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**2009**

While Caring For

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**Laura Van**

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**Connie Burk**

Burk

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Offers a look at the  
many ways the  
stress of dealing  
with trauma  
manifests itself:

feelings of  
helplessness and  
hopelessness,  
diminished  
creativity, chronic  
exhaustion,  
cynicism, and

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more. This title  
presents a variety  
of simple practices  
that enable us to  
look carefully at  
our reactions and  
motivations and  
discover sources  
of energy and  
renewal.

How empathy can  
jeopardize a

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2009 Author Laura  
Van Dornoot  
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therapist's well-  
being. Therapist  
burnout is a  
pressing issue,  
and self-care is  
possible only when  
therapists actively  
help themselves.

The authors  
examine the  
literature from  
neurobiology,

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social psychology,  
and folk

psychology in

order to explain

how therapists

suffer from an

excess of empathy

for their clients,

and then they

present strategies

for dealing with

burnout and

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stress.

Whether we are  
overwhelmed by  
work or school; our  
families or  
communities;  
caretaking for  
others or  
ourselves; or  
engagement in  
social justice,  
environmental

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advocacy, or civil  
service, just a few  
subtle shifts can  
help sustain us.

Laura van Dernoot  
Lipsky, bestselling  
author of Trauma  
Stewardship,

shows us how by  
offering concrete  
strategies to help  
us mitigate harm,



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cultivate our ability  
to be decent and  
equitable, and act  
with integrity. The  
Age of Overwhelm  
aims to help ease  
our burden of  
overwhelm, restore  
our perspective,  
and give us  
strength to  
navigate what is

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yet to come.

Taking care of the  
While Caring For Self  
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Van Dernoot  
Lipsky Connie  
Burk  
compassionate  
guide to healing  
secondary trauma  
A traumatic  
experience can  
have profound  
impacts on the  
people directly  
involved. However,

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that trauma can extend to the professionals like first responders and crisis counselors, as well as the friends and family of trauma survivors--even if it wasn't a firsthand experience.

## Healing Secondary

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Trauma is the gentle guide to help you identify symptoms, understand the feelings, and begin the healing process of your own secondary trauma. With interactive exercises and

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cutting-edge strategies for caregivers and professionals, it will help you address the daily realities of compassion fatigue, stress, and anxiety. Your journey to recovery from secondary

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trauma starts here.

Inside this book

you'll learn: Find

yourself

again--Learn how

to process and

manage your

emotional

responses so you

feel calmer,

present, and more

in control of

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yourself. Plan for  
wellness--Create a  
path toward

healing with a

personalized self-

care plan and

strategies to

regenerate

empathy when

your compassion

stores feel low.  
You're not

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alone--Stories about everyday people highlight how secondary trauma can affect all of us in different ways. Begin the healing process from your secondary trauma today.

Surviving



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Overcoming  
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Edition  
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Harassment of  
Women

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The Interpersonal  
Neurobiology of  
Play: Brain-  
Building  
Interventions for  
Emotional Well-  
Being

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Coping With  
Secondary  
Traumatic Stress  
Disorder In Those  
Who Treat The

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Traumatized  
If you're a  
While Caring For Self  
Human Service  
Others, Paperback  
Worker,  
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caregiver, or  
Van Der Voet  
you work with  
lipsky, Connie  
at-risk  
Popk  
populations as  
a counselor,  
social worker,  
parole officer,  
medical or  
mental health

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for those who  
help others is  
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will learn  
about one

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woman's  
physical and  
emotional  
descent due to  
years of self-  
neglect. You  
will also learn  
about her  
recovery as  
well as how to  
serve and care  
for others  
without

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forgetting to take care of yourself. This book is full of practical wisdom and advice for those in the helping professions and caregivers. It tells Beverly's story, as well

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as the stories of others who have neglected their own self-care. But more than that, it educates those in the helping professions and in caregiver roles about the importance of strategies for

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consistent self-  
care. Find out  
how you may be  
putting  
yourself at  
risk and learn  
skills,  
techniques and  
strategies to  
restore and  
maintain self  
regulation,  
physical and



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The story of  
one woman's  
struggle to  
care for her  
seriously ill  
husband—and a  
revealing look  
at the role  
unpaid family  
caregivers play  
in a society  
that fails to

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provide them  
with structural  
support.

