

# Energy Tools for Trauma Work

*How to Manage Your Empathic  
Engagement with Trauma Energy*

*"The boundaries of the body go beyond  
the skin to include an 'energetic field.'  
The expansion and constriction of our  
body boundaries is the basis of empathy."*

~Milton J. Bennett, PhD  
*Handbook of Intercultural Training*

*"To be an effective trauma steward, it  
is important to know where our own  
self ends and another's self begins."*

~Laura van Dernoot Lipsky  
*Trauma Stewardship*



## Ground

your energy to discharge stress,  
replenish energy and feel greater  
stability. Ground the room to  
discharge client and other energy.

## Separate Trauma Energy

to keep intense energy out of your body.  
Be present with the person or group as you  
ground the energy through the room.

