

Resources Made Available by Bharati Acharya, Mental Health Professional, MA, LPCC, Diplomat in Narrative Therapy, Minneapolis.

Beyond the Boxes II: Three Cutting Edge Topics in LGBTQ Mental Health
Friday, September 30, 2016
Walker Community Church, Minneapolis, MN

Recommended books on Compassion Fatigue and Vicarious Trauma:

Figley, C.R. (Ed.). (1995) Compassion fatigue: Coping with secondary traumatic stress disorder in those who treat the traumatized. New York: Brunner/Mazel.

McCann, I.L.; & Pearlman, L.A. (1990). Vicarious traumatization: A framework for understanding the psychological effects of working with victims. *Journal of Traumatic Stress*, 3: 131 - 149.

Stamm, B.H. (Ed.). (1999). Secondary traumatic stress: Self-care issues for clinicians, researchers, and educators, 2nd Edition. Lutherville, MD: Sidran Press.

Recommended Self-Care books for Helpers:

Borysenko, J. (2003) Inner peace for busy people: 52 simple strategies for transforming your life.

Fanning, P. & Mitchener, H. (2001) The 50 best ways to simplify your life
Jeffers, S. (1987) Feel the fear and do it anyway. O'Hanlon, B. (1999) Do one thing different: 10 simple ways to change your life. Posen, D. (2003) Little book of stress relief.

Richardson, C. (1998) Take time for your life.

SARK, (2004) Making your creative dreams real: a plan for procrastinators, perfectionists, busy people, avoiders, and people who would rather sleep all day.

Weiss, L. (2004) Therapist's Guide to Self-care.

MBSR Resources

Kabat-Zinn, J. Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness.

Video: YouTube "stress reduction in 6 parts"