Already Toast

shows how all-

consuming

caregiving can

be, how

difficult it is

to find

support, and

how the social

and literary

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narratives that have long locked women into providing emotional labor also keep them in unpaid caregiving roles. When Kate Washington and her husband, Brad, learned that he

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had cancer,  
they were a  
young couple:  
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with ascending  
careers,  
parents to two  
small children.  
Brad's  
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identities  
away: he became

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his eyesight  
and nearly of  
his life. Kate  
acted as his  
full-time aide  
to keep him  
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coordinating  
his treatments,  
making doctors'  
appointments,  
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"You're already  
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it all, she  
felt profoundly  
alone, but, as  
she later  
learned, she  
was in fact one  
of millions: an



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family  
caregivers—is a  
crucial

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equity,  
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-Zaretta

Hammond, author

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Traumatic  
Stress

*'Funny, kind,  
generous and smart  
- I could have done*

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*comes to our sex  
lives, few of us are  
free of niggling fears  
and body image  
insecurities. Rather  
than enjoying and  
exploring our bodies  
uninhibited, we  
worry about our  
bikini lines, bulging  
tummies and  
whether we're doing  
it 'right'. Flo*

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*broaches everything from faking it to consent, stress to kink, and how losing your virginity isn't so different to eating your first chocolate croissant. Her mission is to get more people talking openly about what they do and don't want from every*

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*romantic encounter.*

*As a social worker,  
jail chaplain, and  
justice advocate,*

*Bethany Dearborn*

*Hiser pushed*

*herself to the brink  
of burnout—only to  
discover that she  
needed the very  
soul care she was  
providing to others.*

*Tackling the effects*

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*Together, the leading editors and contributors comprehensively examine how trauma affects an individual's biology, conceptions of the world, and psychological functioning. Key topics include why certain people cope*

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underlying PTSD  
symptomatology,  
enduring questions  
surrounding  
traumatic memories  
and dissociation,  
and the core*

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components of effective interventions. A highly influential work that laid the foundation for many of the field's continuing advances, this volume remains an immensely informative and thought-provoking

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*clinical reference  
and text. The  
preface to the 2007  
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situates the book  
within the context of  
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research  
developments.*

*Working to make  
the world a more  
hopeful and  
sustainable place*



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*can mean having to  
confront trauma*

*head-on, day in and  
day out. Over*

*months and years*

*this takes an*

*enormous toll, one*

*that were often not*

*even fully aware of*

*until the day we feel*

*like we just cant go*

*on any more. And*

*the work is too*

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*important to risk that  
happening.*

*Strategies for the  
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*Who Help Others*

*An Introductory*

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*Adlerian Counseling*

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*A Crash Course on*

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*Communication and*

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professions.*

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have helped  
thousands of  
helpers in the  
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mental health,  
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services,  
education, and  
the military.

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a

*comprehensive  
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compassion*

*fatigue and*

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*Fatigue*

*Workbook leads*

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*through*

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designed to  
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specific areas  
in their  
personal and  
professional  
lives. It  
provides  
concrete  
strategies to*

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*help the  
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a personalized  
plan for  
identifying  
and  
transforming  
compassion  
fatigue and  
vicarious trau  
matization.*

*Topics covered*



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*include:*

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compassion*

*fatigue and*

*vicarious*

*trauma symptom*

*checklist*

*targeting*

*areas for*

*strategic*

*planning*

*understanding*

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*solutions:*

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*everywhere*

*struggle to*

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Lipsky Connie  
work. It also  
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offers scripts  
to improve  
communication,  
and exercises  
to navigate

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*stressful*

*interactions*

*with skill and  
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*struggling*

*with academic*

*pressure,*

*social*

*difficulties,*

*physical self-*



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*and teens*  
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*and strategies*  
*that work. In*  
*this book, you*  
*will learn how*

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*to:* • Maximize  
your teen's  
healthy  
development

• Understand  
what underlies  
her moods and  
behavior

• Implement  
strategies for  
positive  
results

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• *Communicate  
effectively  
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*difficult*

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*issues • Enjoy*

Van Dernoort  
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Trauma. Over  
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watercolor  
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*with a deep  
experience of  
how the body  
and mind react  
and process  
our own  
traumas and  
those of  
others.*

*Treating the  
Trauma*

*Survivor is a*

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*assist mental*  
*health, health*  
*care, and*  
*social service*  
*providers in*  
*providing trau*  
*ma-informed*  
*care. This*  
*resource*  
*provides*

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*information in*  
*order to*  
*understand the*  
*impacts of*  
*trauma by*  
*summarizing*  
*key literature*  
*in an easily*  
*accessible and*  
*user-friendly*  
*format.*



