

## Transforming the Pain: A Workbook on Vicarious Traumatization - Paperback

**Publisher:** W. W. Norton & Company (October 17, 1996)

**ISBN-10:** 0393702332

by [Karen W. SAAKVITNE](#) (Author), [Laurie Anne Pearlman](#) (Author)

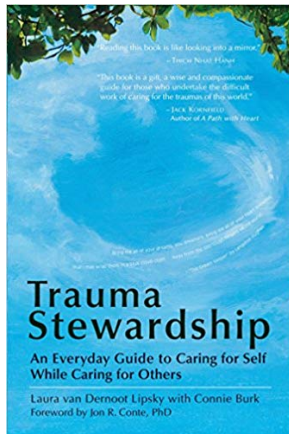
**This workbook provides tools for self-assessment, guidelines and activities for addressing vicarious traumatization, and exercises to use with groups of helpers.**

In your profession, do you help or work with people who have been traumatized? Do you listen to stories of abuse, suffering, or trauma from your clients every day? If so, you know it is important to hear and bear witness to trauma survivors' experiences and not be changed. You know firsthand the personal cost of the work you do and the struggle to make sense of powerful, often painful, feelings and altered beliefs. This transformation of a helper's inner experience is called vicarious traumatization (VT); it is an inescapable effect of trauma work. *Transforming the Pain* is the first workbook to address VT. It is designed to take care of the helper – to help you assess, address, and transform your own VT.

Authors Karen W. Saakvitne and Laurie Anne Pearlman define and describes the VT process and offer reassurance that you are not alone with these painful experiences. The book includes self-assessment worksheets, and guidelines and specific exercises for addressing VT and improving self-care. It is designed to be used by a wide range of professionals and paraprofessionals, including, but not limited to, therapists, police, medical personnel, crisis workers, and clergy.

After working with *Transforming the Pain*, you will find that you have a new awareness of the ways your work affects your life as well as new skills and tools for improving your emotional well-being.

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## Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others - Paperback

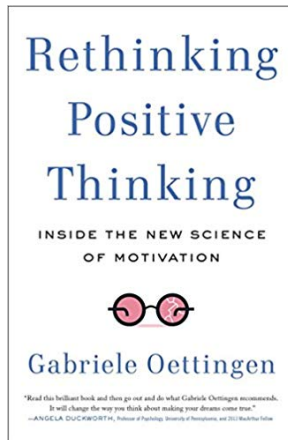
by [Laura van Dernoot Lipsky](#) (Author), [Connie Burk](#) (Author)

**Publisher:** Berrett-Koehler Publishers; 1 edition (May 4, 2009)

**ISBN-10:** 157675944X

A longtime trauma worker, Laura van Dernoot Lipsky offers a deep and empathetic survey of the often-unrecognized toll taken on those working to make the world a better place. We may feel tired, cynical, or numb or like we can never do enough. These, and other symptoms, affect us individually and collectively, sapping the energy and effectiveness we so desperately need if we are to benefit humankind, other living things, and the planet itself. In *Trauma Stewardship*, we are called to meet these challenges in an intentional way—to keep from becoming overwhelmed by developing a quality of mindful presence. Joining the wisdom of ancient cultural traditions with modern psychological research, Lipsky offers a variety of simple and profound practices that will allow us to remake ourselves—and ultimately the world.

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## Rethinking Positive Thinking: Inside the New Science of Motivation – Paperback

by [Gabriele Oettingen](#) (Author)

**Publisher:** Current; Reprint edition (November 10, 2015)

**ISBN-10:** 1617230235

“The solution isn’t to do away with dreaming and positive thinking. Rather, it’s making the most of our fantasies by brushing them up against the very thing most of us are taught to ignore or diminish: the obstacles that stand in our way.”

