MAINE BEHAVIORAL HEALTHCARE-DEPARTMENT OF CLINICAL INNOVATION
RECOMMENDED RESOURCES ON SECONDARY TRAUMATIC STRESS AND RESILIENCE

BOOKS:

AGE OF OVERWHELM: STRATEGIES FOR THE LONG HAUL by Laura van Dernoot Lipsky

TRAUMA STEWARDSHIP: AN EVERYDAY GUIDE TO CARING FOR SELF WHILE CARING FOR OTHERS by Laura van Dernoot Lipsky with Connie Burk

BURNOUT: THE SECRET TO UNLOCKING THE STRESS CYCLE by Emily Nagoski and Amelia Nagoski

DARE TO LEAD: BRAVE WORK, TOUGH CONVERSATIONS, WHOLE HEARTS by Brene Brown

ONLINE VIDEOS:

Building Resilience: Remarks from Nadine Burke Harris (3 minutes, 10 seconds):
https://www.youtube.com/watch?v=tMaBi-SVPjo

Trauma Informed Care Champions- From Treaters to Healers (11 minutes, 49 seconds):
https://www.youtube.com/watch?v=KkeLz-fI0Mo

Trauma and the Brain (4 minutes, 28 seconds):
https://youtu.be/ZLF_SEy6sdc

Inspirational Video- Be a Mr. Jensen- MUST WATCH!! (3 minutes, 12 seconds):
https://youtu.be/4p5286T_kn0

WEBSITES:

https://maineresilience.org/

https://www.tendacademy.ca/