

## Resources for Health Care Professionals

### Websites

- Caring for Oneself to Care for Others: Physicians and Their Self-Care  
[www.ncbi.nlm.nih.gov/pmc/articles/PMC3974630](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3974630)
- Five Principles of Self-Care for Health Professionals  
[www.kevinmd.com/blog/2010/07/5-principles-selfcare-health-professionals.html](http://www.kevinmd.com/blog/2010/07/5-principles-selfcare-health-professionals.html)
- Self Care for the Health Care Provider: Meditation  
[www.nhchc.org/2012/02/self-care-for-the-health-care-provider-meditation](http://www.nhchc.org/2012/02/self-care-for-the-health-care-provider-meditation)
- Healing the Healer: Why Physicians and Medical Professionals Must Practice Self-Care  
[www.forbes.com/sites/jeenacho/2016/03/30/healing-the-healer-why-physicians-and-medical-professionals-must-practice-self-care/#44a7271f41d9](http://www.forbes.com/sites/jeenacho/2016/03/30/healing-the-healer-why-physicians-and-medical-professionals-must-practice-self-care/#44a7271f41d9)
- Provider Resiliency and Self-Care: An Ethical Issue (Online Course)  
[deploymentpsych.org/online-courses/self-care](http://deploymentpsych.org/online-courses/self-care)
- Self-Care Strategies Can Help Trauma Providers Overcome Stress, Burnout and Compassion Fatigue  
[trauma-news.com/2016/02/self-care-strategies-can-help-trauma-providers-overcome-stress-burnout-and-compassion-fatigue](http://trauma-news.com/2016/02/self-care-strategies-can-help-trauma-providers-overcome-stress-burnout-and-compassion-fatigue)

### Books

- *The Resilient Practitioner: Burnout and Compassion Fatigue Prevention and Self-Care Strategies for the Helping Professions* by Thomas M. Skovholt and Michelle Trotter-Mathison
- *Compassion Fatigue and Burnout in Nursing: Enhancing Professional Quality of Life* by Vidette Todaro-Franceschi
- *Surviving Compassion Fatigue: Help for Those Who Help Others* by Beverly D. Kyer, MSW, CSW, ACSW
- *Burnout & Compassion Fatigue: A Guide for Mental Health Professionals and Care Givers* by Christine Florio, MSW, LPC, LADC
- *Help for the Helper: The Psychophysiology of Compassion Fatigue and Vicarious Trauma* by Babette Rothschild with Marjorie Rand