



Show Up Inspired Interview with Kacy Mixon Additional Resources:

Articles:

Christopher, J.C., & Maris, J.A. (2010). Integrating mindfulness as self-care into counselling and psychotherapy training. *Counselling and Psychotherapy Research, 10*(2), 114-125.

Kok, B. C., Herrell, R., Grossman, S., West, J. C., & Wilk, J. (2015). Prevalence of professional burnout among military mental health service providers. *Journal of Psychiatric Services, 67*(1), 137-140.

Lim, N., Kim, E.K., Kim, H., Yang, E., & Lee, S.M. (2010). Individual and work-related factors influencing burnout of mental health professionals: a meta-analysis. *Journal of Employment Counseling, 47*(2), 86-96.

Lizano, E.L. (2015). Examining the impact of job burnout on the health and well-being of human services workers: A systematic review and synthesis. *Human Service Organizations: Management, Leadership, & Governance, 39*(3), 167-181.

Morse, G., Salyers, M.P., Rollins, A.L., Monroe-DeVita, M., & Pfahler, C. (2012). Burnout in mental health services: A review of the problem and its remediation. *Administration and Policy in Mental Health and Mental Health Services Research, 39*(5), 341-352.

Mullen, P.R., & Gutierrez, D. (2016). Burnout, Stress, and Direct Student Services among School Counselors. *Professional Counselor, 6*(4), 344-359.



- Ohrt, J.H., Prosek, E.A., Ener, E., & Lindo, N. (2015). The effects of a group supervision intervention to promote wellness and prevent burnout. *The Journal of Humanistic Counseling, 54*(1), 41-58.
- Paris, M., & Hogue, M.A. (2010). Burnout in mental health workforce: A review. *The journal of Behavioral Health Services & Research, 37*(4), 519-528.
- Puig, A., Baggs, A., Mixon, K., Park, Y.M., Kim, B.Y., & Lee, S.M. (2012). Relationship between job burnout and personal wellness in mental health professionals. *Journal of Employment Counseling, 49*(3), 98-109.
- Ray, S.L., Wong, C., White, D., & Heaslip, K. (2013). Compassion satisfaction, compassion fatigue, work life conditions, and burnout among frontline mental health care professionals. *Traumatology, 19*(4), 255-267.
- Richards, K., Campenni, C., & Muse-Burke, J. (2010). Self-care and well-being in mental health professionals: The mediating effects of self-awareness and mindfulness. *Journal of Mental Health Counseling, 32*(3), 247-264.
- Roseman-Halsband, J.L., Winkel, A.F., Thompson, I.A., & Carson, C. (2018). Physician Wellness. *Alternative and Complementary Therapies, 24*(2), 78-84.
- Thompson, E.H., Frick, M.H., & Trice-Black, S. (2011). Counselor-in-Training Perceptions of Supervision Practices Related to Self-Care and Burnout. *Professional Counselor, 1*(3), 152-162.



Thompson, I., Amatea, E., & Thompson, E. (2014). Personal and contextual predictors of mental health counselors' compassion fatigue and burnout. *Journal of Mental Health Counseling, 36*(1), 58-77.

Wolf, C.P., Thompson, I.A., & Smith-Adcock, S. (2012). Wellness in Counselor Preparation: Promoting Individual Well-Being. *Journal of Individual Psychology, 68*(2).

Wolf, C.P., Thompson, I.A., Thompson, E.S., & Smith-Adcock, S. (2014). Refresh your mind, rejuvenate your body, renew your spirit: A pilot wellness program for counselor education. *The Journal of Individual Psychology, 70*(1), 57-75.

Books/ Book Chapters:

Barnett, N.G. (2015). *The relationship of wellness and wellness practices to burnout among counselors and counselors-in-training*. Mercer University.

Cox, K., & Steiner, S. (2013). *Self-Care in Social Work. A guide for Practitioners, Supervisors, and Administrators*. NASW Press.

Figley, C.R. (2013). *Compassion fatigue: Coping with secondary traumatic stress disorder in those who treat the traumatized*. Routledge.

Figley, C.R. (2013). Measuring compassion satisfaction as well as fatigue: Developmental history of the compassion satisfaction and fatigue test. In *Treating compassion fatigue*, 115-128. Routledge.



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

Figley, C.R., and Ludick, M. (2017). Secondary Traumatization and Compassion Fatigue. *APA Handbook on Trauma Psychology*. Washington, DC: American Psychological Association Press.

Skovholt, T.M., & Trotter-Mathison, M. (2014). *The resilient practitioner: Burnout prevention and self-care strategies for counselors, therapists, teachers, and health professionals*. Routledge.

