

STRESS

A listing of materials available at the Justice Institute Library

GENERAL BOOKS

10 Simple Solutions to Stress: How to Tame Tension & Start Enjoying Your Life by Claire Michaels Wheeler. Oakland, CA: New Harbinger Publications. (RA 785 W45 2007)

12 Steps to Mastering the Winds of Change: Peak Performers Reveal How to Stay on Top in Times of Turmoil by Erik Olesen. New York, NY: Rawson Associates. (BF 637 C4 O54 1993)

Adapting to Stress: Start Taking Charge. Seattle, WA: The Hope Heart Institute. (RA 785 A328 1998)

The Big Book of Stress-Relief Games: Quick, Fun Activities for Feeling Better by Robert Epstein. New York, NY: McGraw-Hill. (RA 785 E67 2000)

Bulletproof Spirit: The First Responder's Essential Resource for Protecting and Healing Mind and Heart by Dan Willis. Novato, CA: New World Library. (RA 785 W533 2014)

Dear Job Stressed: Answers for the Overworked, Overwrought, and Overwhelmed by Mary Dempcy. Palo Alto, CA: Davies-Black Pub. (HF 5548.85 D46 1996)

Decision Making Under Stress: Emerging Themes and Applications edited by Rhona Flin. Brookfield, VT: Ashgate. (BF 448 D423 1997)

Does Stress Damage the Brain? Understanding Trauma-Related Disorders from a Mind-Body Perspective by J. Douglas Bremner. New York, NY: W.W. Norton. (RC 552 P67 B735 2005)

Don't Sweat the Small Stuff - - and It's All Small Stuff: Simple Ways to Keep the Little Things from Taking Over Your Life by Richard Carlson. New York, NY: Hyperion. (BJ 1581.2 C274 1997)

E S P Emotional Stabilization Program: From Red Lights to Recovery by Janet K. Ferguson. Huntington Beach, CA: Creative Interchange. (RC 480.6 F474 1981)

The End of Stress As We Know It by Bruce S. McEwen, with Elizabeth Norton Lasley. Washington, DC: Joseph Henry Press. (RA 785 M148 2002)

Executive Ease and Dis-Ease by Henry Beric Wright. New York, NY: Wiley. (RA 776.5 W74 1975)

- Fighting Invisible Tigers: Stress Management for Teens** by Earl Hipp. Minneapolis, MN: Free Spirit Pub. (HQ 796 H495 2008)
- Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness** by Jon Kabat-Zinn. New York, NY: Bantam Books Trade Paperbacks. (RA 785 K33 2013)
- Gender, Work Stress, and Health** edited by Debra L. Nelson and Ronald J. Burke. Washington, DC: American Psychological Association. (RC 963.48 G46 2002)
- The Great Office Detox: Minimise Stress and Maximise Job Satisfaction** by Dawna Walter. London, ENG: Michael Joseph. (HF 5548.85 W254 2007)
- Handbook on Stress and Anxiety** by Irwin L. Kutash. San Francisco, CA: Jossey Bass. (BF 575 S75 H36 1980)
- The HeartMath Solution** by Doc Childre and Howard Martin. San Francisco, CA: HarperSanFrancisco. (QP 360 C48 1999)
- Helping Children Cope with Stress** by Avis Brenner. Lexington, MA: Lexington Books. (BF 723 S75 B74 1984)
- In Control: No More Snapping at Your Family, Sulking at Work, Steaming in the Grocery Line, Seething at Meetings, Stuffing Your Frustration** by Redford Williams & Virginia Williams. Emmaus PA: Rodale: (BF 575 S75 W54 2006)
- Is Work Killing You? A Doctor's Prescription for Treating Workplace Stress** by David Posen. Berkeley, CA: Distributed by Publishers Group West. (RC 963.48 P68 2013)
- Keeping it Simple: Sorting Out What Really Matters in Your Life** by Gary S. Aumiller. Holbrook, MA: Adams Pub. (BJ 1496 A95 1995)
- Kid Stress: What It Is, How It Feels, How to Help** by Georgia Witkin. New York, NY; Viking. (BF 723 S75 W58 1999)
- Learn to Relax: A Practical Guide to Easing Tension & Conquering Stress** by Mike George. San Francisco, CA: Chronicle Books. (RA 785 G46 1998)
- Let Your Body Win: Stress Management Plain & Simple** by Jacquelyn Ferguson. Duluth, MN: Whole Person Associates. (RA 785 F352 2010)
- Lighten Up: Survival Skills for People Under Pressure** by C. W. Metcalf. Reading, MA: Addison-Wesley Pub. Co. (BF 575 L3 M48 1992)
- The Little Book of Stress Relief** by David Posen. Richmond Hill, ON: Firefly Books. (RA 785 P67 2017)

