and insight Mastering Self Care is for anyone who desires to improve their quality of life from the general public to professional caregivers It educates the reader on the multiple dimensions of self care including practical tips to incorporate life affirming practices into daily living It creates a paradigm shift regarding compassionate care of one s self to prevent burnout in the process of helping others Handling stress from the inside out is essential for successfully navigating life s challenges This book provides an in depth perspective on the categories of self care including physical psychological interpersonal social professional spiritual and energy management clearing Self assessments are incorporated to give the reader awareness regarding current habits patterns and beliefs It then follows with a section on

strategy to assist the beginner in an achievable regimen or improving existing practices for those who are more advanced Special prevention and identification considerations are outlined for professional and family caregivers as they can be at high risk of experiencing secondary trauma due to the intensity of their service and care Mastering Self Care gives the reader awareness inspiration ideas and techniques regarding the effective use of self care as the foundation of healthy and mindful living This helps to counterbalance personal and professional life stress resulting in increased resiliency energy optimization balance and wholeness Anyone can benefit from this book from those just beginning to focus on their needs to advanced self lovers What we need is a self care movement in which each person loves cares and takes responsibility for one s self By acknowledging and responding to our needs we have more energy and compassion to help others In this scenario everyone benefits www.selfcarespecialists.com www.blossomingheartcenter.com **Care Package** Sylvester McNutt, III,2023-08-22 Move beyond pain and discover the healing power of self care Have shame guilt or codependency seemingly become insurmountable hurdles in your life Do you struggle with forgiveness setting boundaries and putting yourself first Are negative self talk and people pleasing tendencies preventing you from feeling fulfilled Sylvester McNutt III life coach and host of the Free Your Energy podcast shares the stories of his own traumas and challenges to reveal the lessons he s learned to overcome obstacles and truly thrive To help guide you down your own path of healing Sylvester provides Strategies for managing stress setting boundaries and cultivating healthy habits Practical tactics for processing childhood trauma and being present as an adult Tools to move beyond the feelings of pain that are holding you back Inspiring advice that will urge you to keep moving forward Healing from pain is not easy but it is possible With Sylvester s guidance you will find the inspiration to release to forgive to vibrate higher and to practice self care every single day *A Blueprint for Self Care* Beverly Kyer,2016 Providing services and caregiving to struggling victimized and traumatized children youth adults and the elderly is mentally and emotionally taxing It can and will wear our bodies out This book gives a seven point blueprint to help promote Self Care for your health and wellness *Rejuvenating Refuge* Courtney Long,2010-09-17 When you feel stressed overwhelmed exhausted or frustrated where do you go to recharge rejuvenate Are you a compassionate giving person Do you often put others needs before your own Do you ever feel there s little time or energy left for you Welcome to Rejuvenating Refuge A guided journal that will help you Let go of stress guilt Make tiny action steps toward Tender Loving Self Care TLsC Reclaim your life Feel uplifted rejuvenated healthy energized Perfect for anyone with a giving caring spirit Rejuvenating Refuge is a safe place to vent your frustrations find more uplifting perspectives and connect with your inner wisdom so you can be honest with yourself about what you are truly feeling needing wanting in your life Journal questions will prompt you to reflect on your own self care stress relief how to bring JOY FUN into your life how caring for YOU helps you care for others better etc Learn how to use affirmations to support your self care journey and create your own Self Care Permission Slip Rejuvenating Refuge empowers you to understand that you are worthy deserving of Tender Loving Self Care TLsC Care for

YOU first so you can care for others BETTER Here s what other Caring Warriors are saying I felt you asked some very powerful enlightening questions that helped me to see things in a different light Maureen Hayes Gilbert AZCaring for myself is an on going process With the inspiration knowledge and care Courtney provides I feel more and more like I can truly nurture myself even if it s just one baby step at a time Jena H Chandler AZThis journal helped me remember what brings me joy and make it part of my daily life Chrystal Kubis Life Enjoyment Specialist Awakening to Life [www awakening to life com](http://www.awakeningtolife.com)

