

Additional Resources

- Sandra Bloom & Brian Farragher: Restoring Sanctuary
- Bessel Van Der Kolk, M.D.: The Body Keeps The Score
- Robert Sapolsky: Why Zebras Don't Get Ulcers
- Laura van Dernoot Lipsky & Connie Burk: Trauma Stewardship
- Elizabeth Blackburn, PhD & Elissa Epel, PhD: The Telomere Effect
- Charles R. Figley, PhD, Editor: Compassion Fatigue