Making the Brain/Body Connection: A Playful Guide to Releasing Mental, Physical & Emotional Blocks to Success by Sharon Promislow. Vancouver, BC: Enhanced Learning and Integration, Inc. (BF 161 P75 2005)

The Manager's Guide to Stress, Burnout & Trauma in Human, Emergency and Health Services by Patricia M. Fisher and Karen Abrahamson. Victoria, BC: Spectrum Press. (RA 785 F585 2002)

Managing Stress: Emotion and Power at Work by Tim Newton. Thousand Oaks, CA: Sage Publications. (BF 575 S75 N48 1995)

The Mindful Way through Stress: The Proven 8-Week Path to Health, Happiness, and Well-Being by Shamash Alidina. New York, NY: The Guilford Press. (RA 785 A43 2015)

The Mindful Workplace: Developing Resilient Individuals and Resonant Organizations with MBSR by Michael Chaskalson. Malden, MA: Wiley-Blackwell. (RC 489 M55 C43 2011)

A Mindfulness-Based Stress Reduction Workbook by Bob Stahl and Elisha Goldstein. Oakland, CA: New Harbinger Publications. (RA 785 S73 2010)

No Time: Stress and the Crisis of Modern Life by Heather Menzies. Vancouver, BC: Douglas & McIntyre. (T 14.5 M484 2005)

Organizational Stress Management: A Strategic Approach by Ashley Weinberg, Valerie J. Sutherland, and Cary Cooper. New York, NY: Palgrave Macmillan. (HF 5548.85 W38 2010)

Power Over Stress: 35 Quick Prescriptions for Mastering the Stress in Your Life by Kenford Nedd. Toronto, ON: QP Press. (RA 785 N42 2003)

Preventing Job Burnout: Transforming Work Pressures into Productivity by Beverly A. Potter. Los Altos, CA: Crisp Publications. (HF 5549.5 J616 P686 1996)

Preventing Stress in Organizations: How to Develop Positive Managers by Emma Donaldson-Feilder, Joanna Yarker, and Rachel Lewis. Malden, MA: Wiley-Blackwell. (HF 5548.85 D66 2011)

Reclaiming the Fire: How Successful People Overcome Burnout by Steven Berglas. New York, NY: Random House. (BF 481 B39 2001)

The Relaxation & Stress Reduction Workbook by Martha Davis, Elizabeth Robbins Eshelman, and Matthew McKay. Oakland, CA: New Harbinger Publications. (RA 785 D374 2008)

The Relaxation Response by Herbert Benson. New York, NY: Avon Books. (RA 785 B48 2000)

Resilience and Personal Effectiveness for Social Workers by Jim Greer. London, ENG: Sage Publications Ltd. (BF 698.35 R47 G84 2016)

Resilience: Discovering a New Strength at Times of Stress by Frederic F. Flach. Long Island City, NY: Hatherleigh Press. (RC 455.4 S87 F555 2004)

