

# References & Resources

## Ease Stress workshop

March 9th 2011

Dr Jeannie Higgins

4th in the Series

### Easing the Pressures of Running a Household

Collaborative Initiative Communities at work and Community Parenting Education Program and SuperGrands Program

This presentation and list of specific resources at <http://www.higginspsych.com> follow links to Well Being Page and then to Life Planning heading- many of these papers you can download for free

**NB The Australian Psychological Society is abbreviated to APS and Australian National University to ANU**

#### General

Centre for Clinical interventions (CCI) – Psychotherapy, research  
[www.cci.health.wa.gov.au](http://www.cci.health.wa.gov.au) Follow the links: **Resources > Consumers**

#### Anger

Anger log and warning signs

Managing your anger (APS)

#### Anxiety

Understanding and managing anxiety (APS)

10 Best Anxiety Techniques (ANU Counselling Centre)

#### Depression

Understanding & Managing Depression

Depression on line

Beyond blue: The national depression initiative. [www.beyondblue.org.au](http://www.beyondblue.org.au) Follow the links for the Free carers booklet and DVD.

#### Help-seeking

Your General Practitioner for a referral for specialist psychological services

Go to <http://www.higginspsych.com.au> to my clinical website to the **Second flower (red in colour)** also called **Process and Methods** for information about clinical and client responsibilities, Medicare and other insurance rebates and for

**Selecting a mental health professional** Go to <http://www.higginspsych.com>

to Evolve with Trauma book page and scroll down to references

Domestic Violence Crisis Service ACT **24hour Crisis line: 62800900** Hearing Impaired: **62281852** <http://www.dvcs.org.au>

Canberra Rape Crisis Centre – crisis support & advocacy, community education & training 24 hour **Crisis line: 62472528** <http://www.rapecrisis.org.au>

Canberra Men's Centre - Counselling, men's groups, information and referral **Phone: 62306999** <http://www.menscentre.org.au>

Victims Support ACT **Phone: 1800822272 or 62050177**  
<http://www.victimsupport.act.gov.au>

## Life Planning

Resilience-General download pdf

## Meditation & Yoga

Self-compassion sequence

All other papers of interest or relevance

## Relationships

Active care checklist

Stone, H., & Stone, S. (1993). *Embracing you inner critic: Turning self criticism into a creative art*. San Francisco: Harper Collins

Assertion skills

Notes to couples

Domestic Violence Crisis Service ACT **24hour Crisis line: 62800900** Hearing Impaired: **62281852** <http://www.dvcs.org.au>

Boundaries: Katherine, A. (2000). *Where to draw the line: How to set healthy boundaries everyday*. New York: Fireside.

Website: <http://www.relationships.com.au/resources/publications>

Parentline ACT 62873833 confidential service for parents and families in ACT and surrounding areas <http://parentline.org.au> telephone support, face to face counselling, parenting courses, resources and 24-hour trained volunteer support

Siegel, D.J & Hartzell, M. (2003). *Parenting from the inside out: How a deeper self-understanding can help you raise children who thrive*. New York: Jeremy. P.

Tarcher/Penguin

## **Substances**

Alcohol and other drugs (APS)

## **Self-care for workers**

All papers

## **Sleep**

Centre for Clinical interventions (CCI) – Psychotherapy, research  
[www.cci.health.wa.gov.au](http://www.cci.health.wa.gov.au) Follow the links: **Resources > Consumers**

## **Time Management**

All papers including a paper given by me for Communities at Work & Brindabella Women's Group on "Where does my day go"?

## **Trauma & Dissociation**

All papers

My recent book called *Evolve with trauma: Become your own safe, compassionate and wise friend*" To purchase or check out references specifically associated with the book go to <http://www.higginspsych.com> Evolve with trauma page

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Miller, D. (1994). *Women who hurt themselves: A book of hope and understanding*. New York: Basic Books.

Miller, A. (2009). *Free from lies. Discovering your true needs*. New York: W. W. Norton & Company Inc.

Vermilyea, E. G. (2000). *Growing beyond survival: A self-help toolkit for managing traumatic stress*. Baltimore: Sidran Press.

Australian Centre for Posttraumatic Mental Health (2007). *Australian Guidelines for the Treatment of Adults with Acute Stress Disorder and Posttraumatic Stress Disorder*. ACPMH, Melbourne, Victoria. & *The Community Program Recovery from trauma: What works* (both are available in DVD format along with other

resources at this website). [www.acpmh.org.au](http://www.acpmh.org.au)

The International Society for Traumatic Stress Studies (ISTSS) (2005). Online Public Education Pamphlets. [www.istss.org](http://www.istss.org). Follow the links: **publications > to public education pamphlets**. Some are available in Chinese, Arabic and Spanish.

SIDRAN Foundation. [www.sidran.org](http://www.sidran.org)

International Society for the Study of Trauma and Dissociation. *Treatment Guidelines for Dissociative Disorders in Adults and also those for children and adolescents*. [www.isst-d.org](http://www.isst-d.org). Also follow the links for self-help resources for students and the public, and to discussion lists and list serves.

Lewis, L., Kelly, K., & Allen, J.G. (2004). *Restoring hope and trust: An illustrated guide to mastery of trauma*. Baltimore, Maryland: Sidran Institute Press.

Poulson, I. (2008). *Rise: How to choose resilience in times of adversity, live well, and cultivate joy in the everyday*. Sydney, Australia: Pan Macmillan Australia.

Higgins, J. (2010). *Evolve with trauma: Become your own safe, compassionate and wise friend*. Canberra, Australia: Thawun Press. Available at [www.evolvewithtrauma.com](http://www.evolvewithtrauma.com) or [www.higginspsych.com](http://www.higginspsych.com)

David Baldwin's Trauma pages comprehensive set of resources

<http://www.trauma-pages.com/>

Support groups on line <http://www.dailystrength.org>

## **Wisdom Traditions**

All papers +

<http://evolvewithtrauma.blogspot.com>