Psyc.E.In. Toolkit 2

Unit 9, 10

Suggested reading list

N.	Year	Citation	Type of publication (article, book, guideline)	Key words
1	2008	Heathfield, S. (2008). How to build a teamwork culture: Do the hard stuff for teams. available at https://www.thebalancecareers.com/tips-for-better-teamwork-1919225	article	teamwork
2	2020	https://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/publications-and-technical-guidance/noncommunicable-diseases/food-and-nutrition-tips-during-self-quarantine?fbclid=IwAR0IxmHZqgX-uwgq0Negative CognitionTsDM3BdHUogV8EcFbqiY3olALGzBP_hbzW 6AwYnA	website	emergencies, health
3	2020	https://www.webmd.com/diet/ss/slideshow-diet-for-stress-management	website	stress-management
4	2020	https://www.everydayhealth.com/diet-nutrition-pictures/how-to-reduce-stress-with-diet.aspx	website	stress reduction
5	2020	https://www.youtube.com/watch?v=aUaInS6HIGo (Italian version: https://www.youtube.com/watch?v=1dzBcTHQwzA)	website	prevention

6	2020	https://www.apa.org/news/press/releases/stress/2013/sleep	website	stress-reduction, sleep
7	2020	https://www.activehealth.sg/read/sleep/sleep-and-stress-management	website	stress management, sleep, active-health
8	2020	https://www.ted.com/talks/matt_walker_sleep_is_your_superpower	website	stress reduction
9	2013	Popa, G. S., & Podea, D. M. (2013). Stress-related growth, self-esteem and perceived self-efficacy among professional rescuers. Procedia-Social and Behavioral Sciences, 89, 720-724. (https://www.shorturl.at/kJLO0)	website	stress-related growth
10	2008	Heathfield, S. (2008). How to build a teamwork culture: Do the hard stuff for teams. available at https://www.thebalancecareers.com/tips-for-better-teamwork-1919225	website	teamwork
11	2016	Haas, M., & Mortensen, M. (2016). The secrets of great teamwork. Harvard business review, 94(6), 70-76	article	teamwork
12	2020	https://www.verywellmind.com/the-importance-of-keeping-a-routine-during-stressful-times-4802638	website	Stress reduction
13	2020	Yoga: https://www.youtube.com/watch?v=hJbRpHZr_d0	website	Yoga, stress reduction
14	2020	https://www.youtube.com/results?search_query=mindfulness+for+anxiety+and+stress	website	Mindfulness, anxiety
15	2020	Autogenic training: https://www.youtube.com/watch?v=xnXL3tO7-Hg	website	Training autogenic
16	2020	Jacobson: https://www.youtube.com/watch?v=xqKIjKyElmo	website	Jacobson, relaxing technique
17	2020	Breathing technique: https://www.youtube.com/watch?v=CQjGqtH-2YI	website	breathing technique

18	2020	https://www.exeter.ac.uk/media/universityofexeter/communicationservices/internalcomms/UoE_Guidelines_for_Team_Brief_updated_September_2016.pdf	guidelines	team brief
19	2000	Mitchell, J. T., & Everly, G. S. (2000). Critical Incident Stress Management and Critical Incident Stress Debriefings: evolutions, effects and. Psychological debriefing: Theory, practice and evidence	book	debriefing
20	1997	Dyregrov, A. (1997). The process in critical incident stress debriefings. Journal of Traumatic Stress	article	debriefing
21		http://www.info-trauma.org/flash/media-f/mitchellCriticalIncidentStressDebriefing.pdf	website	trauma, debriefing
22	2016	https://www.exeter.ac.uk/media/universityofexeter/communicationservices/internalcomms/UoE_Guidelines_for_Team_Brief_updated_September_2016.pdf	website/guideline	team briefing
23	2012	Resource: Shapiro, E. (2012). 4 elements exercises for stress reduction. (earth-air-water-fire). http://emdrresearchfoundation.org/toolkit/four-elements.pdf	website	stress reduction
24	2009	Luber, M. (Ed.). (2009). Eye movement desensitization and reprocessing (EMDR) scripted protocols: Special populations. Springer Publishing Company	book	EMDR
25	2020	Reddemann, L. (2020). Who You Were Before Trauma: The Healing Power of Imagination for Trauma Survivors. The Experiment	book	Trauma
26	2001	Reddemann, L. (2001). Reddemann, L. (2001). Imagination als heilsame Kraft. Stuttgart: Klett-Cotta–editori (12 edition)	book	trauma, model intervention
27	2015	Kiessling, R. (2015). Implementing EMDR early mental health interventions for man-made and natural disasters: Models, scripted protocols and summary sheets. Journal of EMDR Practice and Research	e-book	EMDR, early intervention, protocol

28	2021	Gary Quinn (2021) updated EMDR Emergency Response Procedure (ERP) in Immediate Stabilisation Procedure (ISP)	website pdf	EMDR, stabilisation procedure
29	2021	Horan, K. A., Marks, M., Ruiz, J., Bowers, C., & Cunningham, A. (2021). Here for My Peer: The Future of First Responder Mental Health. International journal of environmental research and public health, 18(21), 11097. https://doi.org/10.3390/ijerph182111097	article	peer support, mental health
30	2021	McPeake, J., Iwashyna, T. J., Boehm, L. M., Hibbert, E., Bakhru, R. N., Bastin, A. J., ... & Haines, K. J. (2021). Benefits of peer support for intensive care unit survivors: sharing experiences, care debriefing, and altruism. American Journal of Critical Care, 30(2), 145-149.	article	peer support, debriefing
31	2013	Jarero, I., Amaya, C., Givaudan, M., & Miranda, A. (2013). EMDR individual protocol for paraprofessional use: A randomized controlled trial with first responders. *Journal of EMDR Practice and Research*, *7*(2), 55-64.	article	EMDR
32	2005	Abuse, S., & US Department of Health and Human Services. (2005). A Guide to Managing Stress in Crisis Response Professions. Substance Abuse and Mental Health Services Administration (SAMHSA)	guide	Managing stress, abuse, mental health
33	2014	Centers for Disease Control and Prevention. (2014). Human Resources for Crisis Communication. cdc.gov. https://emergency.cdc.gov/cerc/ppt/cerc_2014edition_Copy.pdf	website	Prevention, emergency