



Stress & Resilience in the Workplace & Beyond

Book List

ABOUT THIS RESOURCE LIST

The books on this list are about secondary trauma, resilience in the workplace, and self-care for professionals. Multiple career perspectives are included in these titles (e.g., mental health practitioners, nurses, veterinarians, teachers, emergency responders). This is a representative listing of books on the included topics that have been published in recent years. Works that were self-published have been omitted from this list.

SECONDARY TRAUMA, COMPASSION FATIGUE, AND BURNOUT

Citation: Austin, W., Brintnell, E. S., Goble, E., Kagan, L., Kreitzer, L., Larsen, D., & Leier, B. (2013). *Lying down in the ever-falling snow: Canadian health professionals' experience of compassion fatigue*. Waterloo, Ontario: Wilfrid Laurier University Press.

Summary: This book looks at the experience of compassion fatigue from healthcare professionals' perspectives. It combines first-hand accounts, imagery, poetry, literature, and movies in exploration of compassion, hope, and hopelessness as they contribute to the meaning of caring work. Health service education and healthcare environments are seen as important for supporting professionals' ability to endure compassionately.

Citation: Ayl, K. (2013). *When helping hurts: Compassion fatigue in the veterinary profession*. Lakewood, CO: American Animal Hospital Association Press.

Summary: This book is aimed at veterinarians. It includes case studies, worksheets, and quizzes intended to both prevent compassion fatigue and combat it once it has occurred.

Citation: Benight, C. C. (2017). *Secondary trauma and burnout in military behavioral health providers: Beyond the battlefield*. New York: Palgrave Macmillan.

Summary: This book looks at the challenges (clinical, individual, organizational) that clinicians working with returning soldiers face. Prevalence of secondary trauma and burnout of clinicians and organizational factors that inhibit clinician well-being. Discussion of the creation and evaluation of an intervention for burnout and consideration of peer coaching practices are also included.

Citation: Conn, S. M. (2018). *Increasing resilience in police and emergency personnel: Strengthening your mental armor*. New York, NY: Routledge.

Summary: This book looks at the emotional, psychological, spiritual, and behavioral impact of police work (e.g., officers, administrators, dispatchers) and provides practical strategies for employees and their families who are experiencing burnout and traumatic stress. It takes a strengths-based approach to guidance for navigating sometimes difficult effects of police and emergency work.

Citation: Figley, C. R. (Ed.). (2015). *Compassion fatigue: Coping with secondary traumatic stress disorder in those who treat the traumatized*. New York, NY: Routledge.

Summary: This edited book is geared towards those providing therapy to individuals with post-traumatic stress disorder (PTSD). The 23 chapters focus on a range of thematically-related content—from theory, research, and treatment perspectives and focused on those working with different population groups (e.g., war veterans, victims of violence, victims of incest).

Citation: Figley, C. R. (Ed.). (2015). *Treating compassion fatigue*. New York, NY: Routledge.

Summary: This edited book is focused on identification, assessment, and treatment of compassion fatigue. The eleven chapters address a range of topics, such as the trauma of working with traumatized children, measuring compassion satisfaction and fatigue, humor as a moderator for compassion fatigue, and strategies for helping mental health workers manage disaster relief stress.

Citation: Figley, C. R., & Roop, R. G. (2006). *Compassion fatigue in the animal-care community*. Washington, DC: Humane Society Press.

Summary: This book looks at the causes of compassion fatigue for those working with animals. It encourages self-care and provides strategies to enhance wellbeing of animal care workers.

Citation: Katz, R. S., & Johnson, T. A. (Eds.). (2016). *When professionals weep: Emotional and countertransference responses in palliative and end-of-life care*. New York, NY: Routledge.

Summary: This seven-part edited book looks at how professionals' personal experiences with illness, trauma, and death can affect the helping process. It is written both to validate clinicians' experiences and to help them work-through and address secondary traumatic stress, compassion fatigue, and burnout. Information specific to compassionate practice, palliative care, hospice, and organizational countertransference is also presented.

Citation: Knight, C., & Borders, L. D. (2019). *Trauma-informed supervision: Core components and unique dynamics in varied practice contexts*. New York, NY: Routledge.

Summary: This book is geared toward clinical supervisors of behavioral health providers. It was originally published as a special issue of *The Clinical Supervisor* journal, containing recommendations from researchers and practitioners who share personal stories and professional reflections on managing indirect trauma in mental health and medical contexts.

Citation: Kyer, B. D. (2016). *Surviving compassion fatigue: Help for those who help others*. Columbus, OH: Gatekeeper Press.

