RESOURCES

Compassion Fatigue, Burnout, Moral Injury and Self-Care and Wellness

Books:
Against Empathy: The Case for Rational Compassion by Paul Bloom
Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants by Robin Wall Kimmerer
Calm the F*ck Down: How to Control What You Can and Accept What You Can’t so You Can Stop Freaking Out and Get on with Your Life by Sarah Knight
Codes of Ethics on Therapists' Impairment, Burnout and Self Care Complete comparative list of different Codes of Ethics on a variety of topics By Ofer Zur, Ph.D.
No More Heroes: Grassroots Challenges to the Savior Mentality by Jordan Flaherty
Overcoming Compassion Fatigue: A Practice Resilience Workbook by Martha Teater and John Ludgate
Play: How It Shapes the Brain, Opens the Imagination and Invigorates the Soul by Stuart Brown
Positivity by Barbara Fredrickson
Self-compassion by Kristin Neff
Start Here: Master the Lifelong Habit of Wellbeing by Eric Langshur
The Compassion Fatigue Workbook: Creative Tools for Transforming Compassion Fatigue and Vicarious Trauma by Francoise Mathieu
The Four Agreements by Don Miquel Ruiz
The Heart of the Buddha’s Teaching: Transforming Suffering into Peace, Joy, and Liberation by Thich Nhat Hanh
The How of Happiness by Sonja Lyuboirsky
The Power of Habit: Why We Do What We Do in Life and Business by Charles Duhigg
The Way We’re Working Isn’t Working by Tony Schwartz
Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others by Laura Van Dernoot Lipsky
Upside: The New Science of Post-Traumatic Growth by Jim Rendon

Articles:
~How to Stay Empathic without Suffering So Much: Four steps to a healthier, more helpful, and more sustainable form of empathy.
By Amy L. Eva https://greatergood.berkeley.edu/article/item/how_to_stay_empathic_without_suffering_so_much
~What is Empathy? Greater Good Magazine https://greatergood.berkeley.edu/topic/empathy/definition#what_is

Burnout, Secondary Trauma Stress, Compassion Fatigue & Burn-out Assessments:
- How Many Burn-Out/Stress Factors Do You Have? By Teater & Ludgate
- Compassion Fatigue Symptom Assessment by Eric Gentry
- Symptoms of Secondary Traumatic Stress / Vicarious Trauma by Eric Gentry
- Professional Quality of Life Scale (PROQOL) (The most widely used evidence-based self-assessment of compassion satisfaction and compassion fatigue. By Charles Figley, 1990s/Beth Hudnall-Stamm)
- Skovholdt Practitioner Professional Resiliency and Self-Care Inventory (Thomas Skovholt, 2014 Revised)