Beyond Caretaking Jay Earley,2012 Do you find yourself always concerned about other people s needs Do you feel that your needs don t really count Do you feel as though you have to take care of other people s feelings but no one seems to care about yours Are you surrounded by people who need you Is your self worth dependent on being needed If you answered yes to some of these questions you are one of the many people struggling with the Caretaking Pattern Of course it s a good thing to be caring and helpful to people and make them feel good but maybe you go overboard in this direction Do you go out of your way to make sure that you don t cause anyone discomfort Do you find yourself trying to help someone with an addiction but you just enable them to continue Do you believe that you know better than other people how they should run their lives Your urge to take care of people may come more from a need for self esteem or a fear of being rejected or judged than from simple heartfelt caring You may be completely ignoring your own needs in favor of everyone else s You may not really be helping the people you care about You might even be infantilizing someone by not believing that they can handle their own life If you are tired of this pattern and would like to make a change this book is for you It will help you understand the fears and needs that are behind your Caretaking These fears are usually unconscious and come from unresolved childhood pain This book will help you to work through your fears so you can learn to take care of yourself It will help you set up a practice for letting go of caretaking It will help you learn how to become more attentive to your own needs and trust other people to take care of themselves You can make this change without giving up your genuine caring for people This book will help you to know what you need and to take initiative to get it while still being attentive to other people s needs You will have an equal say in what happens and people will take you seriously This doesn t mean that you will stop caring about other people and wanting the best for them However you won t be doing this from a place of fear or need When you do care for people and help them to feel good it will come purely from a loving place in you You will care for yourself and your needs as well and you ll also be respecting other people s ability to take care of themselves You will develop the ability to look out for yourself while still being a kind and loving person This book is based on the Pattern System a comprehensive and detailed map of the human psyche Beyond Caretaking is more than a book It includes An online workbook An online quiz Recorded guided meditations An online community Healing: The Act of Radical Self-Care Dr Joi Lewis,2018-12 **Healing Justice** Loretta Pyles,2018-03-15 Healing Justice offers a framework and practices for change makers who want to transform oppression trauma and burnout Concerned with both the possibilities and limits of mindfulness and yoga for self care the

book attends to the whole self of the practitioner including the body mind heart spirit community and natural world

Self-Care for Today: A 52 Week Guide to Practice Self-Love and Care Throughout the Year Tahira Neckles,2019-03-13

Self Care For Today will give you a clear system to take action toward loving yourself and practicing self care 365 days a year During my healing journey I started to track everything amazingly as I begin to focus on myself my life changed Taking care of me was the power I learned to love myself It was the inner work that lead to outer healing where I faced my fear and learned how to be well I m grateful to share this process with you right now in this book This is why Self Care for Today A 52 Week Guide to Practice Self love and Care Throughout the Year was born Weekly fillable checklist and inspiration included to guide and track your self care

Holistic Self-Care Tools for Caregivers Suchinta Abhayaratna ThD,2017-03-15 Many of us are caregivers of one kind or another We are parents who take care of our children adults who take care of our aging parents teachers who care for and educate our students physical and mental healthcare practitioners who care for the sick and elderly We are healers shamans coaches hairdressers aestheticians We provide invaluable service to others but tend to forget ourselves I am one of you However over the past twenty years I have learned how important it is to be aligned with the whole of who we are When we are fully present to ourselves we are more present to the people we serve In this book I share what I learned from years of in depth study of energy medicine It enabled me to heal and move through my health challenges with grace and ease using the quick easy and effective subtle energy tools and processes that evolved into the CHI Self Care System This book helps you discover the energy tools that you already have and use them to care for yourself be healthier and more balanced while you care for others

