THE COMPASSIONATE
LIBRARIAN

I’m Ashley!
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ABOUT TODAY

The introduction-y bit
WHY I CHOSE THIS TOPIC

Potentially useful contextualizing information
DISCLAIMER:
I WANT YOU TO BE UNCOMFORTABLE
IT'S OK TO STRUGGLE
SIDE NOTE: PEOPLE-FIRST LANGUAGE ALWAYS!!
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TRAUMA-INFORMED LIBRARY SERVICE

The way we should operate moving forward
CLINICAL DEFINITION OF TRAUMA

- Exposure to actual or threatened death, serious injury, or sexual violence.
- Experience of a real or perceived threat.
WHAT GETS LEFT OUT?

OPPRESSION

- Racism
- Sexism
- Ableism
- Discrimination related to sexual orientation
- Discrimination related to gender identity
- Ageism
- Poverty/Homelessness
- Generational Trauma
- Historical Trauma
- Cultural Trauma
TRAUMA IMPACTS EVERYONE
VICARIOUS TRAUMA

LASSIE!
GET HELP!!
RESILIENCY
The flip side of trauma
WHY ARE WE DOING THIS?
A program, organization, or system that is trauma-informed:

1. Realizes the widespread impact of trauma and understands potential paths for recovery;

2. Recognizes the signs and symptoms of trauma in clients, families, staff, and others involved with the system;

3. Responds by fully integrating knowledge about trauma into policies, procedures, and practices; and

4. Seeks to actively resist re-traumatization.
LET’S RETHINK HOW WE DO THINGS

How can we adapt our services to make them better match our professional values?
BUT WHAT ABOUT YOU?
The reflection zone
REFLECT: RECENT DIFFICULT SITUATION

- How was the other person impacted?
- What could have been improved?
- Influence of trauma?
SOLVING PROBLEMS BOOSTS RESILIENCY

Try, struggle, learn, try again
SELF-CARE IS ESSENTIAL
It’s more than face masks and meditation apps
YOUR PERSONAL
SELF-CARE STRATEGIES
What do you do to deal with a difficult day?

http://tiny.cc/compassionLI
SELF-CARE FOR TEAMS

What do you have in place?
What could you add?

http://tiny.cc/compassionLIB
WHERE DO WE GO FROM HERE?
HOW CAN WE CHANGE OUR

- Policies
- Programs
- Customer Interactions
- Spaces

TO BE COMPASSIONATE?
DECIDE WHAT YOU CAN CHANGE AND CHANGE IT

Even if that thing is you