Selected Resources for the talk:

Self Care for Clinicians, by Rev. Dr. Cheryl T. Magrini, The Chicago School of Psychology, February 9, 2015

Carter, Leigh A.; Barnett, Jeffrey E. (2014). *Self-care for Clinicians in Training: a Guide to Psychological Wellness for Graduate Students in Psychology*. Oxford University Press.

*Kaleidoscope Self-Assessment Tool: Self-Care*

http://peer.hdwg.org/sites/default/files/7b%20SelfAssessmentToolSelfCare-PeerRole-Peer\_Training.pdf

Neff, Kristen, Associate professor in human development and culture, educational psychology department, university of Texas at Austin. Self-kindness and self-compassion research; extensive website of information, videos and meditations. www.self-compassion.org

*Skovholt Practitioner Professional Resiliency and Self-Care Inventory*

<http://www.leadership.umn.edu/news/documents/Gold_ResiliencyInventory.pdf>

Skovholt, T.M., Trotter, M.J. & Kao,J. (2011). *The Resilient Practitioner: Burnout Prevention and Self-care Strategies for Therapists, Counselors, Teachers, and Health Professional,* (2nd ed.) New York: Routledge.

Tartakovsky, M. (2012). *How Clinicians Practice Self-Care & 9 Tips for Readers.* *Psych Central*. Retrieved on February 7, 2015, from <http://psychcentral.com/lib/how-clinicians-practice-self-care-9-tips-for-readers/00011200>

Trotter-Mathison. Presentation: *Practitioner Resiliency*

<http://162.99.3.218/documents/5th-conference/ATrotterMathisonMPractitionerResiliencyPPT.pdf>

Kabat-Zinn, Jon, Ph.D. (2005*). Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life, 10th anniversary edition.* Hachette Books.