

# VICARIOUS TRAUMATISATION

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## References / links to articles and further reading

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- **Van Dernoot Lipsky, L.** (2009), *Trauma Stewardship. An everyday guide to caring for self while caring for others*; Berrett-Koehler Publishers, Inc. San Francisco
- **Dan Siegel** (On the neuroscientific basis of empathy) - <https://www.youtube.com/watch?v=CnvSRvmRIqA&list=PLDctwyPSjhiNEz4xuzxt6Tdsnyt2vChiB&index=6>
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- **Meichenbaum, D.** (2006), *Self-care for trauma psychotherapists and caregivers: individual, social and organisational interventions*; [https://www.melissainstitute.org/documents/Meichenbaum\\_SelfCare\\_11thconf.pdf](https://www.melissainstitute.org/documents/Meichenbaum_SelfCare_11thconf.pdf)
- **Richardson, J.I.** *Guidebook on Vicarious Trauma: Recommended solutions for anti-violence workers*, Centre for research for violence against women and children in London, Ontario, for the family violence prevention unit, Health Canada. [https://vtt.ovc.ojp.gov/ojpasset/Documents/OS\\_Vicarious\\_Trauma\\_Guidebook-508.pdf](https://vtt.ovc.ojp.gov/ojpasset/Documents/OS_Vicarious_Trauma_Guidebook-508.pdf)
- **Rothschild, B., with Rand, M.** (2006) *Help for the Helper: The Psychophysiology of Compassion Fatigue and Vicarious Trauma* W. W. Norton & Company
- **David Berceli** (TRE – Trauma release exercise – Berceli Foundation) - [http://www.bercelifoundation.org/s/1340/aff\\_2\\_home.aspx](http://www.bercelifoundation.org/s/1340/aff_2_home.aspx)  
Video Introduction to TRF: <https://vimeo.com/103209258>
- **Brene Brown** (Empathy) - On empathy (3 mins): <https://www.youtube.com/watch?v=1Evwgu369Jw>
- **Gwen Dewar Ph.D.** (Empathy and the brain) – <http://www.parentingscience.com/empathy-and-the-brain.html>
- **Kristin Neff** (Self-compassion TedTalk): ‘The space between self-esteem and self-Compassion’ - <https://www.youtube.com/watch?v=lvTZBUSplr4>
- **Deepika Sheleff** (Somatic coach techniques for stress and anxiety release)  
Bioenergetic stress tip 1 (Shaking): [https://www.youtube.com/watch?v=Nui5\\_SYCpDo](https://www.youtube.com/watch?v=Nui5_SYCpDo)  
Bioenergetic stress tip 2 (Grounding/’Stomping’): <https://www.youtube.com/watch?v=huxVVEGS6yg>
- **Professor Helen Riess** TEDx talk : The power of empathy: <https://www.youtube.com/watch?v=baHrcC8B4WM>
- **Neuroplasticity experiment** (1994, Harvard, Pascual-Leone) <http://content.time.com/time/magazine/article/0,9171,1580438,00.html>
- **Candace Pert, PhD research**: Your Body is Your Subconscious Mind: Mind-Body Medicine Becomes the Science of Psychoneuroimmunology <http://www.healingcancer.info/ebook/candace-pert>