

### 3.30.22 CILA Webinar – Secondary Traumatic Stress and Self-Care Resources Handout

#### Video Trainings

- [Stanford Series-UTRGV, Video 4: Proactive Self-Care for Attorneys \(7 minutes, 57 seconds in duration\)](#)
- [CILA 101 Webinar, Trauma Informed Lawyering with Unaccompanied Children \(approximately 10 minutes in duration, beginning at 01:17:16 to end at 01:26:27\)](#)
- [National Child Traumatic Stress Network, Webinar Series, Trauma-Informed Care: Understanding and Addressing the Needs of Unaccompanied Children, including:](#)
  - Culture, the Migration Journey, Trauma and Assessment
  - Culture, Development, Trauma, and Socio-Cultural Responsive Interventions with Youth Ages 7 and Older
  - Attachment, Development, and Socio-Cultural Responsive Interventions for Young Children

#### Law Reviews

- [Silver, Marjorie A.; Portnoy, Sanford; and Peters, Jean Koh \(2015\) "Stress, Burnout, Vicarious Trauma, and Other Emotional Realities in the Lawyer/Client Relationship," Touro Law Review: Vol. 19: No. 4, Article 5.](#)

#### Annotated Bibliographies:

- National Center on Domestic Violence, Trauma & Mental Health, Trauma-Informed Legal Advocacy (TILA) Project
  - [Trauma-Informed Legal Advocacy in Asylum & Immigration Proceedings: A Curated Selection of Resources for Attorneys and Legal Advocates](#)
  - [Trauma & Memory: A Curated Selection of Resources for Attorneys and Legal Advocates](#)

#### Websites

- [Various Resources, American Friends Service Committee, Vicarious Trauma in the Struggle for Immigrant Justice, Information and Resources](#)

#### Articles

- [Salon.com, Lawyers and Secondary Traumatic Stress, or: On the dispersal of brain matter in a Kentucky trailer \(January 22, 2022\)](#)
- [The Atlantic, When PTSD is Contagious \(December 14, 2015\)](#)

#### Books

- *Transforming the Pain: A Workbook on Vicarious Traumatization* (For helping professionals who work with traumatized clients), Karen W. Saakvitne and Laurie Anne Pearlman
- *Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others*, Laura van Dermoot Lipsky with Connie Burk

#### Podcast

- [The On Being Project, Bessel van der Kolk, How Trauma Lodges in the Body \(July 11, 2013\)](#)

#### Additional Resources:

- **Professional Quality of Life Scale: where do you stand?** [Compassion Satisfaction and Fatigue \(ProQOL\) Version 5 \(2009\) \(buffalo.edu\)](#)
- **Perceived stress scale** [Microsoft Word - COHEN PERCEIVED STRESS Scale and scoring.doc \(uctv.tv\)](#)
- **National Institutes of Health-Social Wellness Toolkit:** [Social Wellness Toolkit | National Institutes of Health \(NIH\)](#)
- **Office for Victims of crime and technical assistance center:** [Introduction | The Vicarious Trauma Toolkit | Introduction | Office for Victims of Crime \(ojp.gov\)](#)
- **University of Texas Counseling and Mental Health Center:** [Mindfulness and Stress Reduction Activities \(utexas.edu\)](#)
- **National Association of Social workers-2021 amendments/Self-care and cultural competence:** [2021 Amendments to the NASW Code of Ethics: Self-Care and Cultural Competence \(socialworkers.org\)](#)
- **National Association of Social workers:** [Self-Care During the Coronavirus Pandemic \(socialworkers.org\)](#)
- **American Psychological Association/Self-Care:** [Self-care \(apa.org\)](#)
- **Professional Quality of life (Pro QOL):** [Helper Pocket Card \(proqol.org\)](#)
- **Online Mindfulness-Based Stress Reduction (MBSR):** [Online MBSR/Mindfulness \(Free\) \(palousemindfulness.com\)](#)