Summary: This book is geared towards a wide range of 'helping professionals'. It shares the author's own story, as well as those of others, who have neglected their own self-care while caring for others. The book discusses the importance of consistent self-care and provides strategies to restore and maintain wellness and inner calm while caring for others.

Citation: Mathieu, F. (2011). *The compassion fatigue workbook: Creative tools for transforming compassion fatigue and vicarious traumatization*. New York, NY: Routledge.

Summary: This book is geared towards helping professionals understand compassion fatigue and vicarious trauma. It looks at warning signs, contributing factors, and triggers. The importance of self-care and strategies for addressing things at personal, professional, and organizational levels are discussed.

Citation: Pearlman, L. A., & Saakvitne, K. W. (1996). *Transforming the pain: A workbook on vicarious traumatization*. New York, NY: W.W. Norton & Company.

Summary: This workbook is focused on helping groups of professionals address vicarious traumatization. Included are self-assessment worksheets as well as exercises for improving self care and addressing vicarious trauma.

Citation: Pearlman, L. A., & Saakvitne, K. W. (1995). *Trauma and the therapist: Countertransference and vicarious traumatization in psychotherapy with incest survivors*. New York, NY: W.W. Norton & Company.

Summary: This book looks at the countertransference and vicarious traumatization that can occur within therapeutic relationships, with a particular focus on those clinicians working with survivors of incest. The authors draw on and synthesize a diverse literature base and offer strategies for avoiding the vicarious traumatization cycle.

Citation: Quitangon, G., & Evces, M. R. (Eds.). (2015). *Vicarious trauma and disaster mental health: Understanding risks and promoting resilience*. New York, NY: Routledge.

Summary: This edited book is geared towards mental health providers working with large-scale disaster (e.g., hurricanes, mass shootings) survivors. It discusses the theory and research behind the concept of vicarious trauma and compares and contrasts it with other concepts such as compassion fatigue, burnout, and secondary traumatic stress. The book provides a framework for promoting worker resilience within the context of disaster management.

Citation: Rothschild, B., & Rand, M. (2006). *Help for the helper: The psychophysiology of compassion fatigue and vicarious trauma*. New York: W. W. Norton & Company.

Summary: This book looks at a variety of literature—social psychology, neurobiology, folk psychology—in explaining how therapists can have an excess of empathy for their clients, which leads to burnout. It also suggests strategies for dealing with stress and burnout.

Citation: Stamm, B. H. (Ed.). (1999). *Secondary traumatic stress: Self-care issues for clinicians, researchers, and educators*. Lutherville, MD: Sidran Press.

Summary: This edited book is geared towards professionals working in trauma-heavy contexts. It is divided into four sections: “Setting the Stage” with overviews of compassion fatigue and secondary trauma; “Therapist Self-Care Models” with suggestions for individual-, group-, and organization-level considerations; “Beyond the Therapy Room” with chapters on such issues as addressing trauma in training settings, community-based approaches, and telehealth; and “Ethical Issues in Self-Care”.

Citation: Teater, M., & Ludgate, J. (2014). *Overcoming compassion fatigue: A practical resilience workbook*. Eau Claire, WI: PESI Publishing & Media.

Summary: This workbook is focused on helping clinicians recognize their level of risk for compassion fatigue and minimize personal harm. Strategies are provided for helping to overcome distress and change things within your own practice and your workplace more broadly.

Citation: Todaro-Franceschi, V. (2019). *Compassion fatigue and burnout in nursing: Enhancing professional quality of life (2nd edition)*. New York, NY: Springer Publishing Company.

Summary: This book is geared towards nurses, helping them to understand the risks of burnout and compassion fatigue and strategies for mediating and resolving related concerns. It looks at both positive and negative contributors to the quality of worklife, offers strategies and action plans for both individual and group care, and highlights unique risks for those working in specific nursing settings (e.g., emergency room, oncology, palliative care).

Citation: van Dernoot Lipsky, L., & Burk, C. (2009). *Trauma stewardship: An everyday guide to caring for self while caring for others*. San Francisco: Berrett-Koehler Publishers, Inc.

Summary: This book looks at the toll taken on those working around trauma. It looks at symptoms of trauma exposure response and suggests strategies for creating healthy and mindful practices in seven directions.

RESILIENCE IN THE WORKPLACE

Citation: Chapman-Clarke, M. [Ed.]. (2016). *Mindfulness in the workplace: An evidence-based approach to improving wellness and maximizing performance*. Philadelphia, PA: Kogan Page.

Summary: This book draws from research in behavioral science and neuroscience to explain how mindfulness can be used in organizational development and change management. Topics covered include how to identify and work with key stakeholders to create a mindfulness initiative, how to adapt the language of mindfulness to the organization's context, and how to establish metrics and measure return on investment.

