Additional Resources
Seasons of Change: Promoting Growth during Times of Uncertainty

Assessments/Inventories:
Figley, Kathleen R. Self-Care Planning Tool© Figley Institute™
https://sites.google.com/site/selfcareassessments/home/kr-figley-self-care-planning-tool

https://www.stress.org/holmes-rahe-stress-inventory/


Websites:
The American Institute of Stress
https://www.stress.org/

APA’s Division 19: Society for Military Psychology

APA’s Division 56: Trauma Psychology
http://www.apa.org/about/division/div56.aspx

APA’s Military Psychology Journal

APA’s Military Psychology

Charles Figley
www.charlesfigley.com

Compassion Fatigue Awareness Project
http://www.compassionfatigue.org/
Figley Institute
   http://www.figleyinstitute.com/
Military OneSource
   http://www.militaryonesource.mil/
National Military Family Association
   http://www.militaryfamily.org/

**Online Media:**


The Trauma Therapist Project
https://www.thetraumatherapistproject.com/podcast/prof-charles-r-figley-phd/

Articles:


**Books:**


**Chapters in Books:**


**Podcasts:**


