



Multiple Exposure: Increased Risk

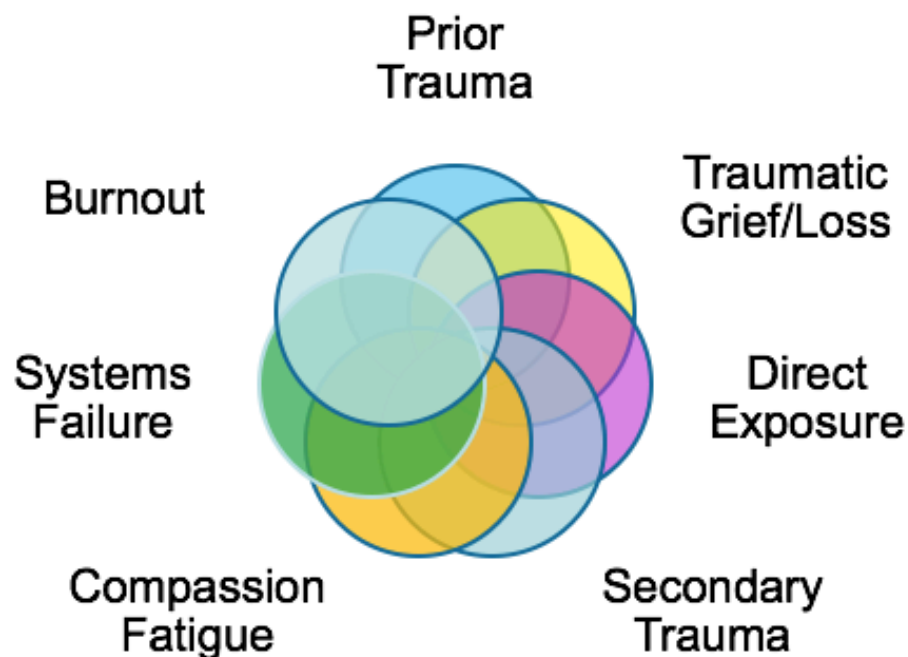


Image courtesy of Dr. Leslie Anne Ross, Children's Institute Inc. Los Angeles

The 12 Factor Organizational Health Model



Responding: A Continuum of Resources



Recommended Resources

Compassion Fatigue/Vicarious Trauma

The Compassion Fatigue Workbook by Françoise Mathieu

Trauma Stewardship by Laura Van Dernoot Lipsky

Organizational Health

Building Resilient Teams by Patricia Fisher (available at www.tendacademy.ca)

Is work Killing You? A Doctor's Prescription for Treating Workplace Stress by David Posen

Trauma and the Body

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

Help for the Helper: the psychophysiology of compassion fatigue and vicarious trauma by Babette Rothschild.

Stress/Immune System

Resilience, Balance & Meaning Workbook by Patricia Fisher (available at www.tendacademy.ca)

When the Body Says No by Gabor Maté

Relaxation/Meditation Audio Guides

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

Working with Mindfulness by Mirabai Bush: www.mirabaibush.com/working-with-mindfulness

Mindfulness & Self-compassion websites

www.franticworld.com/free-meditations-from-mindfulness

www.self-compassion.org

www.mindfulselfcompassion.org