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Greene Growth & Training LLC

Enhancing Personal, Relational, Professional & Community Change for the Socially Conscious

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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 Miguel 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 Lyubomirsky

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

~*When Can Empathy Move Us to Action?* By Daniel Goleman <https://www.psychologytoday.com/us/blog/the-empathy-gap/201703/what-s-the-matter-empathy>

~*What is Empathy?* Greater Good Magazine https://greatergood.berkeley.edu/topic/empathy/definition#what_is

~*What's the Matter with Empathy? Or, Why I'm Against Empathy* by Sara Konrath Ph.D. <https://www.psychologytoday.com/us/blog/the-empathy-gap/201703/what-s-the-matter-empathy>

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)