Links:

The Association for Psychological Science-Burnout and the Brain
<https://www.psychologicalscience.org/observer/burnout-and-the-brain>

The American Institute of Stress- Compassion Fatigue
<https://www.stress.org/military/for-practitionersleaders/compassion-fatigue/>

Compassion Fatigue Awareness Project
<http://www.compassionfatigue.org/>

Compassion Satisfaction & Compassion Fatigue (PROQOL) Version 5 (2009)
http://www.proqol.org/uploads/ProQOL_5_English_Self-Score_7_2011.pdf

Coping Strategies Inventory
<http://pe.spps.org/uploads/copingskillsinventory.pdf>

HelpGuide.org-Preventing Burnout: Techniques for Dealing with Overwhelming Stress
<https://www.helpguide.org/articles/stress/burnout-prevention-and-recovery.htm>

Society for the Advancement of Psychotherapy-Distress, Therapist Burnout, Self-Care, and the Promotion of Wellness for Psychotherapists and Trainees
<http://societyforpsychotherapy.org/distress-therapist-burnout-self-care-promotion-wellness-psychotherapists-trainees-issues-implications-recommendations/>



Transforming Compassion Fatigue into Compassion Satisfaction: Top 12 Self-Care Tips for Helpers

<http://www.compassionfatigue.org/pages/Top12SelfCareTips.pdf>

PsychCentral- How Clinicians Practice Self-Care & 9 Tips for Readers

<https://psychcentral.com/lib/how-clinicians-practice-self-care-9-tips-for-readers/>

Wellspring Counseling-The Impact of Helping: Compassion Fatigue and Tips for Self-Care

<https://wellspringfs.org/counseling/impact-helping-compassion-fatigue-and-tips-self-care>

Blogs:

Carter, S.B. (2013, November). The Tell Tale Signs of Burnout... Do You Have Them?

Psychology Today. Retrieved from: <https://www.psychologytoday.com/us/blog/high-octane-women/201311/the-tell-tale-signs-burnout-do-you-have-them>

Cassels, A. (2017, June). Secrets of Self Care: Transform Your Ability to Manage Stress Through Mindfulness Meditation. *MFLN Military Caregiving*. Retrieved from:

<https://militaryfamilies.extension.org/2017/06/30/transform-your-ability-to-manage-stress-through-mindfulness-meditation/>

Cassels, A. (2017, July). Secrets of Self Care: The Transformative Power of Sleep. *MFLN Military Caregiving*. Retrieved from:

<https://militaryfamilies.extension.org/2017/07/21/the-transformative-power-of-sleep/>

Cassels, A. (2017, August). Secrets of Self Care: Is Hydration One of Your Daily Priorities?

MFLN Military Caregiving. Retrieved from:

<https://militaryfamilies.extension.org/2017/08/25/secrets-of-self-care-is-hydration-one-of-your-daily-practices/>



- Mixon, K. (2013, July). Self-care for the Military Family Advocate. *MFLN Family Development*. Retrieved from: <https://militaryfamilies.extension.org/2013/07/03/self-care-for-the-military-family-advocate/>
- Mixon, K. (2013, December). Mindfulness-based Interventions to Combat Stress. *MFLN Family Development*. Retrieved from: <https://militaryfamilies.extension.org/2013/12/19/mindfulness-based-interventions-to-combat-stress/>
- Mixon, K. (2014, September). Predicting Compassion Fatigue and Burnout in Practitioners. *MFLN Family Development*. Retrieved from: <https://militaryfamilies.extension.org/2014/09/15/predicting-compassion-fatigue-and-burnout-in-practitioners/>
- Sexton, D.L. (2018, February). Counseling through Comfort: Utilizing Restorative Yoga for Rest, Introspection, Healing, and Self-Care. *MFLN Family Development*. Retrieved from: <https://militaryfamilies.extension.org/2018/02/12/counseling-through-comfort-utilizing-restorative-yoga-for-rest-introspection-healing-and-self-care/>
- Sexton, D.L., Sobelson, B., & Hyde, H. (2018, January). Burning the Candle at Both Ends How to Combat Burnout. *Military Families Learning Network*. Retrieved from: <https://militaryfamilies.extension.org/2018/01/12/burning-the-candle-at-both-ends-how-to-combat-burnout/>
- Sexton, D.L., Sobelson, B., & Hyde, H. (2018, January). Three Signs You May Be Experiencing Burnout. *Military Families Learning Network*. Retrieved from: <https://militaryfamilies.extension.org/2018/01/08/three-signs-you-may-be-experiencing-burnout/>.



Villines, Z. (2015, January). Mental Health Workers May Not Recognize Their Own Burnout. *GoodTherapy.Org*. Retrieved from: <https://www.goodtherapy.org/blog/mental-health-workers-may-not-recognize-their-own-burnout-0126151>

Podcasts/Webinars/Online Media:

Thompson, E., & Thompson, I. (2015, April 2). Wellness Strategies, Burnout Prevention, & Mindfulness- Part1. *MFLN Family Development*. Webinar retrieved from https://www.youtube.com/watch?v=F6_6DtKbwO8&feature=youtu.be.

Baggs, A., & Thompson, I. (2015, April 23). Wellness Strategies, Burnout Prevention, & Mindfulness- Part 2. *MFLN Family Development*. Webinar retrieved from <https://www.youtube.com/watch?v=SThOv7EtLaE&feature=youtu.be>.

Litman, B. (2018, January). Rebalancing Work and Life: Be the Model. *MFLN Military Caregiving*. Webinar retrieved from: <https://www.youtube.com/watch?v=BYuafyoQWEY&feature=youtu.be>.