

Resource #2

Vicarious Trauma Resources:

"Buddha's Little Instruction Book" by Jack Kornfield Bantam Books, New York 1994.

"Child Trauma Handbook: A Guide for Helping Trauma-Exposed Children and Adolescents" by Ricky Greenwald (Chapter 4: Taking care of yourself). The Hayworth Maltreatment and Trauma Press, New York, 2005.

"Help for the Helper: Self-Care Strategies for Managing Burnout and Stress" by Babette Rothschild with Marjorie Rand. W.W. Norton & Company, New York, 2006.

"Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others" by Laura Van Dernoot Lipsky with Connie Burk. Berrett-Koehler Publishers, Inc., San Francisco, 2009.

"The Compassion Fatigue Workbook" by Francoise Mathieu, M.Ed., CCC. www.compassionfatigue.ca copyright 2009 by Francoise Mathieu. WHP-Workshop for the Helping Professions. Kingston, Ontario, Canada.

"The Four Agreements" by Don Miguel Ruiz (48 card deck) based on text from the books "The Four Agreements" by Miguel Angel Ruiz, 1997 & "The Four Agreements Companion Book," 2000 by Miguel Angel Ruiz and Janet Mills. Amber-Allen Publishing, Inc. San Rafael, CA.

"The Journey" by Melinda Field www.wisewomenink.com (54 card deck) Greenview, California. Wise Women Ink, LLC