



### Additional Resources

- The Sanctuary Model: an evidence-supported, trauma-informed whole system organizational change process  
<http://sanctuaryweb.com/TheSanctuaryModel/THESANCTUARYMODELFOURPILLARS/Pillar1SharedKnowledge/GROUPSUNDERSTRESS/WorkplaceStress/VicariousTrauma.aspx>
- National Institute of Mental Health's resource on PTSD <https://www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd/index.shtml>
- Compassion Fatigue and Burnout: History, Definitions and Assessment  
<https://www.vmdtoday.com/journals/vmd/2017/october2017/compassion-fatigue-and-burnout-history-definitions-and-assessment> Tad B. Coles, DVM, MRSS-P, CCFP Published: October 27, 2017
- Podcast: *The Trauma Therapist Podcast* <https://www.thetraumatheapistproject.com/podcasts/>
- Trauma Exposure Response Wheel <http://www.sandiegointegration.org/wp-content/uploads/2016/08/TSI-Handout-Trauma-Exposure-1.pdf>
- Self-Care Wheel <https://www.olgaphoenix.com/key-offerings/self-care-wheel/>

### Videos

- *Drowning in Empathy*, 2016 TED Talk featuring Amy Cunningham  
<https://www.youtube.com/watch?v=Zsaorjlo1Yc>
- *Addressing Vicarious Trauma in Victim Service Professionals*, video produced by the Office for Victims of Crime [https://www.youtube.com/watch?v=XHewhs\\_4YMM](https://www.youtube.com/watch?v=XHewhs_4YMM)
- *Creating a Trauma Informed Organization: Strategies for Success*, webinar by the Office for Victims of Crime  
<https://vtt.ovc.ojp.gov/>
- *Beyond the Cliff* a TEDx Talk featuring Laura van Dernoot Lipsky, former victim's advocate turned author and founder of The Trauma Institute, speaking on the cumulative toll that occurs when we are exposed to the suffering, hardship and crisis and trauma of others <https://www.youtube.com/watch?v=uOzDGrcvmus>

### Quizzes and Course

- Quiz: *Vicarious Trauma for Self and Others*  
<https://www.netce.com/studypoints.php?courseid=1513&printable=yes&page=printquestions>
- Printable *Compassion Satisfaction and Fatigue* quiz  
<http://socialwork.buffalo.edu/content/dam/socialwork/home/self-care-kit/compassion-satisfaction-and-fatigue-stamm-2009.pdf>
- Online course that teaches professionals to address their own distress and burnout, while enhancing their ability to care for themselves: <https://www.proprofs.com/quiz-school/story.php?title=vicarious-trauma-self-others>

### Books

- *Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others*  
<https://traumastewardship.com/inside-the-book/>