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- Secondary Traumatic Stress and the Child Welfare Professional** by Josephine G. Pryce, Kimberly K. Shackelford, and David H. Pryce. Chicago, IL: Lyceum Books. (RC 552 P67 P75 2007)
- Stopping the Noise in Your Head: The New Way to Overcome Anxiety and Worry** by Reid Wilson. Deerfield Beach, FL: Health Communications, Inc. (RC 531 W484 2016)
- Straight Talk About Stress: A Guide for Emergency Responders** by Mike McEvoy. Quincy, MA: National Fire Protection Association. (RC 963.48 M148 2004)
- Stress, Culture, and Community: The Psychology and Philosophy of Stress** by Stevan E. Hobfoll. New York, NY: Plenum Press. (BF 575 S75 H623 1998)
- The Stress Effect: Why Smart Leaders Make Dumb Decisions - and What to Do About it** by Henry L. Thompson. San Francisco, CA: Jossey-Bass. (HD 30.23 T468 2010)
- Stress Management: For the Emergency Care Provider** by Alan A. Mikolaj. Upper Saddle River, NJ: Pearson/Prentice Hall. (RC 451.4 E44 M556 2005)
- Stress Management: Strategies for Emotional Fitness** by Merrill F. Raber, George Dyck, and Barbara Preheim. Boston, MA: Thomson Course Technology. (RA 785 R237 2005)
- The Stress of Life** by Hans Selye. New York, NY: McGraw-Hill. (QP 82.2 S44 1978)
- The Stress Test: How Pressure Can Make You Stronger and Sharper** by Ian Robertson. New York, NY: Bloomsbury. (BF 575 S75 R579 2017)
- A Survival Guide to the Stress of Organizational Change** by Price Pritchett. Dallas, TX: Pritchett & Associates. (HD 58.8 P758 1995)
- Thriving in Chaos: Two Minute Stress Management Tools for Anxiety, Stress Relief and Increased Confidence** by Sandy Dow. New York, NY: Dow Effect Coaching. (RA 785 D69 2017)
- Toxic Emotions at Work: How Compassionate Managers Handle Pain and Conflict** by Peter J. Frost. Boston, MA: Harvard Business School Pub. (HD 42 F76 2003)
- The Truth About Burnout: How Organizations Cause Personal Stress and What to Do About It** by Christina Maslach. San Francisco, CA: Jossey Bass. (HF 5548.85 M373 1997)
- Under the Headset: Surviving Dispatcher Stress** by Richard Behr. Temecula, CA: Staggs Publishing. (RA 645.5 B426 2000)
- When the Body Says No: The Cost of Hidden Stress** by Gabor Mate. Toronto, ON: A.A. Knopf Canada. (R 726.5 M275 2003)
- When Working Hurts: Stress, Burnout & Trauma in Human, Health and Emergency Services** by Patricia M. Fisher & Karen Abrahamson. Victoria, BC: Spectrum Press. (RA 785 F584 2002)

Why Zebras Don't Get Ulcers by Robert M. Sapolsky. New York, NY: Times Books.
(QP 82.2 S8 S266 2004)

Women, Paid/Unpaid Work, and Stress: New Directions for Research by Graham S. Lowe. Ottawa, ON: Canadian Advisory Council on the Status of Women. (HF 5548.85 L68 1989)

Work Abuse: How to Recognize and Survive It by Judith Wyatt and Chauncey Hare. Rochester, VT: Schenkman Books. (HF 5548.85 W93 1997)

Working in High Risk Environments: Developing Sustained Resilience edited by Douglas Paton and John M. Violanti. Springfield, IL: Charles C. Thomas. (HF 5548.85 W678 2011)

Write Your Own Prescription for Stress by Kenneth B. Matheny and Christopher J. McCarthy. Oakland, CA: New Harbinger Publications. (RA 785 M284 2000)

You Don't Have to go Home from Work Exhausted! The Energy Engineering Approach by Ann McGee-Cooper. Dallas, TX: Bowen & Roger. (HF 5548.85 M144 1990)

GENERAL DVDs

- D1972 **Action Plan for Mastering Stressful Moments** (DVD, 54 minutes)
Provides proven practical techniques that will help you to overcome and master any stressful situation in today's challenging times. Topics include the following: the power of awareness; how to master your emotions; how to abort the stress response in 11 seconds; practical tips for uncovering your purpose; how to establish control and build hardiness against stress; and how to access and upgrade the psycho-physiological system. (Kenford Nedd) (RA 785 N42 2007)
- D865 **Getting through a Crisis without Making it Worse: Crisis Survival Skills. Part 1, Distracting and Self-Soothing** (DVD, 57 minutes)
Some causes of emotional distress frankly have no simple remedy, or can't be changed at all. But all of us have short-term crises of one kind or another. What we do about them and how we do it can have a profound effect on our ability to get through them. In this video you'll learn how to master, step-by-step, a set of crisis survival skills that are remarkably simple, do-able, easy to remember, and ready to put into practice. Here in part one, you'll learn how to identify a crisis, and ways to treat oneself that help get through it more comfortably. Marsha Linean, Ph.D., guides you with warmly human examples that touch, teach and train. (Oden Books) (RC 569.5 B67 G488 2005 PT.1)
- D845 **How Serious is this?** (DVD, 75 minutes)
This humorous special puts life in perspective and provides simple rules to live by. Loretta acts out the irrational and exaggerated thinking patterns that drive us all nuts. Laugh along as Loretta shows you the path to joyful living. (Visual Education Centre) (BF 575 S75 H687 2008)
- D846 **Humor Your Stress: Jest for the Fun of it** (DVD, 60 minutes)
Comedienne Loretta LaRoche uses her irreverent, unconventional, wacky and just plain funny style, to show us how to find humor in everyday situations. (Visual Education Centre) (BF 575 S76 H869 2008)

