Resource List for Participants

Death, Suffering and Burnout in Oncology Nursing – Creating Capacity Using Self-Compassion & Grief Rituals Webinar
February 16th, 2021

Dana Malick, RN, CMSRN, MN Student, University of Washington – Tacoma & Staff RN2 at UW Medical Center, Seattle

Amanda Hansen, MDiv, BCC, CT, Spiritual Health, Seattle Cancer Care Alliance

Grief

*Being Mortal: Illness, Medicine, and What Matters in the End* by Atul Gawande

*When Breath Becomes Air* by Paul Kalanithi

*That Good Night: Life and Medicine in the Eleventh Hour* by Sunita Puri

*With the End in Mind: Dying, Death, and Wisdom in an Age of Denial* by Dr. Kathryn Mannix

*Mindfulness & Grief with Guided Meditations to Calm Your Mind and Restore Your Spirit* by Heather Stang

*Thirst: Poems by Mary Oliver*

*The Cure for Sorrow: A Book of Blessings for Times of Grief* by Jan Richarson

*The Art of Losing: Poems of Grief and Healing* by Kevin Young (an anthology)

Grief, Loss, and Bereavement for Health Care Professionals

*Course Author: Ken Doka, PhD.*

This course, Grief, Loss, and Bereavement for Health Care Professionals provides health care professionals from all disciplines information on the process of grief, offers
current theories that have relevance to assisting grieving individuals, and identifies sensitivities, skills, and tools to assist the learner in understanding particular factors in various types of loss. Also explored will be the concept of disenfranchised grief, which is a reminder that the experience of grief encompasses far more than the death of a family member or loved one.


Self-Compassion & Mindfulness

*Mindfulness: An Eight-Week Plan for Finding Peace in a Frantic World* by Mark Williams and Danny Penman

Dr. Kristin Neff, Self-Compassion Website
https://self-compassion.org/
Dr. Kristin Neff, The Space Between Self-Esteem and Self Compassion: Kristin Neff at TEDXCentennialParkWomen
https://youtu.be/lvtZBUSplr4
The Science of Self-Compassion | Kristin Neff | Talks at Google
https://youtu.be/y0gtnOXAp-U

Tara Brach, Ph.D., psychologist, author and teacher of meditation, emotional healing, and spiritual awakening (R.A.I.N. meditation).
https://www.tarabrach.com/

Compassionate Healthcare Program - Compassion Institute
*Compassion-based interventions for healthcare professionals and administrators*
https://www.compassioninstitute.com/healthcare/

Headspace - Be kind to your mind (website, app & Netflix show)
Less stressed. More resilient. Happier. It all starts with just a few minutes a day.
https://www.headspace.com/
https://www.headspace.com/netflix

Calm App
https://www.calm.com/blog/health
10 Percent Happier App
https://www.tenpercent.com/membership

YouTube - there are many free YouTube meditation and Mindfulness videos.

Empathic Distress Fatigue

Prof. Dr. Tania Singer is a social neuroscientist and psychologist, known worldwide for her research on empathy and compassion.
https://taniasinger.de/de/
The Neuroscience of Compassion | Tania Singer YouTube video
https://youtu.be/n-hKS4rucTY

Olga Klimecki is a professor in Psychology at TU Dresden.
Dr. Klimecki is trained as a psychologist and neuroscientist. Her work aims at understanding the neural mechanisms that shape social emotions in adaptive ways. In this endeavor, she combines methods from psychology, neuroscience, and economy.
https://olgaklimecki.com/
Olga Klimecki - Empathy and Compassion in Society 2012
https://youtu.be/GxHOiqz-14


Burnout


Burnout: The Secret to Unlocking the Stress Cycle Hardcover – March 26, 2019
by Emily Nagoski PhD (Author), Amelia Nagoski DMA