



## RESOURCE GUIDE

PRESENTED AS PART OF THE 2022 CARE4YOU CONFERENCE





## Are You Okay? Processing the Psychological Impact of the Pandemic

PRESENTED BY FRANÇOISE MATHIEU, M. ED., RP

### ARTICLES

- [Growth After Trauma](#) by Richard G. Tedeschi, Harvard Business Review
- [Recognize and Address Moral Distress](#), American Association of Critical Care Nurses
- [This is a Marathon, Not a Sprint: Strategies to Address Wear & Tear in Helping Professionals during COVID-19](#) by Françoise Mathieu, TEND

### BOOKS

- [The Burnout Epidemic: The Rise of Chronic Stress and How We Can Fix It](#) by Jennifer Moss, 2021
- [Deep Work: Rules for Focused Success in a Distracted World](#) by Cal Newport, 2016
- [Reducing Secondary Traumatic Stress: Skills for Sustaining a Career in the Helping Professions](#) by Brian Miller, 2021

### PODCASTS/AUDIO

- [Beyond Self Care with Françoise Mathieu](#), M.Ed.. The Trauma Therapist Project
- [Loving Kindness Meditation](#), Greater Good in Action
- [Pandemic Amnesia](#), CBC Radio One, Ideas
- [This is a Marathon, Not a Sprint: Pacing Yourself Through the Pandemic](#), One in Ten
- [There is No One Magic Bullet with Françoise Mathieu](#), Psychological Safety in the Workplace

### VIDEOS

- [The Edge of Compassion with Françoise Mathieu](#), TEDx Talk
- [Life After COVID Online Summit](#), RickHanson.net

### WEBSITES

- [Community Response Table](#), Region of Peel
- [Protein Data Bank](#), Research Collaboratory for Structural Bioinformatics (archive of 3D images of molecules)
- [TEND Resources](#), TEND Academy
- [Workplace Strategies for Mental Health](#), Canada Life



## Growing the Good: Using the Principles of Neuroplasticity to HEAL

PRESENTED BY DIANA TIKASZ, MSW, RSW

### ARTICLES

- [Breathe, Reset, Refuel, Rinse, Repeat](#) by Françoise Mathieu, TEND
- [Growth After Trauma](#) by Richard G. Tedeschi, Harvard Business Review

### BOOKS

- [Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom](#) by Rick Hanson, 2009
- [Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence](#) by Rick Hanson, 2016

### ONLINE COURSES

- [Positive Neuroplasticity Training](#), Rick Hanson.net (use the code CARE4YOU for 20% off)
- [Staying Grounded in Stressful Work](#), TEND (use the code CARE4YOU for 10% off)

### PODCASTS/AUDIO

- [Beyond Self Care with Françoise Mathieu](#), M. Ed.. The Trauma Therapist Project
- [Loving Kindness Meditation](#), Greater Good in Action

### VIDEOS

- [30 Minutes to Mindfulness with Phil Boissere](#), TED Talk
- [Life After COVID Online Summit](#), RickHanson.net



## Teaching What I Need to Learn: A Discussion with Scott Jones, Police Officer & Yoga Instructor

PRESENTED BY SCOTT JONES & FRANÇOISE MATHIEU, M. ED., RP

### ARTICLES

- [Coming Home to Secondary Traumatic Stress](#) by Françoise Mathieu, TEND

### BOOKS

- [Breath: The New Science of a Lost Art](#) by James Nestor, 2020
- [My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies](#) by Resmaa Menakem, 2017
- [What Doesn't Kill Us: How Freezing Water, Extreme Altitude, and Environmental Conditioning Will Renew Our Lost Evolutionary Strength](#) by Scott Kearney, 2017

### PODCASTS/AUDIO

- [Honouring Resilience: A Conversation with Supt. Scott Jones of the Edmonton Police Service](#), The Trauma-Informed Lawyer, hosted by Myrna McCallum

### VIDEOS

- [Feet on the Floor](#), TEND
- [What PTSD Taught Me About Life with Jon Carson](#), TED Talk