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*Providers will  
be able to  
identify  
common  
pitfalls and  
avoid re-  
traumatizing  
survivors  
during  
interactions.  
Based on the  
authors'*

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*extensive*  
To Caring For Self  
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While Caring For  
*interactions*  
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*with trauma*  
2009 Author Laura  
*survivors, the*  
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*book provides*  
Lipsky Connie  
*a trauma-*  
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*informed*  
*framework and*  
*offers*  
*practical*  
*tools to*

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Lipsky Connie  
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community, and  
addictions  
settings as

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*well as health  
care providers  
and community  
workers will  
find the*

*framework and  
the practical  
suggestions in  
this book*

*informative  
and useful.*

*A Parents'*

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*Guide for  
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Joy and  
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Resilience  
Van Dernoot  
A Guide for  
Lipsky Connie  
School-Based  
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Transforming  
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Compassion  
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Fatigue and  
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Traumatization  
Treating the  
Trauma  
Survivor*

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*The Compassion  
To Caring For Self  
Fatigue  
While Caring For  
Workbook*

**What do you do  
when stress  
takes over your  
life, and**

**nothing you do  
to feel better  
seems to work?**

**When you...**

**•Melt down over**

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the smallest  
things • Get  
angry at the  
people you love  
• Choke under  
pressure • Feel  
tense and  
worried all the  
time  
• Procrastinate  
or give up in  
the face of a  
crucial



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Others Paperback  
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to move on  
Hijacked by  
Your Brain is  
the first book  
to explain how

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your brain and  
what you can do  
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stress, you

have to  
understand why  
your brain  
causes you to  
feel stress and

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take advantage  
of it to handle  
the high-stress  
people and  
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your life. This  
groundbreaking  
book reveals  
the step  
missing in most  
stress  
reduction*

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*guides. We  
can't stop  
stress, but we  
can control the  
effect stress*

*has on us.*

*Hijacked by*

*Your Brain is*

*the user's*

*manual for your*

*brain that*

*shows you how*

*to free*

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*yourself when  
stress takes  
over.*

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Secondary Laura  
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Stress presents  
a model for  
supporting  
emotional well-  
being in  
workers who are  
exposed to the

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*effects of  
secondary  
trauma. The  
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helping  
professionals  
with a  
portfolio of  
skills that  
supports  
emotion  
regulation and  
recovery from*

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*secondary trauma exposure and also that enhances the experience of the helping encounter. Each chapter presents evidence-informed skills that allow readers to regulate*

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*distressing*  
*emotions and to*  
*foster*  
*increased*  
*empathy for*  
*those suffering*  
*from trauma.*

*Reducing*  
*Secondary*  
*Traumatic*  
*Stress goes*  
*beyond the*  
*usual*



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*discussion of  
burnout to talk  
in specific  
terms about  
what we do  
about the very  
real stress  
that is  
produced by  
this work.  
Overwhelming  
empirical  
evidence*

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*indicates that  
new social  
workers,  
particularly  
those going  
into child  
welfare or  
other trauma-  
related care,  
will discover  
emotional  
challenges  
including the*

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*indirect or  
secondary  
effects of the  
trauma work  
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burnout, and  
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between  
theoretical and  
pragmatic  
approaches to  
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issue in human  
service work,*  
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*provides a  
potential  
resolution by  
conceptualizing*

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*importance of  
self-care in  
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the agency  
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he uses a  
framework  
grounded in the  
ecological-  
systems  
perspective  
conceptualizing

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*self-care as a  
broader set of  
practice  
behaviors  
pertaining to  
the whole  
person,  
including the  
physical,  
interpersonal,  
organizational,  
familial, and  
spiritual*

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makes a case  
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pragmatic role  
of recreational

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*time with*  
*family and*  
*friends,*  
*physical*  
*health,*  
*spirituality,*  
*and*  
*mindfulness.*

*The application*  
*of a*  
*comprehensive*  
*approach to*

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*self-care  
practice has  
potential to  
empower  
practitioners  
to remain  
resilient and  
committed to  
the values,  
mission, and  
spirit of the  
social work  
profession in*

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trauma.*

*This workbook  
provides tools  
for self-  
assessment,  
guidelines and  
activities for  
addressing  
vicarious  
traumatization,  
and exercises  
to use with*

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*groups of  
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Workbook*

Victim advocates  
work with the  
trauma of others on  
a daily basis.