- D259 **The Joy of Stress** (DVD, 56 minutes)
 Explores the concept of stress and how it affects the body, mind and spirit. Teaches how to use humour to break the negative and irrational thought patterns that cause stress and how to reframe them into positive and productive tools for change. (Kinetic) (BF 575 S75 J697 1995)
- D546 **Life is Not a Stress Rehearsal** (DVD, 48 minutes)
 “Too often, “stuff” gets in the way of the things that really matter. Find the path to a simpler, more rewarding lifestyle with the wit and wisdom of the always irreverent Loretta LaRoche. Tap into what our grandparents always knew: slow down, simplify and improve your life and relationships.” (Better Life Media) (BF 575 S75 L54 2006)
- D959 **Stress: Portrait of a Killer** (DVD, 56 minutes)
 Stanford University neurobiologist, Robert Sapolsky, has been advancing our understanding of stress - how it impacts our bodies and how our social standing can make us more or less susceptible. Research reveals that the impact of stress can be found deep within us, shrinking our brains, adding fat to our bellies, even unraveling our chromosomes. Yet understanding how stress works can help us figure out a ways to combat it and how to live a life free of the tyranny of this contemporary plague. (Warner Home Video) (RC 455.4 S87 S776 2008)

GENERAL AUDIO CDs

- Applied Relaxation Training: A Relaxation and Stress Reduction Audio Program** by Matthew McKay and Patrick Fanning. Oakland, CA: New Harbinger Publications. (RA 785 M349 1986)
 Offers a set of in-the-moment techniques for relaxing in the face of daily stressors: while working at one's desk, in a crowd, or anywhere else. Teaches how to relax all muscles except those needed to perform a particular activity.
- The Best of Loretta Laroche** by Loretta Laroche. Carlsbad, CA: Hay House, Inc. (BF 575 S75 L273 2003)
 Loretta takes you on a hysterical journey from stressed to blessed, reminding you what it's like to be alive, connected with others, and savoring the present moment.
- Don't Sweat the Small Stuff - - and It's All Small Stuff: Simple Ways to Keep the Little Things from Taking Over Your Life** by Richard Carlson. New York, NY: Simon & Schuster Audio/Sound Ideas. (BJ 1581.2 C275 1997)
 An audiobook that tells the listener how to keep from letting the little things in life drive you crazy. Topics include: living in the present moment, letting others have the glory at times, raising tolerance to stress, trusting intuitions, and living each day as if it might be your last.

The Superstress Solution by Roberta Lee. New York, NY: Random House Audio. (RA 785 L44 2010)

Dr. Lee explains how you can build stress resistance and resilience into your life with a unique prescription for recognizing, rebalancing, and protecting against stresses small and large. Starting with a comprehensive, informative questionnaire to determine your stress level and stress personality type, she then guides you through a 4-week healing program to reset your rattled nervous system to a default state of rest rather than high alert. Discover how to: nourish your body with nutrient-rich foods, herbs, and supplements that repair stress damage; detox your system and jump-start your body's healing with an easy-to-follow eating plan; sleep well again by following simple steps to protect and promote the rest your body needs; move to simple, low-impact exercises that can be done in five-minute to one-hour increments; and retrain your mind so you can access a sense of peace and calm even in your most stressed-out moments.