Citation: Chaskalson, M. (2011). *The mindful workplace: Developing resilient individuals and resonant organizations with MBSR*. Malden, MA: Wiley-Blackwell.

Summary: This book is focused on the benefits of Mindfulness-Based Stress Reduction (MBSR) in workplace settings. It discusses neuroscience research on the effects of mindfulness training, provides details on an eight-week mindfulness course for workplaces, and provides information on additional suggested resources.

Citation: Citrin, R. S., & Weiss, A. (2016). *The resilience advantage: Stop managing stress and find your resilience*. New York, NY: Business Expert Press.

Summary: This book is focused on ways to build resilience in individuals and systems facing complex workplace challenges. They define the "resiliency advantage" as: "Our ability to effectively plan for, navigate successfully, and gracefully recover from challenging and stressful events in such a way that we are strengthened by the experience." The book addresses why the stress management model doesn't work, introduces a resilience model and resilience continuum, and specific ways to use resilience thinking and actions in the workplace.

Citation: Conn, S. M. (2018). *Increasing resilience in police and emergency personnel: Strengthening your mental armor*. New York, NY: Routledge.

Summary: This book is aimed at professionals working in law enforcement and emergency dispatch, as well as their families. It uses real-world anecdotes and exercises to provide practical strategies for those struggling with traumatic stress and burnout and debunks myths about weakness.

Citation: Cooper, C., Flint-Taylor, J., & Pearn, M. (2013). *Building resilience for success: A resource for managers and organizations*. New York, NY: Palgrave Macmillan.

Summary: This book is focused on informing managers and human resources professionals, among others, about workplace resilience and what organizations can do to help foster it in their employees. Its eight chapters address topics such as understanding the personal resilience, building resilience at work, what individuals and organizations can do to build resilience, and implications of resilience building for meeting organizational objectives.

Citation: Jackson, K. (2018). *Resilience at work: Practical tools for career success*. New York, NY: Routledge.

Summary: This book is focused on developing individual resilience at work. Key ideas discussed include the importance of emotional honesty, how self-care influences your ability to stay strong, the importance of having the right kind of connections, and reflection on learning on one's journey to resilience. Stories, resources, and coaching are shared.

Citation: Newell, J. M. (2017). *Cultivating professional resilience in direct practice: A guide for human services professionals*. New York, NY: Columbia University Press.

Summary: This book is geared towards social workers working with vulnerable populations, seeking to fill a perceived informational gap in preservice training related to self-care. The author presents a competency-based model based around the four constructs of stress, empathy, resilience, and self-care. Self-care is presented within an ecological systems perspective with behavioral practices that address wellbeing of the whole-person.

Citation: Patterson, B. (2019). *Building resilience through contemplative practice: A field manual for helping professionals and volunteers*. New York, NY: Routledge.

Summary: This book is focused on teaching skills for cultivating adaptive resilience in professionals and volunteers. It uses a case study approach to provide skills, tools, and exercises that tie together burnout and adaptive resilience building.

Citation: Skovholt, T. M., & Trotter-Mathison, M. (2016). *The resilient practitioner: Burnout and compassion fatigue prevention and self-care strategies for the helping professions (3rd Ed)*. New York, NY: Routledge.

Summary: This book is focused on helping professionals find balance between caring for others and caring for themselves. It includes self-reflection exercises, a self-care action plan, a resiliency inventory, and more. It contains important research information but delivers it in an easily accessible, conversational, writing style.

Citation: Traynor, M. (2017). *Critical resilience for nurses: An evidence-based guide to survival and change in the modern NHS*. New York, NY: Routledge.

Summary: This book is designed to help nurses consider the meaning of resilience in a context of many types of pressure (e.g., political scrutiny, student debt, workloads). It reviews research on resilience, looks to nursing's professional identity and effects of context, and introduces the concept of critical resilience for fostering change and resilience for nurses.

Citation: Wicks, R. J. (2006). *Overcoming secondary stress in medical and nursing practice: A guide to professional resilience and personal well-being*. New York, NY: Oxford University Press.

Summary: This book is focused on risks associated with work in healthcare settings. It provides information on the dangers of compassion fatigue and vicarious post-traumatic stress disorder, introduces a self-administered "Medical-Nursing Professional Secondary Stress Self-Awareness Questionnaire", and provides information on the types of inner life and outer relationships that should be fostered.

SELF-CARE

Citation: Boogren, T. H. (2019). *180 days of self-care for busy educators*. Bloomington, IN: Solution Tree Press.

Summary: This book is geared towards teachers and school administrators. It provides a 36-week self-care plan, featuring different themes (e.g., nutrition and hydration, sleep, gratitude, outdoors, play, creativity) for each week. Daily self-care techniques and strategies are included.