Counselor Self-Care Gerald Corey,Michelle Muratori,Jude T. Austin, II,Julius A. Austin,2017-12-08 Self care is critical for effective and ethical counseling practice and this inspirational book offers diverse realistic perspectives on how to achieve work life balance and personal wellness from graduate school through retirement In addition to the authors unique perspectives as professionals at different stages of their careers guest contributors ranging from graduate students to new professionals to seasoned counselors share their experiences and thoughts about self care including what challenges them most Both personal and conversational in tone this book will help you to create your own practical self care action plan through reflection on important issues such as managing stress establishing personal and professional boundaries enhancing relationships and finding meaning in life Counselors face the obstacle of remembering to care for themselves while focusing on caring for others In Counselor Self Care Drs Gerald Corey Michelle Muratori Jude Austin and Julius Austin lead 52 contributing authors in a book rich with living events and defining moments Multiple stressors are described and met with multiple solutions There is so much great content here that can be embraced by those who do the noble work of being present for others Tom Skovholt PhD LP Professor University of Minnesota Author of The Resilient Practitioner Burnout and Compassion Fatigue Prevention and Self Care Strategies for the Helping Professions 3rd Edition Self care is often discussed in counselor training and supervision but not in its full scope

Counselor Self Care provides breadth and depth by addressing the many facets of self care The authors combine personal narratives and anecdotes from experienced mental health professionals with self assessment questions and self care improvement strategies The level of vulnerability and insight from the authors and those who share their stories is informative and rare to find Assign this book as reading for yourself your students and your supervisees to motivate nurturing of the self Philip Clarke PhD Associate Professor Wake Forest University Requests for digital versions from ACA can be found on www.wiley.com To request print copies please visit the ACA <https://imis.counseling.org/store/detail> Reproduction requests for material from books published by ACA should be directed to permissions@counseling.org

Self-Care for Givers and the Helping Professions Emma Sims, 2020-09-27 Do you struggle to prioritise self care Are you constantly giving too much of yourself to others This book will give you the tools and confidence to put yourself first and make self care a priority Self Care For Givers and the Helping Professions is a must read book for any kind of givers care givers healers and empaths as well as anyone who struggles with mental health or supports those who do This practical yet personal book explores why we don't and how we can care for our Mind Body and Spirit taking the reader on a journey through common blocks and obstacles that so many of us have to self care From our thoughts about how selfish it feels to pay attention to ourselves and what we can do about that to treating ourselves with compassion when we don't manage to self care as our conscience may be prodding us to Self care can be about removing that guilt and taking ownership so that you do not feel you are always offering an empty cup Many of you may relate to how grumpy and irritable we feel when we are tired and worn out and burn out is common in the helping profession but not always recognised until it's happened It's time for self care to be normalised There are examples of my own difficulties of self care through agoraphobia social phobia M E Unable to work for years by adopting a holistic lifestyle my story as a self employed Holistic Therapist is different nowadays but still a work in progress This book discusses this voyage of discovery with an emphasis throughout on helping you find what is right for you we are all different Start your journey to a happier healthier you today **Ultimate Self-Care** Barbara Halcrow, 2018-03-30 Barbara Halcrow has brought her wide range of experience and knowledge as a social worker healer teacher and health care leader to provide information concerning critical personal and work related self care challenges so many of us are facing today People who have extensive contact with others whether in a service industry a helping profession or those who provide direct care for loved ones will find this guide speaks to them Halcrow also addresses the constant systemic changes underway within our working world and cites the impact of global environmental shifts Halcrow includes additional information from an energy perspective that underscores the intelligent interrelationship of the mind body and spirit This synergistic work offers insights and unique practical suggestions to assist anyone who is looking for a more comprehensive guide to improving their personal or work related self care practices The book is interwoven with encouragement compassion and hope The author lives her talk as she brings gems of information to prompt our own self

inquiry Barbara Halcrow's heartfelt writing will offer the reader deeper understanding strength and even a measure of personal healing

Reviewing **Stillpoint The Dance Of Selfcaring Selfhealing A Playbook For People Who Do Caring Work**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Stillpoint The Dance Of Selfcaring Selfhealing A Playbook For People Who Do Caring Work**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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