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Helping people  
who suffer can be  
difficult, traumatic,  
and draining.

Thousands of  
victim advocates  
struggle with  
depression,  
obesity, immune  
disorders,  
addiction, and  
anxiety – frequently

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the results of  
vicarious trauma.  
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vicarious trauma is  
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content while  
thriving in a trauma-  
related field. Here,  
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addressing and

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and compassion

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learn about

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techniques for self-

soothing, renewal,

and transformation.

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breathing  
modalities, guided  
meditations,  
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and leaving work at  
work rituals to open  
a way to  
compassion  
satisfaction,  
personal wellness,

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and empowerment.

You will be  
provided tools to  
implement,  
empower, and  
sustain an  
organizational  
culture of vicarious  
trauma prevention.  
Finally, you will find  
out how to maintain  
life balance by

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nurturing physical, psychological, emotional, spiritual, personal, and professional aspects of yourself, in order to create a productive, full, and cherished life free of vicarious trauma. This workbook addresses the vital

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questions helpers,  
responders, and  
organizations have  
about self-care and  
its relationship to  
resilience and  
sustained  
effectiveness in the  
midst of daily  
exposure to trauma  
victims and or  
situations. Packed

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provides neuro-  
based and trauma-  
sensitive

recommendations  
for improving the  
ways clinicians  
care for  
themselves. Each



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'session' helps  
clinicians identify  
their personal self-  
care needs and  
arrive at an  
effective self-care  
plan that promotes  
resilience in the  
face of daily  
exposure to trauma-  
inducing situations  
and reduces the

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effects of  
compassion fatigue  
and burnout.

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that focuses on the  
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term  
consequences of  
highly stressful  
events. It focuses  
on those  
individuals who

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victims of Post-  
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and doctors.

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Fatigue is a fresh  
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proven  
interventions, and  
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determine your  
level of risk · CBT  
skills to overcome  
distress ·

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together a practical, practitioner-friendly workbook that addresses compassion fatigue with understanding and caring. They offer evidence based clinical tools reflecting behavioral,

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cognitive as well as  
mindfulness

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addition to

assessment

strategies that can

be used to facilitate

resilience. I highly

recommend this

resource to ensure

professional

competency." --

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measures and

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helpful exercises  
that are invaluable  
to the reader. I  
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care provider." --

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intervention and  
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provides a unique  
and very hands-on  
approach to  
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caregiver." --

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and Social Justice  
Van Derpoot  
in Education)  
Lipsky Connie  
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Burk  
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Trauma  
Stewardship  
*Now in 15  
languages.*

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*Understand the  
different types of  
upsets and traumas  
your child may*

*experience—and*

*learn how to teach*

*them how to be*

*resilient, confident,*

*and even joyful.*

*The number of*

*anxious, depressed,*

*hyperactive and*

*withdrawn children*

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*is staggering—and still growing! Millions have experienced bullying, violence (real or in the media), abuse or sexual molestation. Many other kids have been traumatized from more “ordinary” ordeals such as*

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*terrifying medical procedures, accidents, loss and divorce. Trauma-Proofing Your Kids sends a lifeline to parents who wonder how they can help their worried and troubled children now. It offers simple but powerful*

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tools to keep children safe from danger and to help them “bounce back” after feeling scared and overwhelmed. No longer will kids have to be passive prey to predators or the innocent victims of life’s circumstances. In

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besieged them.  
Trauma-Proofing Your Kids is a treasure trove of simple-to-follow “stress-busting,” boundary-setting, sensory/motor-awareness activities that counteract trauma’s effect on a child’s body, mind



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*and spirit.*

*Including a chapter  
on how to navigate  
the inevitable*

*difficulties that  
arise during the  
various ages and  
stages of*

*development, this  
ground-breaking  
book simplifies an  
often mystifying  
and complex*

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*subject,*  
*empowering*  
*parents to raise*  
*truly confident and*  
*joyful kids despite*  
*stressful and*  
*turbulent times.*

*Blending poetics,*  
*politics, and*  
*everyday life, the*  
*singular lyrics of*  
*Boots Riley, poet of*  
*the hip-hop*

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*underground are  
collected here.*

*A mission to help  
others heal and  
regain productive  
lives is likely what  
led you to pursue a  
career in  
professional  
caregiving. But  
what happens when  
all the accumulated  
suffering and*

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*trauma that you have witnessed and the pain that you have experienced starts to cause problems in your own personal and professional life? Insidious and often steeped in shame, compassion fatigue burnout and traumatic stress*