Citation: Bush, A. D. (2015). *Simple self-care for therapists: Restorative practices to weave through your workday*. New York, NY: W. W. Norton & Company, Inc.

Summary: This book is geared toward mental health professionals. It focuses on small restorative practices that can be integrated into daily routines for helping practitioners to be grounded, energized, and relaxed.

Citation: Epperly, B. (2014). *A center in the cyclone: Twenty-first century clergy self-care*. Lanham, MD: The Rowman & Littlefield Publishing Group.

Summary: This book is intended for pastors and other clergy. It calls on them to have deep commitments to self-care and spiritual growth to be healthy and effective in the ministry. Readers are encouraged to care for their mind, body, relationships, and spirit.

Citation: Grise-Owens, E. (2016). *The A-to-Z self-care handbook for social workers and other helping professionals*. Harrisburg, PA: The New Social Worker Press.

Summary: This book is designed to help professionals develop a realistic self-care plan with specific goals. It includes concrete suggestions, reflection questions, and additional resources. The role organizations should take in reducing stress and burnout is also discussed.

Citation: Hinz, L. D. (2018). *Beyond self-care for helping professionals: The expressive therapies continuum and the life enrichment model*. New York, NY: Routledge.

Summary: This book is focused on helping professionals reach optimal health, not just avoid experiencing consequences from a lack of self-care. It introduces the strengths-based Life Enrichment Model, encouraging practitioners to mindfully participate in experiences to enrich the intellectual, emotional, and creative foundation to their clinical practices and lives.

Citation: Kottler, J. A. (2011). *The therapist's workbook: Self-assessment, self-care, and self-improvement exercises for mental health professionals (2nd Ed.)*. Hoboken, NJ: John Wiley & Sons, Inc.

Summary: This book is designed for mental health clinicians. It has many journaling exercises, self-assessments, and other activities that are designed to help professionals renew, grow, and change in the face of career threatening issues.

Citation: Morrissette, J. E. (2016). *Receive, so you may give: A self-care path for nurses*. Washington, DC: Difference Press.

Summary: This book is geared towards nurses. It is focused on helping people find balance in their lives, sharing a variety of ideas, tools, and actions nurses can take to build and maintain health and resilience in their daily routines.

Citation: Norcross, J. C., & Guy, J. D. (2007). *Leaving it at the office: A guide to psychotherapist self-care*. New York, NY: The Guilford Press.

Summary: This book discusses how self-care (physical, emotional, spiritual) leads to more ethical and effective clinical practice. Its twelve chapters present twelve self-care strategies that are based in research and clinical practice experience.

Citation: Pack, M. (2016). *Self-help for trauma therapists: A practitioner's guide*. New York, NY: Routledge.

Summary: This book is aimed at clinical professionals (e.g., therapists, counselors, social workers) who work with trauma. First-hand accounts from diverse professionals in the field are featured in this book, along with discussions on compassion fatigue, vicarious trauma, risk and resilience, and reflections from the author from many years of work with trauma survivors.

Citation: Parry, S. (Ed.). (2017). *Effective self-care and resilience in clinical practice: Dealing with stress, compassion fatigue and burnout*. Philadelphia, PA: Jessica Kingsley Publishers.

Summary: This edited book's ten chapters are written by professionals from a variety of health-related fields—clinical psychology, nursing, occupational therapy, and speech language therapy. The content is divided into four parts: bringing compassion into life and practice; living with compassion and inviting others; compassionately nurturing the personal and professional self; and, making space for hope, nurturing resilience and holding on to compassion.

Citation: Pyles, L. (2018). *Healing justice: Holistic self-care for change makers*. New York, NY: Oxford University Press.

Summary: This book is geared towards social workers, community organizers, activists, counselors, and other helpers. It talks about self-care and introduces the capabilities of mindfulness compassion, critical thinking, curiosity, effort, and equanimity to guide practitioners on an empowering and transformative journey.

Citation: Smullens, S. K. (2015). *Burnout and self-care in social work: A guidebook for students and those in mental health and related professions*. Washington, DC: NASWA Press.

Summary: This book is geared towards students of social work and practicing social workers. It uses research, case studies, questionnaires, and reflection to explore the root causes of burnout and provide strategies for preventing it through self-care.

Citation: Steele, W. (2019). *Reducing compassion fatigue, secondary traumatic stress, and burnout: A trauma-sensitive workbook*. New York, NY: Routledge.

Summary: This workbook is geared towards mental health professionals. Combining research and practical applications, it offers a variety of interactive learning tools, worksheets, and activities to help providers identify their self-care needs and develop a self-care plan that promotes their own resilience.

You can find more information on related topics at: extension.umn.edu/family/cyfc/