Resources for Health Care Professionals

Websites

- Caring for Oneself to Care for Others: Physicians and Their Self-Care
  www.ncbi.nlm.nih.gov/pmc/articles/PMC3974630

- Five Principles of Self-Care for Health Professionals
  www.kevinmd.com/blog/2010/07/5-principles-selfcare-health-professionals.html

- Self Care for the Health Care Provider: Meditation
  www.nhchc.org/2012/02/self-care-for-the-health-care-provider-meditation

- Healing the Healer: Why Physicians and Medical Professionals Must Practice Self-Care

- Provider Resiliency and Self-Care: An Ethical Issue (Online Course)
  deploymentpsych.org/online-courses/self-care

- Self-Care Strategies Can Help Trauma Providers Overcome Stress, Burnout and Compassion Fatigue

Books

- *The Resilient Practitioner: Burnout and Compassion Fatigue Prevention and Self-Care Strategies for the Helping Professions* by Thomas M. Skovholt and Michelle Trotter-Mathison

- *Compassion Fatigue and Burnout in Nursing: Enhancing Professional Quality of Life* by Vidette Todaro-Franceschi

- *Surviving Compassion Fatigue: Help for Those Who Help Others* by Beverly D. Kyer, MSW, CSW, ACSW

- *Burnout & Compassion Fatigue: A Guide for Mental Health Professionals and Care Givers* by Christine Florio, MSW, LPC, LADC

- *Help for the Helper: The Psychophysiology of Compassion Fatigue and Vicarious Trauma* by Babette Rothschild with Marjorie Rand