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*are very real issues that members of the caregiving community are not only at risk for but will inevitably confront at some point in their careers. The key is not to fight against or run away from these consequences of caregiving, but*

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and practitioner of  
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Jeffrey "Jim" Dietz  
combine over

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*seventy years'*  
*worth of experience*  
*treating patients*  
*and caregivers to*  
*present a two-part*  
*text that first*  
*examines the cause*  
*of compassion*  
*fatigue, followed by*  
*a proven, simple*  
*five-step solution*  
*for healing and a*  
*renewed sense of*



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*mission. Drawing  
from their  
While Caring For Self  
Professional  
Resilience  
workshop that has  
been attended by  
over 100,000  
international  
participants, Drs.  
Gentry and Dietz  
address these  
issues with their  
readers in ways*

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*that are candid,  
heartfelt, insightful,  
and most of  
all--filled with hope.*

*This is not only a  
book about  
avoiding*

*compassion fatigue  
and burnout, it's  
about rediscovering  
the joy of helping  
others. - Charles R.*

*Figley, PhD,*  
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Disaster Mental  
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Counseling and  
Psychotherapy,  
now in its fifth  
edition, remains a  
classic text for  
students and an  
essential resource

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all levels of  
experience.

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consistently lauded  
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previous editions  
for its clarity,  
concise focus, and  
use of many  
practical  
applications. It  
explains and

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*illustrates individual, group, and couples work with children, adolescents, and adults of all ages. It highlights Adler's and Dreikurs's unique contributions to child guidance, lifestyle assessment and early*

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recollections, and why it has been rated the most multicultural appropriate theory among counseling approaches. The fifth edition presents a fresh organization and an even clearer structure. A new emphasis is placed

Read PDF Trauma  
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on the distinction  
between counseling  
and psychotherapy,  
as practiced from  
the Adlerian Laura

perspective.  
Additional chapter  
activities and  
review questions  
are added  
throughout the  
text, and all  
previous material is

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*updated and  
refreshed.*

A Workbook on  
Vicarious  
Traumatization

An Everyday Guide  
to Caring for Self  
While Caring for  
Others

Climate, Culture,  
and Consequences  
in Academic  
Sciences,



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*Engineering, and  
Medicine*  
A Trauma-Focused  
Approach to  
Caregiving  
Prevention and  
Resolution of  
Burnout, Toxic  
Stress and  
Compassion  
Fatigue  
Compassion  
Fatigue

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*From Burned Out  
to Beloved*

***In this  
groundbreaking  
book, a leading  
clinical  
psychiatrist  
redefines how  
we think about  
and treat  
victims of  
trauma. A***

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**"stunning  
achievement"  
that remains a  
"classic for our  
generation."**

**(Bessel van der  
Kolk, M.D.,  
author of *The  
Body Keeps the  
Score*). *Trauma  
and Recovery is  
revered as the***

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***seminal text on  
understanding  
trauma***

***survivors. By  
placing***

***individual***

***experience in a***

***broader political***

***frame, Harvard***

***psychiatrist***

***Judith Herman***

***argues that***

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**psychological  
trauma is  
inseparable  
from its social  
and political  
context.**

**Drawing on her  
own research on  
incest, as well as  
a vast literature  
on combat  
veterans and**

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**victims of  
political terror,  
she shows  
surprising  
parallels  
between private  
horrors like  
child abuse and  
public horrors  
like war. Hailed  
by the New York  
Times as "one of**

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***the most  
important  
psychiatry works  
to be published  
since Freud,"  
Trauma and  
Recovery is  
essential  
reading for  
anyone who  
seeks to  
understand how***

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***we heal and are  
healed.***

***Trauma  
following  
automobile  
accidents can  
persist for***

***weeks, months,  
or longer.***

***Symptoms  
include***

***nervousness,***



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Everyday Guide  
*sleep disorders,  
loss of appetite,  
and sexual  
dysfunction. In  
Crash Course,  
Diane Poole  
Heller and  
Laurence Heller  
take readers  
through a series  
of case histories  
and exercises to*

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Everyday Guide

***explain and  
treat the health  
problems and  
trauma brought  
on by car  
accidents.***

***"Traumatic or  
adverse***

***experiences are  
pervasive among  
school-aged  
children and***

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***youth. These experiences undermine students' ability to learn, form relationships, and manage their feelings and behaviour. Meanwhile, educators and school-based***

