

READING LIST FOR PRESENTATION:

How to Survive and Thrive in the Legal Arena: Wellness Strategies to Reduce the Risk of Secondary Traumatic Stress, Compassion Fatigue and Burnout

Leslie Anne Ross, Psy.D.
Director, NCTSN Core Curriculum on Child Trauma
Implementation UCLA-Duke University
National Center for Child Traumatic Stress
Co-Founder NCTSN Secondary Traumatic Stress Collaborative Group

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- van Dernoot Lipsky, L. (2009). *Trauma Stewardship. An Everyday Guide to Caring for Self While Caring for Others*. San Francisco, CA: Berrett-Koehler Publishers, Inc. 2009.
- **The Resilience Alliance: Promoting Resilience and Reducing Secondary Trauma Among Welfare Staff – Participant Handbook**. Resource manual download National Child and Traumatic Stress Network (NCTSN) website that is designed to be implemented in Child Welfare settings but would be useful in any work environment for staff working with victims of trauma and abuse. <http://bit.ly/1MGYcXb>