So often in our day-to-day lives we’re inundated with advice to “think positively.” From pop music to political speeches to commercials, the general message is the same: look on the bright side, be optimistic in the face of adversity, and focus on your dreams. And whether we’re trying to motivate ourselves to lose weight, snag a promotion at work, or run a marathon, we’re told time and time again that focusing on fulfilling our wishes will make them come true.

Gabriele Oettingen draws on more than twenty years of research in the science of human motivation to reveal why the conventional wisdom falls short. The obstacles that we think prevent us from realizing our deepest wishes can actually lead to their fulfillment. Starry-eyed dreaming isn’t all it’s cracked up to be, and as it turns out, dreamers are not often doers.

While optimism can help us alleviate immediate suffering and persevere in challenging times, merely dreaming about the future actually makes people more frustrated and unhappy over the long term and less likely to achieve their goals. In fact, the pleasure we gain from positive fantasies allows us to fulfill our wishes virtually, sapping our energy to perform the hard work of meeting challenges and achieving goals in real life.

Based on her groundbreaking research and large-scale scientific studies, Oettingen introduces a new way to visualize the future, called mental contrasting. It combines focusing on our dreams with visualizing the obstacles that stand in our way. By experiencing our dreams in our minds and facing reality we can address our fears, make concrete plans, and gain energy to take action.

In *Rethinking Positive Thinking*, Oettingen applies mental contrasting to three key areas of personal change— becoming healthier, nurturing personal and professional relationships, and performing better at work. She introduces readers to the key phases of mental contrasting using a proven four-step process called WOOP—Wish, Outcome, Obstacle, Plan—and offers advice and exercises on how to best apply this method to daily life. Through mental contrasting, people in Oettingen’s studies have become significantly more motivated to quit smoking, lose weight, get better grades, sustain fulfilling relationships, and negotiate more effectively in business situations.

Whether you are unhappy and struggling with serious problems or you just want to improve, discover, and explore new opportunities, this book will deepen your ideas about human motivation and help you boldly chart a new path ahead.

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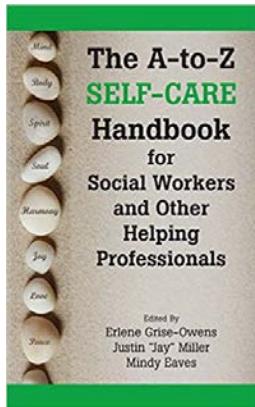
Secondary Traumatic Stress and the Child Welfare Professional 1st Edition –  
Paperback

by [Josephine G. Pryce](#) (Author), [Kimberly K. Shackelford](#) (Author), [Colonel David H. Pryce](#) (Author)

**Publisher:** Oxford University Press; 1 edition (February 1, 2007)  
**ISBN-10:** 0190615915

Becoming a child welfare professional should come with a warning: "beware - this may change you forever and can be dangerous." The change, however, may be good if you can learn to cope with the stress of the work and grow from the experience. *Secondary Traumatic Stress and the Child Welfare Professional*, a first-of-its kind book, presents the tools to help child welfare practitioners and agency managers identify and provide practical and appropriate interventions. This book is based on the authors' ten-year study of over 600 child welfare practitioners' experience with traumatic stress and child welfare.

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## The A-to-Z Self-Care Handbook for Social Workers and Other Helping Professionals – Paperback

by [Erlene Grise-Owens](#) (Author, Editor), [Justin "Jay" Miller](#) (Editor), [Mindy Eaves](#) (Editor)

**Publisher:** The New Social Worker Press (March 7, 2016)

**ISBN-10:** 9781929109531

Self-care is an imperative for the ethical practice of social work and other helping professions. From A (awareness) to Z (ZZZZ--Sleep), the editors and contributors use a simple A-to-Z framework to outline strategies to help you build a self-care plan with specific goals and ways to reach them realistically. Questions for reflection and additional resource lists help you to dig deeper in your self-care journey. Just as the ABCs are essential building blocks for a young child's learning, you can use the ABCs in The A-to-Z Self-Care Handbook for Social Workers and Other Helping Professionals to build your way to a happy, healthy, ethical life as a helping professional. Includes a self-care planning form to help you set goals and formulate strategies. The A-to-Z Self-Care Handbook for Social Workers and Other Helping Professionals...offers a broad range of concrete suggestions for improving individual self-care that should provide guidance and support to fit a broad range of practitioner needs. The book also includes material in several chapters that notes the important role organizations must take in stress and burnout reduction and support of self-care.