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***professionals often remain unaware of the complex needs of their students or how to meet them within the hours of the typical school day, all while possibly dealing with their own***

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**stressors.**

**Supporting and  
Educating  
Traumatized  
Students: A  
Guide for School-  
Based  
Professionals**

**provides a  
practically  
oriented tool for  
understanding**

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Everyday Guide  
**and assisting  
students with a  
history of  
trauma.**

2009 Author Laura  
Van Lierhooft  
Lipsky Connie  
Burk  
**Designed  
specifically for  
professionals in  
mental health  
and education  
settings, this  
volume  
combines**

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**content and  
expertise from  
practitioners,  
researchers, and  
other experts  
with  
backgrounds in  
education,  
school  
psychology,  
school social  
work, school**

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**administration,  
resilience,  
school policy,  
and trauma. The  
book provides a  
thorough  
background on  
current research  
in trauma and  
its impact on  
school  
functioning;**



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**administrative  
and policy  
considerations;  
and a broad set  
of practical and  
implementable  
strategies and  
resources for  
adapting and  
differentiating  
instruction,  
modifying the**

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**classroom and  
school  
environments,  
and building  
competency for  
students and  
staff impacted  
by trauma.**

**Rather than  
provide complex  
treatment  
protocols, the**

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***chapters in this  
book offer***

***simple***

***techniques and  
strategies***

***designed for all  
types of***

***educational***

***environments***

***within the***

***context of***

***multiple***

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**potential  
sources of  
trauma.**

**Supporting and  
Educating**

**Traumatized  
Students is an  
essential**

**resource for**

**classroom**

**teachers,**

**administrators,**

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**and school-  
based  
professionals, as  
well as courses  
that address  
crisis, trauma,  
and education  
across a broad  
spectrum of spe  
cializations."**--

**Shame**

**influences more**

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***of our thoughts  
and actions than  
many other  
emotions. Used  
as a punishment  
for bad  
behavior, shame  
acts as an  
incentive for us  
to behave in  
socially  
acceptable ways.***

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***As a common  
method used to  
regulate  
children's  
behavior, shame  
is by far one of  
the most  
pervasive  
socializing  
agents. Many of  
our more  
persistent,***

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***punitive, and  
critical feelings  
about ourselves  
stem from  
humiliations in  
early childhood  
even if we don't  
remember the  
specific events  
that prompted  
them. While w  
Healing***



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While Caring For  
Others Paperback  
2009 Author Laura  
Van Derpoot  
Lipsky Connie  
Burk

***Secondary  
Trauma  
Boots Riley  
Already Toast  
Proven  
Strategies for  
Caregivers and  
Professionals to  
Manage Stress,  
Anxiety, and  
Compassion  
Fatigue***

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***The Victim and  
the Helper***

***A Self-Healing  
Guide to Auto***

***Accident***

***Trauma and  
Recovery***

***The Aftermath  
of***

***Violence--From  
Domestic Abuse  
to Political***

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***Terror***

Some of  
Australia's  
leading trauma  
specialists Laura  
Van Bernoot  
Lipsky Connie  
Burk  
provide a unique  
and systematic  
analysis of  
trauma reactions  
in both victims  
and their  
helpers.

Educators must  
both respond to

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the impact of trauma, and prevent trauma at school. Trauma-informed initiatives tend to focus on the challenging behaviors of students and ascribe them to circumstances that students are facing

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outside of school. This approach ignores the reality that inequity itself causes trauma, and that schools often heighten inequities when implementing trauma-informed practices that are not based in educational

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equity. In this fresh look at trauma-informed practice, Alex Shevrin Venet urges educators to shift equity to the center as they consider policies and professional development. Using a framework of six

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Everyday Guide  
principles for  
equity-centered  
trauma-informed  
education, Venet  
offers practical  
action steps  
that teachers  
and school  
leaders can take  
from any  
starting point,  
using the  
resources and  
influence at

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their disposal to make shifts in practice, pedagogy, and policy. Overthrowing inequitable systems is a process, not an overnight change. But transformation is possible when educators work



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past decade  
toward including  
a neuroscience  
perspective when  
designing  
clinical  
interventions.  
However, for  
many play  
therapists it  
has been  
challenging to  
apply this  
information in

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the context of  
play therapy.

Here, Theresa

Kestly teaches

therapists how

to understand

the neurobiology

of play

experiences so

the undeniable

benefits of play

therapy can be

exploited to

their fullest.

