



# Compassion Fatigue Resources

## Books

- Inner Peace for Busy People: 52 Simple Strategies for Transforming Your Life, Joyce Borysenko
- Trauma Stewardship, Laura Van Dernoot Lipsky
- Transforming the Pain: A Workbook on Vicarious Traumatization Karen Saakvitne & Laurie Anne Pearlman
- In the Realm of Hungry Ghosts: Close Encounters with Addiction, Gabor Mate & Peter Levine
- When the Body Says No: Exploring the Stress-Disease Connection, Gabor Mate
- The Compassion Fatigue Workbook, Francoise Mathieu
- Take Time for Your Life: A 7 Step Program for Creating the Life You Want, Cheryl Richardson
- Peace is Every Step: The Path of Mindfulness in Everyday Life, Thich Nhat Hanh
- Help for the Helper: The Psychophysiology of Compassion Fatigue and Vicarious Trauma, Babette Rothschild
- Kitchen Table Wisdom, Rachel Naomi Remen
- Unhinged: The Trouble with Psychiatry - A Doctor's Revelations about a Profession in Crisis, Daniel Carlat
- The Resilient Practitioner, Thomas Skovholt
- The Making of a Nurse, Tilda Shalof
- Managing Traumatic Stress Through Art: Drawing from the Center, Barry Cohen, Mary Michola-Barnes, Anita Rankin - available through Sidran Institute, Sidran.org (click on Store)
- The Sober Kitchen: Recipes & Advice for a Lifetime of Sobriety, Liz Scott
- Trauma & Recovery: The Aftermath of Violence from Domestic Abuse to Political Terror, Judith Herman
- The Compassion Fatigue Workbook, Francoise Mathieu

- **Websites**

- [www.compassionfatigue.ca](http://www.compassionfatigue.ca)
- [www.zenhabits.net](http://www.zenhabits.net)
- [Donothingfor2minutes.com](http://Donothingfor2minutes.com)
- [Calm.com](http://Calm.com)
- [Coloringcastle.com](http://Coloringcastle.com)
- [www.healingsounds.com](http://www.healingsounds.com)
- [www.musicalreflections.com](http://www.musicalreflections.com)
- [www.innerpeacemusic.com](http://www.innerpeacemusic.com)
- [www.mozarteffect.com](http://www.mozarteffect.com)
- [Heart Math.com](http://Heart Math.com)
- [BrainGym.org](http://BrainGym.org)
- [Resiliency.com](http://Resiliency.com)
- [Resiliencectrumpsaces.org](http://Resiliencectrumpsaces.org)
- [Annafoundation.org](http://Annafoundation.org)
- [Professional Quality of Life Scale - proqol.org](http://Professional Quality of Life Scale - proqol.org)
- [Gifts From Within -- resources for survivors - www.giftsfromwithin.org](http://Gifts From Within -- resources for survivors - www.giftsfromwithin.org)
- [Ace Study: cdc.gov/ace/](http://Ace Study: cdc.gov/ace/)
- [Oprah.com](http://Oprah.com) click on spirit
- [Americanbalintsociety.org](http://Americanbalintsociety.org)

## **Youtube**

- Stress reduction in 6 parts Kabat Zinn - #1-6, 10 minute sessions - shows how to and the benefits of meditation
- Trauma Stewardship (2:17)
- Touchwood Commercial (3:05)

## **Apps**

- Meditation bells
- Silva mediations
- Ambi science - relaxophilia
- Stress doctor
- Stress check
- Pranayama - universal breathing

## **Pandora Internet Radio (Meditation, Relaxation and Yoga Stations)**

- Calm meditation station
- Heart meditations by Deepak
- Meditation by Praga Khan
- Meditations by the Sea

## **DVD's**

- Healing Neen, The Hollow Films: [www.healingneen.com](http://www.healingneen.com)
- Strong in Broken Places, Cambridge Documentary Films: [www.cambridgedocumentaryfilms.org](http://www.cambridgedocumentaryfilms.org)
- Behind Closed Doors, Maryland Disability Law Center: [www.behindcloseddoorsthefilmsite.com](http://www.behindcloseddoorsthefilmsite.com)

## **Research**

- Resilience and Recovery: Findings from the Kauai Longitudinal Study - [www rtc pdx edu](http://www rtc pdx edu)