

### Vicarious Trauma and Compassion Fatigue Suggested Reading List

#### For First Responders

The following is a reading/resource list for first responders related to trauma, vicarious trauma and compassion fatigue.

Title	Author(s)	Publisher	Publication Year
Mindfulness for warriors: Empowering first responders to reduce stress and build resilience	Kim Colegrove	Mango Publishing	2020
Increasing resilience in police and emergency personnel: Strengthening your mental armor	Stephanie M. Conn	Routledge	2018
Bulletproof spirit, revised edition: the first responder's essential resource for protecting and healing mind and heart	Dan Willis	New World Library	2019

#### Informational Videos, Webinars, and Testimonials

Title	Author(s)	Publisher, Publication Date	Link
Compassion Fatigue: When Caring Hurts (basic information and hotline for assistance)	International Association of Fire Fighters	International Association of Fire Fighters, 2021	Accessible at no cost: <a href="#">Click here</a>
The Vicarious Truama Toolkit: Compendium of Resources	Office for Victims of Crime	Office for Victims of Crime, 2020	Accessible at no cost: <a href="#">Click here</a>
Understanding Compassion Fatigue: Tips for Disaster Responders	Substance Abuse and Mental Health Services Administration	Substance Abuse and Mental Health Services Administration, 2014	Accessible at no cost: <a href="#">Click here</a>
Surviving the Job: Emotional Self-Care During COVID-19 for First Responders	International Association of Fire Chiefs	International Association of Fire Chiefs, 2020	<a href="#">Click here</a>
First Responder PTSD: What to look out for and how to get help	Lt. Gerald Richmond (Rt)	2019	<a href="#">Click here</a>
911 Dispatcher Discusses Vicarious Trauma and Burnout		2019	<a href="#">Click here</a>

#### For Victim Service Providers

The following is a reading/resource list for victim advocates and practitioners related to vicarious trauma and compassion fatiue.

Title	Author(s)	Publisher	Publication Year
Vicarious trauma and its impacts on advocates, therapists and friends	Janet Anderson	Research and Advocacy Digest, 12, 1-16	2004

Vicarious trauma and resilience	S. Megan Berthold		Course used for prior continuing education credit. Accessible at no cost: <a href="#">Click here</a>
Compassion fatigue: Coping with secondary traumatic stress disorder in those who treat the traumatized	Charles R. Figley	Routledge	2013
Trauma stewardship: An everyday guide to caring for self while caring for others	Laura van Dernoot Lipsky & Connie Burk	San Francisco, CA: Berrett-Koehler	2009 Also available: <a href="#">Click here</a>
The compassion fatigue workbook: Creative tools for transforming compassion fatigue and vicarious traumatization	Françoise Mathieu	Routledge	2012
Professional burnout, vicarious trauma, secondary traumatic stress, and compassion fatigue	Jason M. Newell & Gordon A. MacNeil	Best Practices in Mental Health, 6(2), 57-68.	2010
Victim Advocate's Guide to Wellness: Six Dimensions of Vicarious Trauma-free Life	Olga Phoenix	Create Space Independent Publisher	2014
Vicarious trauma in clinicians: Fostering resilience and preventing burnout	Gertie Quitangon	The Psychiatric Times, 36(7), 18-19	Accessible at no cost: <a href="#">Click here</a>
Help for the Helper: The Psychophysiology of Compassion Fatigue and Vicarious Trauma	Babette Rothschild	W.W. Norton and Company, Inc.	2006
Compassion satisfaction, compassion fatigue, and burnout: A replication study with victim advocates	Jonathan Singer, Caroline Cummings, Danielle Boekankamp, Ryan Hisaka, Lorraine T. Benuto	Journal of Social Service Research, 46(3), 313-319	2020

### Informational Videos, Webinars, and Testimonials

Title	Link
Beyond the Cliff: TedX Talk with Laura van Dernoot Lipsky	<a href="#">Click here</a>
Drowning in Empathy (Compassion Fatigue); The Cost of Vicarious Trauma with Amy Cunningham	<a href="#">Click here</a>

### For Professionals Who Serve First Responders

The following is a reading/resource list for providers who serve first responders related to trauma, vicarious trauma and compassion fatigue.

Title	Author(s)	Publisher	Publication Year
First responders: behavioral health concerns, emergency response, and trauma	Substance Abuse, Mental Health Services Administration	Disaster Technical Assistance Center Supplemental Research Bulletin	2018

First responder resilience: caring for public servants	Tania Glenn	Rising Phoenix Press. ISBN: 928-1-946329-56-1	2017
Secondary traumatization in first responders: A systematic review	Anja Greinacher, Cassandra Derezza-Greeven, Wolfgang Herzog, & Christoph Nikendei	European journal of psychotraumatology, 10(1), 1562840.	2019
Treating posttraumatic stress disorder in first responders: A systematic review	Peter T. Haugen, Mark Evces, & Daniel S. Weiss	Clinical psychology review, 32(5), 370-380	2012
First responders: Compassion Fatigue; Burnout; PTSD	George L. Lindenfield	Designs and Patent Act of 1988. ISBN: 978-1986143721	2018
The role of moral suffering (moral distress and moral injury) in police compassion fatigue and PTSD: an unexplored topic	Konstantinos Papazoglou & Brian Chopko	Frontiers in psychology, 8, 1999	2017
The Vicarious Trauma Toolkit: Compendium of Resources	Office for Victims of Crime	Office for Victims of Crime	2020, Available at no cost: <a href="#">Click here</a>

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