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At last,  
clinical readers  
have a book that  
takes seriously  
the importance  
of play and  
brings a  
scientific eye  
to this most  
important aspect  
of life. Drawing  
on concepts of  
interpersonal  
neurobiology,

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the benefits of  
play

interventions to

achieve

attunement,

neural

integration,

healthy

attachment, and

the development

of resilience

and well-being

become clear.

The book is

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organized into three parts. The first part lays a conceptual foundation for considering play in relation to the neurobiology of the developing brain and mind. The next part explores specific topics

Read PDF Trauma Stewardship An Everyday Guide about play including the therapeutic playroom, the collaborative relationship between therapist and clients, storytelling, and mindfulness. The last part of the book asks questions about

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the state of  
play in our  
families,  
clinics, and  
schools. How did  
we get to a  
place where play  
has been so  
devalued, and  
what can we do  
about it? Now  
that we know how  
important play  
is across the



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lifespan from a  
scientific  
standpoint, what  
can we do to  
Others Paperback  
2009 Author Laura  
Van Dornoot  
Linsky Connie  
Burk  
fully integrate  
it into our  
lives? After  
reading this  
book,  
clinicians,  
teachers, and  
even parents  
will understand  
why play helps

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children (and adults) heal from painful experiences, while developing self-regulation and empathy. The clinical examples in the book show just how powerful the mind is in its natural push toward wholeness

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and integration.  
Written in an  
engaging and  
relatable  
manner, this  
book reviews the  
psychological  
theories and  
research on the  
topic of  
oppression – its  
evolution, its  
various forms,  
and its

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consequences.  
Painful  
historical  
examples and  
modern-day  
occurrences of  
oppression  
including mass  
incarceration,  
LGBT and  
transgender  
issues, police  
brutality,  
immigration

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reform, anti-  
Muslim  
sentiments, and  
systemic racism  
are explored.  
How oppression  
exists and  
operates on  
various levels,  
the mental and  
behavioral  
health  
consequences of  
oppression, and

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promising  
clinical and  
community  
programs to  
eradicate  
oppression are  
reviewed. The  
authors hope  
that by  
providing  
readers with a  
basic  
understanding of  
oppression it

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will motivate  
them to combat  
bias to create a  
more just,  
harmonious, and  
healthy world.

Highlights  
include:

Introduces  
readers to the  
psychological  
theories and  
research on  
oppression

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whereas most  
other books  
focus on a  
sociological or  
ethnic studies  
perspective.

Introduces  
readers to the  
fundamentals of  
oppression--what  
it is, who  
experiences it,  
and where and  
when it has



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taken place.  
Dissects the  
layers of  
oppression -  
how it is  
expressed  
blatantly or  
subtly and  
overtly or  
covertly.  
Explores how  
oppression is  
manifested on  
different levels

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behaviors, and  
how it  
influences  
peoples' well-  
being and  
health. Explores  
why certain  
people are  
discriminated  
against simply  
because of their  
race, ethnicity,  
gender, or  
sexuality and

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the resulting  
To Caring For Self  
psychological  
While Caring For  
implications.  
Others Paperback  
Highlights what  
2009 Author Laura  
researchers and  
Van Dernoot  
service  
Linsky Connie  
providers are  
Burk  
doing to address  
oppression via  
encouraging  
community and  
clinical  
interventions.  
Examines why

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oppression  
exists and has  
persisted  
throughout  
history and what  
it looks like  
today.

Recommends  
future  
psychological  
work on  
oppression  
across research,  
clinical, and

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community  
contexts. Ideal  
as a text in  
upper level  
undergraduate  
and beginning  
graduate courses  
on oppression,  
prejudice and  
discrimination,  
race relations,  
ethnic studies,  
ethnic and  
racial

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minorities,  
multicultural or  
cross-cultural  
psychology,  
multicultural  
counseling,  
diversity,  
women's studies,  
LGBT studies,  
disability  
studies, and  
social justice  
taught in  
psychology,

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social work, and  
counseling.

Behavioral and  
mental health  
providers in  
both clinical  
and community  
contexts will  
also appreciate  
this book.