CORRECTIONS - BOOKS

Addressing Correctional Officer Stress: Programs and Strategies by Peter Finn. Washington, DC: U.S. Dept. of Justice, Office of Justice Programs, National Institute of Justice. (HV 9470 F55 2000)
<http://www.ncjrs.gov/pdffiles1/nij/183474.pdf>

Burnout in Probation and Corrections by John T. Whitehead. New York, NY: Praeger. (HV 9304 W46 1989)

The Manager's Guide to Stress, Burnout & Trauma in the Corrections Workplace by Patricia M. Fisher. Victoria, BC: Spectrum Press. (HV 8759 F585 2001)

Managing Stress: Performing Under Pressure by Jeanne B. Stinchcomb. Laurel, MD: American Correctional Association. (HV 8763 S755 1995 — 3 volumes)

The Pains of Imprisonment by Robert Johnson. Beverly Hills, CA: Sage Publications. (HV 6089 P34 1982)

The Road Back to Wellness: Stress, Burnout & Trauma in Corrections by Patricia M. Fisher. Victoria, BC: Spectrum Press. (HV 8759 F584 2000)

Stress and the Correctional Officer by Kelly Cheeseman Dial. El Paso, TX: LFB Scholarly Pub. (HV 9470 D53 2010)

Stressed Out: Strategies for Living and Working with Stress in Corrections by Gary F. Cornelius. Lanham, MD: American Correctional Association. (HV 9470 C675 2005)

A Study of Occupational Stress: A Report from Woods, Gordon & Co. by J.D. Woods and Gordon Ltd. Victoria, BC: Stress Study Committee, B.C. Corrections Branch. (HV 9470 W65 1975)

CORRECTIONS - DVDs

- D115 **Mental Health Issues for Corrections Staff** (DVD, 24 minutes)
 This program explores some of the common problems that affect the mental health of corrections staff, both on the job and off. It also looks at the supervisor's responsibility, what some of the warning signs are that supervisors should look for, and it offers some solutions and suggestions for stress reduction and other mental health related problems. (Lockup USA) (HV 8759 M454 2002)

DISASTERS AND STRESS - BOOKS

Disaster Work and Mental Health: Prevention and Control of Stress Among Workers by Don M. Hartsough. Rockville, MD: U.S. Dept. of Health and Human Services, Public Health Service, Alcohol, Drug Abuse, and Mental Health Administration, National Institute of Mental Health. (BF 789 D5 H277 1985)

Manual for Maximizing Stress Resilience: Questions by British Columbia Disaster Worker Care Committee. Victoria, BC: British Columbia Ministry of Human Resources. (RC 455.4 S87 M266 2005)

DISASTERS AND STRESS - DVDs

- D1847 **Stress: The Hidden Threat** (DVD, 60 minutes)
 A panel discussion of emergency services personnel, family support service workers, the Red Cross and emergency mental health workers on the impact of terrorism on fire, rescue and law enforcement personnel and their families. Suggestions are offered to help people through troubled times. The discussion was conducted within two weeks of the September 11, 2001 attacks on the United States. (Emergency Education Network) (BF 575 S75 S768 2001)
- D1521 **Surviving Disaster: How the Brain Works Under Extreme Duress** (DVD, 56 minutes)
 Sociologists, neuroscientists, psychologists and survivors have found that the way that people behave in a crisis is very predictable. By combining the stories of survivors with research into how the brain works under extreme duress, it brings light into civilization's darkest moments. (PBS) (QP 82.2 S8 S87 2012)

FIRE - BOOKS

I Love a Fire Fighter: What the Family Needs to Know by Ellen B. Kirschman. New York, NY: Guilford Press. (TH 9149 K577 2004)

Stress Management: Model Program for Maintaining Firefighter Well-Being. International Association of Fire Chiefs Foundation. Emmitsburg, MD: Federal Emergency Management Agency, U.S. Fire Administration. (TH 9128 S775 1991)

FIRE - DVDs

- D449 **American Heat, September 2002: Heat, Heart, and Health** (DVD, 68 minutes)
This episode focuses on reducing the number of firefighter casualties by recognizing signs and symptoms of firefighter stress and heat-related emergencies and aggressively treating responders. The additional segment covers confined space rescue, part 1. (American Heat, Inc.) (TH 9310.5 A443 2002 SEP)

