

## **Challenges in Addressing Violence-Exposed Patients in the Clinic: Fostering Resilience in Patients & Ourselves**

### ***A Resource Guide for Health Professionals***

#### **References on Resilience & Stress Management**

Charney DS. Psychobiological mechanism of resilience and vulnerability: Implications for successful adaptation to extreme stress. *Am J Psychiatry* 2004;161:195–216.

Feder, A et al. Psychobiology and molecular genetics of resilience. *Nat Rev Neurosci.* 2009 June ; 10(6): 446–457. doi:10.1038/nrn2649.

Krasner et al. Association of an Educational Program in Mindful Communication With Burnout, Empathy, and Attitudes Among Primary Care Physicians *JAMA.* 2009;302(12):1284-1293.

Ozbay, F, et al. Social Support and Resilience to Stress: From Neurobiology to Clinical Practice, *Psychiatry* 2007;4(5):35-40

Rabinowitz S et al. Preventing burnout: increasing professional self efficacy in primary care nurses in a Balint Group. *AAOHN J.* 1996 Jan;44(1):28-32.

Reich, JW et al. (Eds.) *Handbook of Adult Resilience.* New York, NY: The Guildford Press, 2012.

Sood, A. et al. Stress Management and Resilience Training Among Department of Medicine Faculty: A Pilot Randomized Clinical Trial. *JGIM* 2011. 26(8):858-61.

Southwick SM et al. (Eds.) *Resilience and Mental Health: Challenges Across the Lifespan.* New York: Cambridge University Press, 2011.

Southwick SM, Vythilingam M, Charney DS. The psychobiology of depression and resilience to stress: Implications for prevention and treatment. *Annu Rev Clin Psychol* 2005;1:255–91.

#### **Pleasure Reading:**

Cope, Stephen. *Yoga and the Quest for the True Self*

Kabat-Zinn, Jon. *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life*

Oliver, Mary. Poetry books.

Remen, Rachel Naomi. *Kitchen Table Wisdom*

Remen, Rachel Naomi. *My Grandfather's Blessings*

Schiffman, Eric. *The Art of Moving into Stillness*

Sood, Amit. *Train Your Brain...Engage Your Heart...Transform Your Life"*

## **Electronic Resources for Patients and Professionals:**

USDHHS Substance Abuse and Mental Health Services Administration  
Resilience and Stress Management Resource Coalition

[http://www.samhsa.gov/dtac/dbhis/dbhis\\_stress/resilience.htm](http://www.samhsa.gov/dtac/dbhis/dbhis_stress/resilience.htm)

[http://www.samhsa.gov/dtac/dbhis/dbhis\\_stress/resilience.htm#factors](http://www.samhsa.gov/dtac/dbhis/dbhis_stress/resilience.htm#factors)

American Psychological Association

<http://www.apa.org/helpcenter/road-resilience.aspx>

<http://www.apa.org/pi/aging/older-adults.pdf>

Fostering Resilience in Children

[http://www.fosteringresilience.com/7cs\\_professionals.php](http://www.fosteringresilience.com/7cs_professionals.php)

National Association of School Psychologists

<http://www.nasponline.org/resources/principals/schoolresiliency.pdf>

UNICEF

[http://www.unicef.org/hac2011/hac\\_lead.html](http://www.unicef.org/hac2011/hac_lead.html)

Resiliency in Action

<http://www.resiliency.com/htm/research.htm>

Blog on mindfulness retreat in Rochester, NY, for physicians recently in the NYT

(<http://well.blogs.nytimes.com/2011/10/27/teaching-doctors-to-be-mindful/?scp=20&sq=well%20blog%20october%202011&st=cse>)

Preventing Burnout Article

[http://www.ahraonline.org/Downloads/onlineinstitute/quickcredit/oiqc\\_burnout.pdf](http://www.ahraonline.org/Downloads/onlineinstitute/quickcredit/oiqc_burnout.pdf)

**David P. Eisenman, MD, MSHS**, Associate Professor of Medicine and Public Health, Director, UCLA Center for Public Health and Disasters, UCLA Division of General Internal Medicine and Health Services Research [DEisenman@mednet.ucla.edu](mailto:DEisenman@mednet.ucla.edu)

**Joslyn W. Fisher, MD, MPH, FACP** is Associate Professor of Medicine and Medical Ethics, Baylor College of Medicine in Houston, Texas [joslyn@bcm.edu](mailto:joslyn@bcm.edu)

**Jane Liebschutz, MD, MPH, FACP** is Associate Professor of Medicine and Behavioral Sciences at Boston University [Jane.Liebschutz@bmc.org](mailto:Jane.Liebschutz@bmc.org)

**Jennifer S. McCall-Hosenfeld, MD, MSc**, Assistant Professor of Medicine and Public Health Sciences, Pennsylvania State University College of Medicine, [jmccallhosenfeld@hmc.psu.edu](mailto:jmccallhosenfeld@hmc.psu.edu)

**Anuradha Paranjape, MD MPH, FACP** is Associate Professor and Chief of the Section of General Internal Medicine at Temple University School of Medicine [Anuradha.Paranjape@tuhs.temple.edu](mailto:Anuradha.Paranjape@tuhs.temple.edu)

**Amy Weil, MD, MPH** is Associate Professor of Medicine and Social Medicine, University of North Carolina School of Medicine [amy\\_weil@med.unc.edu](mailto:amy_weil@med.unc.edu)