Yoga Therapy for Burnout & Compassion Fatigue By Caitlin Brown, LMSW, E-RYT 500

References

Cope, S. (2015). The great work of your life: A guide for the journey to your true calling. Bantam.

- de Figueiredo, S., Yetwin, A., Sherer, S., Radzik, M., & Iverson, E. (2014). A cross-disciplinary comparison of perceptions of compassion fatigue and satisfaction among service providers of highly traumatized children and adolescents. *Traumatology*, *20*(4), 286–295.
 https://doi.org/10.1037/h0099833
- Devi, N. J. (2007). *The secret power of yoga: A woman's guide to the heart and spirit of the yoga sutras*. Harmony.
- Devi, N. (2020, May 1-3). *Healing with the chakras* [Lecture notes]. Inner Peace Yoga Therapy.
- Lawrence, M. (2019, September 14-15). *Intro to yoga therapy* [Lecture notes]. Inner Peace Yoga Therapy.
- Lee, J. J., & Miller, S. E. (2013). A self-care framework for social workers: Building a strong foundation for practice. *Families in Society*, *94*(2), 96-103.
- LePage, J. & LePage, L. (2014). *Mudras for healing and transformation*. Integrative Yoga Therapy.
- Maslach, C. (2003). Job Burnout: New Directions in Research and Intervention. *Current Directions in Psychological Science*, *12*(5), 189–192. <u>https://doi.org/10.1111/1467-8721.01258</u>
- Maslach, C., & Leiter, M. P. (2016). Understanding the burnout experience: Recent research and its implications for psychiatry. *World Psychiatry*, *15*(2), 103–111.

https://doi.org/10.1002/wps.20311

- McGonigal, K. (2020). *How to create a sankalpa*. Yoga International. <u>https://yogainternational.com/article/view/how-to-create-a-sankalpa</u>
- Middleton, J. (2015). Addressing secondary trauma and compassion fatigue in work with older veterans: An ethical imperative. *Ageing Life Care Journal*, *5*, 1-8.
- National Association of Social Workers. (2017). *Code of ethics of the National Association of Social Workers.* Washington, DC. NASW Press.
- National Association of Social Workers. (2018). Professional self-care and social work. In *Social work speaks: National Association of Social Workers policy statements 2018–2010* (11th ed., pp. 257– 264). Washington, DC: NASW Press.
- Neff, K. (2020). *Self-compassion guided meditations and Exercises*. Self-Compassion. <u>https://self-compassion.org/category/exercises/#guided-meditations</u>

Newell, J. M., & MacNeil, G. A. (2010). Professional Burnout, Vicarious Trauma, Secondary Traumatic Stress, and Compassion Fatigue: A Review of Theoretical Terms, Risk Factors, and Preventive Methods for Clinicians and Researchers. *Best Practice in Mental Health*, 6(2), 57–68.

Sausys, A. (2019, November 22-24). Yoga for grief [Lecture notes]. Inner Peace Yoga Therapy.

- Schaufeli, W. B. (2017). Burnout: A Short Socio-Cultural History. In S. Neckel, A. K. Schaffner, & G.
 Wagner (Eds.), *Burnout, Fatigue, Exhaustion* (pp. 105–127). Springer International Publishing. <u>https://doi.org/10.1007/978-3-319-52887-8_5</u>
- Sharma, A. (2020). Understanding prakriti + vikrti: Your Ayurvedic constitution. The Ayurveda Experience. <u>https://www.theayurvedaexperience.com/blog/understanding-prakriti-vikriti/</u>
- Simionato, G. K., & Simpson, S. (2018). Personal risk factors associated with burnout among psychotherapists: A systematic review of the literature. *Journal of Clinical Psychology*, 74(9), 1431–1456. <u>https://doi.org/10.1002/jclp.22615</u>

Stiles, C. (2020, April 17-19). Ayurvedic yoga therapy [Lecture notes]. Inner Peace Yoga Therapy.

- Therapist Refresh (2018). *Meditations*. <u>https://therapistrefresh.com/meditations/</u>
- Weintraub, A. (2004). *Yoga for depression: A compassionate guide to relieve suffering through yoga*. Broadway books.
- Weintraub, A. (2012). *Yoga skills for therapists: Effective practices for mood management*. WW Norton & Company.
- Weintraub, A. (2020, May 29-31). *Yoga for depression & anxiety* [Lecture notes]. Inner Peace Yoga Therapy.