



Recommended Resources

Compassion Fatigue/Vicarious Trauma

Trauma Stewardship by Laura Van Dernoot Lipsky

The Compassion Fatigue Workbook by Françoise Mathieu

Video on Mental Health in First Responders

First Responder Mental Health – Ottawa Paramedic Services & Françoise Mathieu

<https://www.youtube.com/watch?v=KAYZqfBNcLs>

Trauma and the Body

The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma by Bessel Van Der Kolk, 2014.

The Body Bears the Burden: Trauma, Dissociation and Disease by Robert Scaer, 2014.

Organizational Health

Building Resilient Teams by Patricia Fisher (available on our website www.tendacademy.ca)

The Manager's Guide to Stress, Burnout & Trauma in Human, Emergency and Health Services by Patricia Fisher (available on our website www.tendacademy.ca)

The Manager's Guide to Stress, Burnout & Trauma in Law Enforcement by Patricia Fisher (available on our website www.tendacademy.ca)

Is Work Killing You? By David Posen

Stress/Immune System

When the Body Says No by Gabor Maté

Why Zebras Don't Get Ulcers by Robert Sapolsky

Relaxation/Meditation Audio Guides

Mindfulness Meditation CDs by Jon Kabat-Zinn: www.mindfulnesscds.com

Working with Mindfulness Audio recording by Mirabai Bush
<https://morethansound.net/shop/working-with-mindfulness/#.VPw83mR4o8t>

Life/Work Balance

Take Time for Your Life: a 7 Step Program for Creating the Life you Want by Cheryl Richardson (1999)

Self Care/Stress Reduction

Do One Thing Different: 10 simple ways to change your life by Bill O'Hanlon

Little book of stress relief by David Posen

Simplifying

50 best ways to simplify your life by Patrick Fanning (2001)

Simplify Your Life: 100 Ways to Slow Down and Enjoy the Things That Really Matter
 by Elaine St James

Compassion Fatigue in the Legal Profession

Keeping Legal Minds Intact by Linda Albert. *The Wisconsin Defender*, Winter/Spring 2009. Vol 17, 1.

The Toll of Trauma by Dianne Molvig. *Wisconsin Lawyer*, Dec 2011.

Vicarious Trauma in Judges: The Personal Challenge of Dispensing Justice by Peter Jaffe, Claire Crooks et al. *Juvenile and Family Court Journal*, Fall 2003.

Resources for Child Welfare Workers

FREE - *CW360: Secondary Trauma and the Child Welfare Workforce: Spring 2012*. Center for Advanced Studies in Child Welfare School of Social Work, University of Minnesota. (Available on my website: www.compassionfatigue.ca)

FREE - *Promoting Resilience and Reducing Secondary Trauma among Child Welfare Staff*. ACS-NYU Children's Trauma Institute. www.NCTSN.org.

**Selected Journal articles on
Compassion Fatigue/Vicarious Trauma and Child Protection**

For an extensive bibliography, please visit the Child Welfare Information gateway: Secondary Trauma in the Child Welfare Workforce 2000-present. Compiled bibliography:

<http://www.nrcpfc.org/teleconferences/5-12-10/secondary%20trauma.pdf>

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Osofsky, J. (2009) Perspectives on helping traumatized infants, young children and their families. *Infant mental health journal.* Vol. 30(6), 673-677.

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