SUE STEINER, Ph.D., MSW, Professor, School of Social Work at California State University, Chico, Co-author, Self-Care in Social Work: A Guide for Practitioners, Supervisors, and Administrators

...a caring and useful resource for helping professionals concerned about burnout, stress, staff turnover, and wellness.... By focusing on insights and reflections and providing resources and strategies, The A-to-Z Self-Care Handbook is a practical guide and an empowering book.

DR. BARBARA W. SHANK, Ph.D., MSW, Dean and Professor, School of Social Work, University of St. Thomas, St. Catherine University, Chair, Board of Directors, Council on Social Work Education

As the leader of a large nonprofit organization, the health and well-being of my colleagues is always top of mind for me. The A-to-Z Self-Care Handbook for Social Workers and Other Helping Professionals is just what an organization like ours needed to promote self-care in a way that makes sense for all of us!

JENNIFER HANCOCK, LCSW, President & CEO, Volunteers of America—Mid-States

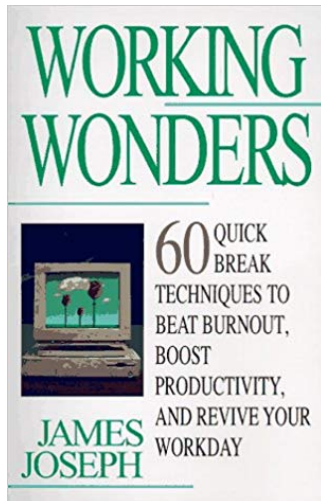
Sometimes there is a book that speaks to what you also have tried to put into words that feels truly hand-in-glove. I see *The A-to-Z Self-Care Handbook for Social Workers and Other Helping Professionals* as precisely this book.

SARAKAY SMULLENS, MSW, LCSW, author of *Burnout and Self-Care in Social Work: A Guidebook for Students and Those in Mental Health and Related Professions*

Grise-Owens, Miller, & Eaves' *The A-to-Z Self-Care Handbook for Social Workers and Other Helping Professionals* is a much-needed handbook to inspire and guide self-care practice. Its insights are far-ranging, original, practical, and flexible. The short chapter format, focused topics, and fresh tone are both accessible and sure to motivate. Even those who have given a great deal of thought and attention to self-care will find new, exciting, and practicable guidance in its pages.

LISA D. BUTLER, Ph.D., Associate Professor, University at Buffalo, School of Social Work, Primary Developer, UBSSW Self-Care Starter Kit

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## Working Wonders – Paperback

by [James Joseph](#) (Author)

**Publisher:** Berkley Trade (January 1, 1998)

**ISBN-10:** 0425160033

Provides sixty examples of techniques to use during quick breaks in the work day that are designed to reduce stress and rejuvenate one's mind, body, and spirit, including aromatherapy, aerobics, and mental workouts. Original.

### Amazon.com Review:

This odd little book contains exactly what it claims: things to do when you're taking a break at work. James Joseph asserts that when you break with a purpose in mind instead of stepping out for another caffeine jolt, taking frequent interludes will allow you to get more done. It eases the fatigue and boredom that can build up during the course of a day. The suggestions range from the remarkably simple--get a drink of water to stave off dehydration; gaze out the window to get some sun--to the remarkably deep, such as pondering your philosophy of life. Joseph also gives bite-size bits of meditation, right-brain thinking, and affirmations and visualization, and makes them sound so quick and easy that you may wonder why you weren't doing yogic breathing in your cubicle before.

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