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Healing the Healer: Employing Principles of Neuroscience, CBT and MI to Understand and Treat Compassion Fatigue among Human Services Professionals

A Brief Resource List

- **Sensorimotor Psychotherapy (SP)**
 - About:
<https://www.sensorimotorpsychotherapy.org/about.html>
 - Article by founder, Pat Ogden explaining sensorimotor psychotherapy:
<https://www.sensorimotorpsychotherapy.org/articles.html>
 - Find an SP Therapist:
 - <https://www.sensorimotorpsychotherapy.org/referral.html>
- **Hakomi**
<https://hakomiinstitute.com>
- **EMDR (Eye Movement Desensitization and Reprocessing)**
<https://www.emdrtherapistnetwork.com/find-an-emdr-therapist.html>
- **Positive Psychology:**
 - Positive Psychology Page at University of Pennsylvania (lots of good links and resources about how to thrive):
<https://ppc.sas.upenn.edu/>