Vicarious Trauma  
Illustrated  
Reducing  
Compassion



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Fatigue,  
Secondary  
Traumatic  
Stress, and  
Burnout  
2009 Author Laura  
Trauma-Proofing  
Van Derhoot  
Your Kids  
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A Fairly Graphic  
Burk  
Guide  
The Effects of  
Overwhelming  
Experience on  
Mind, Body, and  
Society

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An Essential  
Guide to Trauma-  
Informed Care For  
Others Paperback  
Human Service  
Professionals

***This beloved  
bestseller—over  
180,000 copies  
sold—has  
helped  
caregivers  
worldwide keep***

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**themselves  
emotionally,  
psychologically,  
spiritually, and  
physically  
healthy in the  
face of the  
sometimes  
overwhelming  
traumas they  
confront every  
day. A longtime**

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**trauma worker,**  
**Laura van**  
**Dernoot Lipsky**  
**offers a deep**  
**and empathetic**  
**survey of the oft**  
**en-unrecognized**  
**toll taken on**  
**those working**  
**to make the**  
**world a better**  
**place. We may**

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***feel tired,  
cynical, or numb  
or like we can  
never do  
enough. These,  
and other  
symptoms,  
affect us***

***individually and  
collectively,  
sapping the  
energy and***

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**effectiveness**  
we so  
**desperately**  
**need if we are**  
**to benefit**  
**humankind,**  
**other living**  
**things, and the**  
**planet itself. In**  
**Trauma**  
**Stewardship, we**  
**are called to**

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**meet these  
challenges in an  
intentional way.  
Lipsky offers a  
variety of  
simple and  
profound  
practices, drawn  
from modern  
psychology and  
a range of  
spiritual**

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***traditions, that  
enable us to  
look carefully at  
our reactions  
and motivations  
and discover  
new sources of  
energy and  
renewal. She  
includes  
interviews with  
successful***



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**trauma stewards from different walks of life and even uses New Yorker cartoons to illustrate her points. "We can do meaningful work in a way that works for us and for those**

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***we serve,”***

***Lipsky writes.***

***“Taking care of  
ourselves while  
taking care of  
others allows us  
to contribute to  
our societies***

***with such***

***impact that we***

***will leave a***

***legacy informed***

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***by our deepest  
wisdom and  
greatest gifts  
instead of  
burdened by our  
struggles and  
despair.”***

***Over the last  
few decades,  
research,  
activity, and  
funding has***

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Everyday Guide  
*been devoted to  
improving the  
recruitment,  
retention, and  
advancement of  
women in the  
fields of  
science,  
engineering,  
and medicine. In  
recent years the  
diversity of*

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***those  
participating in  
these fields,  
particularly the  
participation of  
women, has  
improved and  
there are  
significantly  
more women  
entering careers  
and studying***

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**science,  
engineering,  
and medicine  
than ever  
before.**

**However, as  
women  
increasingly  
enter these  
fields they face  
biases and  
barriers and it is**

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**not surprising  
that sexual  
harassment is  
one of these  
barriers. Over  
thirty years the  
incidence of  
sexual**

**harassment in  
different  
industries has  
held steady, yet**

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**now more  
women are in  
the workforce  
and in  
academia, and  
in the fields of  
science,  
engineering,  
and medicine  
(as students  
and faculty) and  
so more women**



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**are**  
**experiencing**  
**sexual**  
**harassment as**  
**they work and**  
**learn. Over the**  
**last several**  
**years,**  
**revelations of**  
**the sexual**  
**harassment**  
**experienced by**

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**women in the  
workplace and  
in academic  
settings have  
raised urgent  
questions about  
the specific  
impact of this  
discriminatory  
behavior on  
women and the  
extent to which**

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***it is limiting  
their careers.  
Sexual***

***Harassment of  
Women explores  
the influence of  
sexual***

***harassment in  
academia on the  
career***

***advancement of  
women in the***

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**scientific,  
technical, and  
medical  
workforce. This  
report reviews  
the research on  
the extent to  
which women in  
the fields of  
science,  
engineering,  
and medicine**

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**are victimized  
by sexual  
harassment and  
examines the  
existing  
information on  
the extent to  
which sexual  
harassment in  
academia  
negatively  
impacts the**

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**recruitment,  
retention, and  
advancement of  
women pursuing  
scientific,  
engineering,  
technical, and  
medical careers.  
It also identifies  
and analyzes  
the policies,  
strategies and**

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**practices that  
have been the  
most successful  
in preventing  
and addressing  
sexual  
harassment in  
these settings.**

**A Practical  
Resilience  
Workbook  
Creating the**

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Equitable School  
Transformation**

**Parenting a**

**Teen Girl**

**Reducing**

**Secondary**

**Traumatic**

**Stress**

**Skills for**

**Sustaining a**

**Career in the**



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