# Beyond the Cliff: Laura van Dernoot Lipsky

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Laura van Dernoot Lipsky, an expert on creating wellness while addressing a world of hurt, provides every day answers to our most difficult questions about the impact and how to respond.

Laura is a pioneer in the field of trauma exposure, Founder and Director of The Trauma Stewardship Institute and author of Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others, has worked directly with trauma survivors for more than three decades. Laura had the privilege of joining others at the 2015 TEDx Conference at the Washington Corrections Center for Women.

Laura's TED Talk offers practical tools for cultivating the deep self-knowledge and systemic insights that are at the core of trauma stewardship. This talk can be inspiring for anyone who feels tired and overwhelmed from taking care of others. We also recommend Laura's book: Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others.

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