

## Additional Compassion Fatigue Resources

### Websites

- The Cost of Caring: 10 Ways to Prevent Compassion Fatigue  
[www.goodtherapy.org/blog/the-cost-of-caring-10-ways-to-prevent-compassion-fatigue-0209167](http://www.goodtherapy.org/blog/the-cost-of-caring-10-ways-to-prevent-compassion-fatigue-0209167)
  - Preventing Compassion Fatigue: Caring for Ourselves While Caring for Others  
[www.phoenixsociety.org/resources/entry/preventing-compassion-fatigue](http://www.phoenixsociety.org/resources/entry/preventing-compassion-fatigue)
  - Compassion Fatigue: When Caregivers Go Beyond Burnout  
[www.agingcare.com/articles/compassion-fatigue-caring-too-much-196224.htm](http://www.agingcare.com/articles/compassion-fatigue-caring-too-much-196224.htm)
  - Compassion Fatigue: To Stop Caregiving Stress, Stop Caregiving  
[www.caring.com/blogs/caring-currents/compassion-fatigue](http://www.caring.com/blogs/caring-currents/compassion-fatigue)
  - Caregivers Need Self-Care to Battle Compassion Fatigue  
[www.hazelden.org/web/public/hff20408.page](http://www.hazelden.org/web/public/hff20408.page)
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### Books

- *Surviving Compassion Fatigue: Help for Those Who Help Others* by Beverly D. Kyer, MSW, CSW, ACSW
- *Overcoming Compassion Fatigue: A Practical Resilience Workbook* by Martha Teater, MA, LMFT, LPC, LCAS, and John Ludgate, PhD
- *The Compassion Fatigue Workbook: Creative Tools for Transforming Compassion Fatigue and Vicarious Traumatization* by Françoise Mathieu
- *Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others* by Laura Van Dernoot Lipsky with Connie Burk
- *To Weep for a Stranger: Compassion Fatigue in Caregiving* by Patricia Smith
- *Back From Burnout: Seven Steps to Healing From Compassion Fatigue and Rediscovering (Y)our Heart of Care* by Dr. Frank Gabrin