



# The Trauma of Resilience: Self Care as a Sacred Practice

A Transformative Workshop  
for Spiritual Caregivers

led by Rev. Dr. Ebony D. Only

As spiritual care providers, we're often celebrated for our resilience - but at what cost? This thought-provoking session challenges the traditional narrative of "pushing through" and examines how our very resilience can sometimes mask deeper traumas and burnout.

Don't miss this opportunity to deepen your spiritual care practice while nurturing your own wellbeing. Join us for an enriching exploration of what it truly means to care for ourselves as we care for others.



**Saturday, April 26, 2025**

9:30 am—11:30 am

In person and on Zoom

**In Person: Bishop Anderson House**

707 S. Wood Street, Suite 101, Chicago, IL 60612

**\$15 for SCVT Alum / \$25 for General Participants**

Please contact The Rev. Rose Cicero ([rose\\_cicero@rush.edu](mailto:rose_cicero@rush.edu)) with questions.

Registration closes Tuesday, April 22 at 5:00 pm.

For more information and to register, go to our website:

<https://www.bishopandersonhouse.org/alumni-workshops/>