



Vicarious Trauma and Compassion Fatigue Suggested Reading List

The following is a reading list of self-help books that may provide comfort. This list is not comprehensive.

For First Responders:

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

Informational Videos, Webinars, and Testimonials:

Title	Author(s)	Publication Date	QR Code
<u>The Vicarious Trauma Toolkit: Compendium of Resources</u>	Office for Victims of Crime	2020	
<u>Understanding Compassion Fatigue: Tips for Disaster Responders</u>	Substance Abuse and Mental Health Services Administration	2014	
<u>First Responder PTSD: What to look out for and how to get help</u>	Lt. Gerald Richmond (Rt)	2019	
<u>911 Dispatcher Discusses Vicarious Trauma and Burnout</u>	Recovery Diaries	2019	



For Victim Service Providers

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

Title	Author(s)	Publisher	Publication Year	QR Code
<u>Vicarious trauma and its impacts on advocates, therapists and friends</u>	Janet Anderson	Research & Advocacy Digest, 12, 1-16	2004	
<u>Vicarious Trauma and Resilience</u>	S. Megan Berthold, PhD, LCSW	N/A	2023	
<u>Compassion fatigue: Coping with secondary traumatic stress disorder in those who treat the traumatized</u>	Charles R. Figley, PhD	Routledge	2013	
<u>Trauma stewardship: An everyday guide to caring for self while caring for others</u>	Laura van Dernoot Lipsky & Connie Burk	Berrett-Koehler	2009	
<u>The compassion fatigue workbook: Creative tools for transforming compassion fatigue and vicarious traumatization</u>	Françoise Mathieu	Routledge	2012	
<u>Professional burnout, vicarious trauma, secondary traumatic stress, and compassion fatigue</u>	Jason M. Newell & Gordon A. MacNeil	Best Practices in Mental Health, 6(2), 57-68	2010	
<u>Victim Advocate's Guide to Wellness: Six Dimensions of Vicarious Trauma-free Life</u>	Olga Phoenix	CreateSpace	2014	
<u>Vicarious trauma in clinicians: Fostering resilience and preventing burnout</u>	Gertie Quitangon	Psychiatric Times, 36(7), 18-19		
<u>Help for the Helper: The Psychophysiology of Compassion Fatigue and Vicarious Trauma</u>	Babette Rothschild, MSW, LCSW	W.W. Norton and Company, Inc.	2006	
<u>Compassion satisfaction, compassion fatigue, and burnout: A replication study with victim advocates</u>	Singer, Cummings, Boekamp, Hisaka, Benuto	Journal of Social Service Research, 46(3), 313-319	2020	



Informational Videos, Webinars, and Testimonials:

Title	QR Code
<u>Beyond the Cliff: TedX Talk with Laura van Dernoot Lipsky</u>	
<u>Drowning in Empathy (Compassion Fatigue); The Cost of Vicarious Trauma with Amy Cunningham</u>	

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	QR Code
<u>First responders: behavioral health concerns, emergency response, and trauma</u>	Substance Abuse & Mental Health Services Administration	Disaster Technical Assistance Center Supplemental Research Bulletin	2018	
<u>First responder resilience: caring for public servants</u>	Tania Glenn	Progressive Rising Phoenix Press	2017	
<u>Secondary traumatization in first responders: A systematic review</u>	Greinacher, Derezza-Greeven, Herzog, & Nikendei	European Journal of Psychotraumatology, 10(1), 1562840	2019	
<u>Treating posttraumatic stress disorder in first responders: A systematic review</u>	Haugen, Evces, & Weiss	Clinical Psychology Review, 32(5), 370-380	2012	
<u>First responders: Compassion Fatigue; Burnout; PTSD</u>	George L. Lindenfield, PhD	CreateSpace	2018	
<u>The role of moral suffering (moral distress and moral injury) in police compassion fatigue and PTSD: an unexplored topic</u>	Papazoglou & Chopko	Frontiers in Psychology, 8	2017	



Informational Videos, Webinars, and Testimonials:

Title	Author(s)	Producer	QR Code
<u>Losing a Loved One to Homicide. What We Know From Research and Practice</u>	Marina Duane and Sara Bastomski	Office for Victims of Crime	
<u>After My Husband Was Murdered</u>	Dionne Wilson	TED Conferences	
<u>Aftermath of a Murder: Survivor Stories, Supporting Loss by Homicide</u>	Karen Weibe	Karen Weibe	



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