#PROMOTINGRESILIENCYTHRUSELF-CARE

March 31, 2017

Sandra A. López, LCSW
5311 Kirby Drive, Suite 112
Houston, TX  77005
(713) 520-7956
salopezlcsw@sbcglobal.net

SELECTED REFERENCES


References – 3
@2017 Sandra A. López, LCSW


WEBSITE RESOURCES

Professional Quality of Life (ProQOL 5)
www.proqol.org
(Provides information about theory, measurements, and use of the ProQOL5 with self-scoring)

Self-Care Assessment Worksheet
(Provides self-care worksheet developed by Saakvitne & Pearlman)

Self-Compassion (Dr. Kristin Neff)
www.self-compassion.org
(Provides comprehensive information about the practice of self-compassion; has a tool for measuring your self-compassion)

The Headington Institute
www.headington-institute.org
(Provide resources about resilience and vicarious trauma for caregivers)