PARAMEDICS - BOOKS

- 911 Wellness: Stress-Less Workbook** by Sue Pivetta. Sumner, WA: Professional Pride Pub. (HV 551.2 P586 2005)
- Burnout to Balance: EMS Stress** by Judi Light Hopson, Emma H. Hopson, and Jeff T. Dyar. Upper Saddle River, NJ: Brady/Prentice Hall. (RA 645.5 H67 2001)
- Managing Stress in Emergency Medical Services** by Brian Luke Seaward. Boston, MA: Jones & Bartlett. (RA 645.5 S43 2000)
- Overcoming Secondary Stress in Medical and Nursing Practice: A Guide to Professional Resilience and Personal Well-Being** by Robert J. Wicks. New York, NY: Oxford University Press. (R 707 W535 2006)
- The Resilient Physician: Effective Emotional Management for Doctors and Their Medical Organizations** by Wayne M. Sotile and Mary O. Sotile. Chicago, IL: American Medical Association. (R 690 S62 2002)

PARAMEDICS - DVDs

- D409 **Surviving the EMS Profession** (DVD, 30 minutes)
The EMS field is a very demanding vocation. EMS providers are often called upon to aid people in a critical medical emergency. This in turn exposes the EMS provider to repeated exposure to medical emergencies that most of the population will never see or be exposed to in a lifetime. In addition, the EMS provider is exposed to administrative and operational stress. This course will provide the EMS provider, administrators, municipal leaders, and EMS family members with useful information for surviving the EMS profession and identifying the many challenges faced by today's EMS providers. (Trinity Workplace Learning) (RA 645.5 S874 2007)

POLICE - BOOKS

Coping with Police Stress by Gail A. Goolkasian. Washington, DC: U.S. Dept. of Justice, National Institute of Justice, Office of Development, Testing, and Dissemination. (HV 7936 J63 G65 1986)

Developing a Law Enforcement Stress Program for Officers and Their Families by Peter Finn. Washington, DC: U.S. Dept. of Justice, Office of Justice Programs, National Institute of Justice. (HV 7936 J6 F555 1997)

Emotional Survival for Law Enforcement: A Guide for Officers and Their Families by Kevin M. Gilmartin. Tucson, AZ: E-S Press. (HV 7936 J63 G545 2002)

Force Under Pressure: How Cops Live and Why They Die by Lawrence N. Blum. New York, NY: Lantern Books. (HV 7936 P75 B58 2000)

I Love a Cop: What Police Families Need to Know by Ellen Kirschman. New York, NY: The Guilford Press. (HV 7936 J63 K57 2018)

Increasing Resilience in Police and Emergency Personnel: Strengthening Your Mental Armor by Stephanie M. Conn. New York, NY: Routledge. (HV 7936 J63 C66 2018)

The Manager's Guide to Stress, Burnout & Trauma in Law Enforcement by Patricia M. Fisher. Victoria, BC: Spectrum Press. (HV 7936 J6 F584 2001)

Occupational Stress in the Police Workplace: A Review by Douglas G. Milloy. Ottawa, ON: Public Safety Project Office. (HV 7936 J6 M55 1983)

Police Officer Stress Awareness and Management: A Handbook for Practitioners by Robert J. Daniello. Lanham, MD: Hamilton Books. (HV 7936 J63 D26 2011)

Police Personal Behavior and Human Relations: For Police, Deputy, Jail, Corrections, and Security Personnel by Priss Dufford. Springfield, IL: Charles C. Thomas. (HV 7936 P75 D84 1986)

Police Stress: Implications for Social Work by Denise Mitson. Vancouver, BC: University of British Columbia. (HV 7936 J63 M57 1985)

Police Suicide: Tactics for Prevention and Intervention edited by Dell P. Hackett and John M. Violanti. Springfield, IL: Charles C. Thomas. (HV 7936 S77 P65 2003)

Policing and Stress edited by Heith Copes. Upper Saddle River, NJ: Pearson Prentice Hall. (HV 7936 J83 P657 2005)

Practical Police Psychology: Stress Management and Crisis Intervention for Law Enforcement by Laurence Miller. Springfield, IL: Charles C. Thomas. (HV 7936 P75 M55 2006)

