CF/STS Strategies - Bibliography (Updated Feb 2020)

Burnout


Compassion Fatigue, Secondary Traumatic Stress, Vicarious Trauma


Mathieu, F. (2014) Occupational Hazards: Compassion Fatigue, Vicarious Trauma and Burnout, *Canadian Nurse*, June, Vol 110, No. 5.


**Compassion Satisfaction/Vicarious Resilience/Post Traumatic Growth**


**Stress, Immune System & Neuroscience**


Siegel, D.J. (1999). *The developing mind: How relationships and the brain interact to shape who we are*. New York; Guilford Press.

**Organizational Health**


Using the Secondary Traumatic Stress Core Competencies in Trauma-Informed Supervision

The STS Supervisory Competencies is a tool that was developed by the National Child Traumatic Stress Network (NCTSN). Individuals and organizations can use as a benchmark of the competencies needed to provide effective STS supervision and is also a map to resources that can help address gaps in those competencies.


Secondary Traumatic Stress in Child Welfare Practice: Trauma-Informed Guidelines for Organizations

The Chadwick Center for Children & Families at Rady Children’s Hospital San Diego released a set of trauma-informed guidelines with concrete strategies for approaching secondary traumatic stress (STS) in 2016. While these guidelines were created for intended use within child welfare systems, they may be easily adapted into other child-and family-serving organizations.

These guidelines were created as part of the Chadwick Trauma-Informed Systems Dissemination and Implementation Project (CTISP-DI), supported by funding from the Substance Abuse and Mental Health Services Administration (SAMHSA). The guidelines highlight strategies and approaches to STS throughout 4 phases in the life of a child welfare worker (or other child-and family-serving professional), including the hiring phase, first 3 months on the job, the cumulative effect over time, and critical incidents.

https://ctisp.files.wordpress.com/2017/01/stsinchildwelfarepractice-trauma-informedguidelinesfororganizations.pdf


**Supervision**


**Career-Sustaining Behaviours**


**Trauma and the Body & ACES**


Van Der Kolk, B. (2014) *The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma*.

**Grounding Skills & Tools to Manage Exposure**


**Overload/Overwhelm/Balancing**


**Poverty/Racism/Discrimination**
