

References

Articles:

Caring for Caregivers.

Preston, Caroline. *Chronicle of Philanthropy*, November 29, 2007. # 15170
Charities try new ways to help their workers avoid stress-related illness

Prevalence of Secondary Traumatic Stress Among Social Workers.

Bride, Brian E. *Social Work*, 52:1. January 2007. # 14389
Social workers are increasingly being called on to assist survivors of childhood abuse, domestic violence, violent crime, disasters, and war and terrorism. This article investigates the prevalence of secondary traumatic stress in social workers.

Internet Links:

CF Self Test from ACE. 1994 # 11428

American's Continuing Education Network (ACE) provides this self-test for compassion fatigue for help professionals. Link. <http://www.ace-network.com/cftest.htm>

Secondary Traumatic Stress training/education with workbook

<http://www.lyceumbooks.com/SecondaryTraumaticStress.htm>

Traumatology Institute: Youtube Link to Compassion Fatigue

Compassion Fatigue: The Value of Saying NO!<http://www.youtube.com/watch?v=QD-HGGsCLyU>

Dr. Anna Baranowsky

YouTube - Breath Training: 3-6 Breathing: The Window into the Nervous System, Deep Breathing video . <http://www.youtube.com/watch?v=IR0cV9vOIRM>

Books:

Compassion Fatigue: Secondary Traumatic Stress Disorder in Those Who Treat the Traumatized. Figley, Charles R., ed. Levittown: PA. : Brunner/Mazel Psychosocial Stress Series No. 23, Brunner/Mazel, 1995.

Click here to review or order. <http://www.amazon.com/Compassion-Fatigue -Secondary-Traumatized-Psychosocial/dp/0876307594>

Treating Compassion Fatigue. Figley, Charles R., ed. New York, N. Y. : Brunner-Routledge, 2002.

Click here to review or order. http://www.amazon.com/exec/obidos/tg/detail/-/1583910530/gid-1128436229/sr=2-1/ref=pd_bbs_b_2_1/104-1471450-502215552?v=glance&s=books