

## ***Additional Resources***

### **Seasons of Change: Promoting Growth during Times of Uncertainty**

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#### **Assessments/Inventories:**

Figley, Kathleen R. Self-Care Planning Tool© *Figley Institute™*  
<https://sites.google.com/site/selfcareassessments/home/kr-figley-self-care-planning-tool>

Holmes, T.H. & Rahe, R.H. (1967) The Social Readjustment Rating Scale. *Journal of Psychosomatic Research*, 11:2, 213-218.  
*Also known as the Holmes-Rahe Stress Inventory*  
<https://www.stress.org/holmes-rahe-stress-inventory/>

Stamm, B.H. (2009) Professional Quality of Life: Compassion Satisfaction and Fatigue Version 5 (ProQOL). [http://proqol.org/ProQol\\_Test.html](http://proqol.org/ProQol_Test.html)

#### **Websites:**

The American Institute of Stress

<https://www.stress.org/>

APA's Division 19: Society for Military Psychology

<http://www.apa.org/about/division/div19.aspx>

APA's Division 56: Trauma Psychology

<http://www.apa.org/about/division/div56.aspx>

APA's Military Psychology Journal

<http://www.apa.org/pubs/journals/mil/index.aspx>

APA's Military Psychology

<http://www.apa.org/topics/military/index.aspx>

Charles Figley

[www.charlesfigley.com](http://www.charlesfigley.com)

Compassion Fatigue Awareness Project

<http://www.compassionfatigue.org/>

Figley Institute

<http://www.figleyinstitute.com/>

Military OneSource

<http://www.militaryonesource.mil/>

National Military Family Association

<http://www.militaryfamily.org/>

**Online Media:**

[APA Division 56- Trauma Psychology]. (2017, March 29). Charles Figley- Trauma & PTSD in Children and Adolescents. Retrieved from <https://www.youtube.com/watch?v=bl5FMaoSOQ>.

Compassion Fatigue: An Expert Interview with Charles R. Figley, MS, PhD- Medscape October 17, 2005. <http://www.medscape.com/viewarticle/513615>

[Gift From Within- PTSD Resources]. (2012, February 23). Compassion Fatigue Exists in All the Professions. Retrieved from <https://www.youtube.com/watch?v=7YIDFSBUwtY>.

[TedX Talks]. (2017, February 7). How to Manage Compassion Fatigue in Caregiving|Patricia Smith| TedXSanJuanIsland. Retrieved from <https://www.youtube.com/watch?v=7keppA8XRas>.

Tips for Coping with Bad-News Burnout- NPR. (2010). Retrieved from <http://www.npr.org/templates/story/story.php?storyId=127477675>.

The Trauma Therapist Project

<https://www.thetraumatheapistproject.com/podcast/prof-charles-r-figley-phd/>

[WPSU]. (2013, May 20). Charles Figley- Conversations from Penn State. Retrieved from <https://www.youtube.com/watch?v=-PVbTORriEk>.

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- Adams, R. E., Figley, C. R., & Boscarino, J. A. (2008). The compassion fatigue scale: its use with social workers following urban disaster. *Research on Social Work Practice*, 18:3, 238-250.
- Barbara Oberhofer, D. (1997). Compassion Fatigue: Coping with Secondary Traumatic Stress Disorder in Those Who Treat the Traumatized (Psychosocial Stress Series No. 23) Charles F. Figley. *Social Work*, (2), 207.
- Berger, R. (2017). An ecological-systemic approach to resilience: A view from the trenches. *Traumatology*, 23(1), 35-42.
- Borre, D., Tan, M., & Figley, C. R. (2011). Compassion Fatigue, Burnout, and Compassion Satisfaction among Emergency Room Nurses. *Journal of the Mississippi Academy of Sciences*, 56:1, 25-31.
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- Chapman, P. L., Elnitsky, C., Pitts, B., Figley, C., Thurman, R. M., & Unwin, B. (2014). Mental health, help seeking, and stigma and barriers to care among 3- and 12-month post-deployed and never deployed U.S. Army Combat Medics. *Military Medicine*, 179(8), 55-62.

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### **Books:**

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- Figley, C. R. (2012). *Encyclopedia of Trauma : An Interdisciplinary Guide*. Thousand Oaks, Calif: SAGE Publications, Inc.
- Figley, C. R. (1998). *Burnout in families : the systemic costs of caring*. Boca Raton, Fla. : CRC Press, c1998.
- Figley, C. R, Huggard, P. & Charlotte Rees (Eds.) (2013). *First Do No Self-Harm: Understanding and Promoting Physician Stress Resilience*. New York: Oxford University Press.
- Figley, C. R. & Kiser, L. (2013). *Helping Traumatized Families*, second edition. NY: Routledge. Early endorsements.

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- Figley, C. R. & Beder, J. (2016). The cost of caring. In J. Beder (Ed.), *Advances in Social Work Practice with the Military*. NY: Routledge.

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### **Podcasts:**

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<https://itunes.apple.com/us/podcast/your-life-after-trauma-with-michele-rosenthal/id561742972?mt=2>



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