

# An Everyday Guide to Caring for Self While Caring for Others

**This program will help participants gain a deeper understanding of how to live and work sustainably, enabling them to do their jobs better.**



**Laura van Dernoot Lipsky** is founder and director of the Trauma Stewardship Institute and author of “Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others.” She has worked directly with trauma survivors for 25 years.

**January 9, 2014  
9 a.m. - 4:30 p.m.**

**Texas Union 3.202  
Shirley Bird Perry Ballroom**

**CEUs available for Psychology, Social Work, Licensed Professional Counselors**

**RSVP by Jan. 6 at  
[www.cmhc.utexas.edu/lipsky](http://www.cmhc.utexas.edu/lipsky)**

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