A Preliminary Study of Stress in the Police Service: Conclusions and Recommendations as Submitted to the ACPO Working Party on Police Stress by Mary Manolias. London, ENG: Home Office SRDB Human Factors Group. (HV 7936 J63 P748 1983)

Processing Under Pressure: Stress, Memory, and Decision-Making in Law Enforcement by Matthew J. Sharps. Flushing, NY: Looseleaf Law Publications, Inc. (HV 7936 P75 S482 2017)

Psychological Services for Law Enforcement: A Compilation of Papers Submitted to the National Symposium on Police Psychological Services, FBI Academy, Quantico, Virginia by James T. Reese. Washington, DC: U.S. Government Printing Office. (HV 7936 P75 P79 1986)
A compilation of 83 papers submitted to the National Symposium on Police Psychological Services (NSPS) at the Quantico FBI Academy, September 1984.

A Review of Organizational Health and Welfare in the Police Service by Richard Cullen. London, ENG: Home Office. (HV 7936 H4 C845 1989)

The Road Back to Wellness: Stress, Burnout & Trauma in Law Enforcement by Patricia M. Fisher. Victoria, BC: Spectrum Press. (HV 7936 J6 F585 2001)

The Shattered Badge: The Story of Ed Donovan, Stress Cop by Bill Kankewitt. Toronto, ON: Methuen. (HV 7936 J63 K36 1986)

A Street Survival Guide for Public Safety Officers: The Cop Doc's Strategies for Surviving Trauma, Loss, and Terrorism by Daniel Rudofossi. Boca Raton, FL: CRC Press. (HV 7936 J63 R83 2012)

Stress and Policing: Sources and Strategies by Jennifer M. Brown. Chichester, ENG: John Wiley. (HV 7936 J63 B78 1994)

Stress and the Police Officer by Katherine Ellison. Springfield, IL: Charles C. Thomas. (HV 7936 J63 E4 2004)

Stress in Policing by Hans Toch. Washington, DC: American Psychological Association. (HV 7936 J63 T63 2002)

Stress in Policing: Sources, Consequences and Interventions edited by Ronald J. Burke. New York, NY: Routledge. (HV 7936 J63 S77 2017)

Stress Management for Law Enforcement Officers by Wayne Anderson. Englewood Cliffs, NJ: Prentice Hall. (HV 7936 J63 A53 1995)

Stress Management in Law Enforcement edited by Leonard Territo and James D. Sewell. Durham, NC: Carolina Academic Press. (HV 7936 J63 S77 2013)

Treating Police Stress: The Work and the Words of Peer Counselors by John M. Madonna, Jr. and Richard E. Kelly. Springfield, IL: C.C. Thomas. (HV 7936 J63 M33 2002)

POLICE - DVDs

- D2119 **The Balanced Life: Emotional Survival for Police Officers** (DVD, 12 minutes)
Police officers have one of the most unique, complex and unpredictable jobs there are. They are trained to “expect the unexpected,” to be ready for anything and to never let their guard down. They are conditioned to see just about every person and every situation from a threat-based perspective. But this state of “hyper-vigilance” can come with a price, particularly when it comes to home lives and personal relationships. Former cop and renowned author Dr. Kevin Gilmartin (“Emotional Survival for Law Enforcement”) demonstrates the importance of recognizing the warning signs, how to get off the “rollercoaster” and how to achieve a healthy balance between successful career and fulfilling personal life. (Ontario Police Video Training Alliance) (HV 7936 T7 O58 V.125)
- D1342 **Emotional Survival for Law Enforcement: A Video Course for Law Enforcement Officers and Their Families** (DVD, 115 minutes)
This program provides law enforcement officers and their families the opportunity to review the dynamics that can transform idealistic and motivated law enforcement officers into cynical, negative and angry individuals. It presents the causes and interventions for: cynicism, malcontentism, relationship failures, supervision issues, integrity loss issues, officer over-aggressiveness, situational values, victim-based thinking, entitlement orientation, and loyalty vs. integrity. (Gilmartin, Harris and Associates) (HV 7936 J63 E467 1999)
- D1873 **Under the Gun** (DVD, 45 minutes)
An episode of CBS News’ 48 Hours focusing on the psychological stress of being a police officer. (CBS) (HV 7936 J63 U534 1990)

Other related bibliographies:

- Anger
- Critical Incident Stress

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