

# Resilience Strategies for Educators:

Techniques for Self-Care and Peer Support

Train-the-Trainer

TRAININGS BY REQUEST

## Compassion Fatigue and Behavioral Health Websites

- Compassion Fatigue Awareness Project  
<http://www.compassionfatigue.org/>  
*Organization focused on educating caregivers across professions about self-care. Provides basic information on compassion fatigue, and relevant self-assessments, as well as additional reading references and resource links.*
- Compassion Fatigue Solutions, Inc.  
<http://compassionfatigue.ca/>  
*Canadian organization that provides workshops and trainings related to Compassion Fatigue for helping professionals. Website includes a number of additional resources on the topic.*
- Compassion Unlimited  
<http://www.compassionunlimited.com/>  
*Canadian organization that provides resources for to individuals and organizations on topic of posttraumatic stress and compassion fatigue. Website includes training tools and information.*
- Compassionate Schools  
<http://www.k12.wa.us/CompassionateSchools/>  
*Information on Washington State's Compassionate Schools Initiative, a statewide initiative to make schools and classrooms a healthy environment for youth who have experienced stress and trauma. Includes link to free downloadable handbook.*
- Figley Institute  
<http://www.figleyinstitute.com/indexMain.html>  
*Organization that offers in-person workshops and online training courses for those that provide relief to emotionally traumatized individuals and communities. Certification available. Website also includes extensive list of additional resources.*
- International Society for Traumatic Stress Studies <http://www.istss.org/Home.htm> *An international, interdisciplinary organization dedicated to the advancement and exchange of knowledge about traumatic stress, including the scope and consequences of traumatic exposure, preventing traumatic events and improving their consequences, and advocating for the field.*

*The contents of this workbook were developed under a contract from the United States Department of Education, and you should not assume endorsement by the federal government.*

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- National Association of School Psychologists  
<http://www.nasponline.org/>  
*Comprehensive website for the profession of School Psychology in the U.S., including professional development, certifications, advocacy opportunities, employment opportunities, and extensive resources.*
- National Child Traumatic Stress Network  
<http://www.nctsn.org/>  
*Website for organization dedicated to developing and disseminating evidence-based interventions, trauma-informed services, and public and professional education related to the service of traumatized children and their families. Organization was established by Congress in 2000.*
- Professional Qualities of Life (ProQOL) Elements Theory and Measurement  
<http://proqol.org/>  
*Website for the ProQOL, a commonly used measure of the negative and positive affects of helping others who experience suffering and trauma. The measure itself, as well as supporting information, is available for download.*
- Readiness and Emergency Management for Schools Technical Assistance Center  
<http://rems.ed.gov>  
*Technical Assistance Center hosted by the U.S. Department of Education providing resources to schools and institutions of higher education on emergency management, including mental health recovery from disasters.*
- SAMHSA Disaster Distress Helpline  
<http://disasterdistress.samhsa.gov/disasters/>  
*Helpline hosted by SAMHSA that provides phone and text-based crisis counseling to anyone who is experiencing emotional distress related to natural or man-made disasters.*
- Traumatology Institute  
<http://www.traumatologyinstitute.net/>  
*Online forum for Canadian institute developed to provide training and care in the fields of trauma response and compassion fatigue.*

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