

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 Richardson
- *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 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.
<https://www.spiritualcareassociation.org/grief-loss-and-bereavement-for-health-care-professionals>
- Montross-Thomas LP, Scheiber C, Meier EA, Irwin SA. Personally Meaningful Rituals: A Way to Increase Compassion and Decrease Burnout among Hospice Staff and

Volunteers. *J Palliat Med.* 2016;19(10):1043-1050. doi:10.1089/jpm.2015.0294
Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6453491/>.

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 TEDX Centennial Park Women; <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/>
- <https://www.tarabrach.com/product/transforming-suffering-with-rain/>
- 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/GxH-Oiqz-14>
- Hofmeyer, A., Kennedy, K., & Taylor, R. (2019). Contesting the term “compassion fatigue”: Integrating findings from social neuroscience and self-care research. *Collegian*, 27(2), 232–237. <https://doi-org.offcampus.lib.washington.edu/10.1016/j.colegn.2019.07.001>

Burnout

- <https://brenebrown.com/podcast/brene-with-emily-and-amelia-nagoski-on-burnout-and-how-to-complete-the-stress-cycle/>
- Burnout: The Secret to Unlocking the Stress Cycle Hardcover – March 26, 2019, by Emily Nagoski PhD (Author), Amelia Nagoski DMA