

RESILIENCE, BALANCE & MEANING

SUPPORTING OUR LIVES AND OUR WORK IN HIGH STRESS,
TRAUMA-EXPOSED WORKPLACES



Dr. Patricia Fisher, R,Psych., L.Psych.

RESILIENCE, BALANCE & MEANING is a workbook designed to provide you with practical help in addressing the effects of workplace stress, burnout and trauma. Designed as a highly interactive tool, you will make the book your own by responding to the frequent questions, reflections, self-assessments and planning tools.

The workbook is organized into three separate sections and each chapter builds on the work you have done previously.

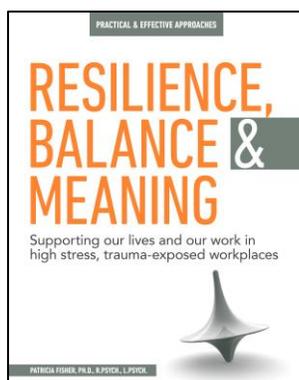
- SECTION 1: The first five chapters provide an introduction and orientation to workplace stress in trauma-exposed environments – what it is, how it works, what helps and what effects it has.
- SECTION 2: This section provides self-assessment tools that determine your current risk and resiliency profile, self-care status, and stress symptom profile.
- SECTION 3: This final section supports you as you build personal wellness plans for both your personal life and your work life.

Advantages of The Workbook Format

This individual workbook format provides particular advantages:

- It allows you to look more deeply at your own experiences and beliefs in a completely confidential and safe environment.
- You are encouraged to photocopy and save the results of your exercises, and self-assessments.
- This program is designed for repeated use – photocopy and compare your profiles as they change.
- You can flexibly schedule your own time to take the program.
- You can hold yourself accountable to the plans and commitments you make to yourself.

The program also provides guidance to help you facilitate discussions and activities in your workplace. These are designed to help you develop strategies and protocols which will increase the resiliency of your workplace and improve organizational health.



“Resilience, burnout, compassion fatigue—these terms are in constant use in trauma serving workplaces. But for everyone talking about it, Dr. Fisher is *doing* something about it. And this book will help us do something about it. More than concepts—this book offers what we have been looking for: realistic and effective approaches for those of us exposed to indirect and direct trauma.”

Brian C. Miller, Ph.D., Director, Children’s Program. Behavioral Health Services, Intermountain Primary Children’s Hospital, Salt Lake City, UT