### WEBSITES

- [Twisted Oak Yoga and Wellness](#), online cases offered by Scott and Terri



## “You Don’t Have to Be the Boss to Be a Leader”: A Discussion on Psychological Safety

PRESENTED BY TAMSYN BRENNAN, MSW, RSW, MBA, N SIRTISKY, MSSW, D.MIN., BCC, RSW, & PRASANNA KARIYAWANSA, RSW

### ARTICLES

- [Leaders Are People Too: Staying Well During COVID-19 - an interview with Dr. Patricia Fisher](#) by TEND
- [Managers: Compassion and Accountability aren’t Mutually Exclusive](#) by Amy Callo, Harvard Business Review
- [Today, Spare a Thought for the Call Centre Operators](#) by Françoise Mathieu, TEND

### BOOKS

- [Building Resilient Teams: Facilitating Workplace Wellness & Organizational Health in Trauma-Exposed Environments](#) by Patricia Fisher, 2015
- [The Fearless Organization: Creating Psychological Safety in the Workplace for Learning, Innovation, and Growth](#) by Amy Edmondson, 2018
- [Humble Inquiry, Second Edition: The Gentle Art of Asking Instead of Telling](#) by Edgar H. Schein, 2021
- [Just Culture: Balancing Safety and Accountability](#) by Sidney Dekker
- [Resilience, Balance & Meaning Workbook: Supporting Our Lives and Our Work in High-Stress, Trauma-Exposed Workplaces](#) by Patricia Fisher, 2016

### ONLINE COURSES

- [Organizational Health in Trauma-Exposed Environments](#), TEND (use the code CARE4YOU for 10% off)
- [Resilience in Trauma-Exposed Work](#), TEND (use the code CARE4YOU for 10% off)



## How Do We Talk About Trauma? A Discussion on Boundaries with Laura Khoudari

PRESENTED BY SARAH STEWART, RSW, & LAURA KHOUDARI, CPT, CES

### ARTICLES

- [Disappoint Someone Today](#) by Françoise Mathieu, TEND

### BOOKS

- [The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma](#) by Bessel van der Kolk, 2014
- [Lifting Heavy Things: Healing Trauma One Rep at a Time](#) by Laura Khoudari, 2021
- [Nurturing Resilience: Helping Clients Move Forward from Developmental Trauma - An Integrative Somatic Approach](#) by Kathy L. Kain and Stephen J. Terrell, 2018
- [Quick Calm: Easy Meditations to Short-Circuit Stress Using Mindfulness and Neuroscience](#) by Jennifer Wolkin, 2021
- [Set Boundaries, Find Peace: A Guide to Reclaiming Yourself](#) by Nedra Glover Tawwab, 2021
- [The Set Boundaries Workbook: Practical Exercises for Understanding Your Needs and Setting Healthy Limits](#) by Nedra Glover Tawwab, 2021
- [What Happened to You?: Conversations on Trauma, Resilience, and Healing](#) by Oprah Winfrey & Dr. Bruce Perry, 2021

### WEBSITE

- [LauraKhoudari.com](#)
- [ResilienceAndRegulation.com](#)



## Who Will Lovingly Hold You Accountable?

PRESENTED BY FRANÇOISE MATHIEU, M. ED., RP

### ARTICLES

- [Empathy and Compassion](#) by Tania Singer & Olga M. Klimecki, Science Direct
- [Three Minute Breathing Space](#), TEND
- [Today, Spare a Thought for the Call Centre Operators](#) by Françoise Mathieu, TEND

### ONLINE COURSES

- [Positive Neuroplasticity Training](#), Rick Hanson.net (use the code CARE4YOU for 20% off)
- [Compassion Fatigue 101](#), TEND (use the code CARE4YOU for 10% off)

### WEBSITE

- [TEND Resources](#), TEND Academy
- [Workplace Strategies for Mental Health](#), Canada Life



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**WEBINARS**

**KEYNOTES**

**LIVE EVENTS**

**ON-DEMAND COURSES**

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