

## Additional Selected Resources – Corrections Stress: Peaks and Valleys

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### Webinars

Surviving the Trenches: The Impact of Trauma Exposure on Corrections Professionals. Recorded on February 17, 2016 and hosted by the National Reentry Resource Center and the American Probation and Parole Association.

<https://csgjusticecenter.org/nrrc/webinars/surviving-the-trenches-the-impact-of-trauma-exposure-on-corrections-professionals/>

Surviving the Trenches: Addressing Employee Stress and Wellness. Recorded June 10, 2015 during NIC's 2015 Virtual Conference: New Directions in Corrections – Staff Wellness.

<http://info.nicic.gov/virt/node/5>

### Training

KSL Research, Training, & Consultation, LLC provides a variety of trainings on the topic of traumatic stress, resilience, employee wellness, critical incident/peer support programs, organizational trauma, and transforming stress. Information on the trainings is available at: [www.kslresearch.org](http://www.kslresearch.org)

### Books

Edmunds, S. B. (1997). The personal impact of working with sex offenders. In Edmunds, S. D. (Ed.), *Impact: Working with sexual abusers* (pp. 11-29). Brandon, VT: Safer society Press.

Figley, C. R. (2002). Introduction. In Figley, C. R. (Ed.), *Treating Compassion Fatigue* (pp. 1-14). New York, NY: Routledge.

Gilmartin, K. M. (2002). Emotional survival for law enforcement: A Guide for officers and their families. Tucson, AZ: E-S Press.

Hanson, R. (2013). *Hardwiring Happiness: The new brain science of contentment, calm, and confidence*. New York, NY: Crown Publishing Group.

Klein, S. & Alexander, D. (2011). The impact of trauma within organisations. In Tehrani, N. (Ed). *Managing Trauma in the Workplace (117-138)*. New York, NY: Routledge.

Lipsky, L. V. D., & Burk, C. (2009). *Trauma stewardship: An everyday guide to caring for self while caring for others*. San Francisco, CA: Berrett-Koehler Publishers, Inc.

McGonigal, K. (2015). *The upside of stress: Why stress is good for you, and how to get good at it*. New York, NY: Penguin Random House.

Rothschild, B. (2006). *Help for the Helper: Self-care strategies for managing burnout and stress*. New York, NY: W.W. Norton & Company, Inc.

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### Articles and Papers

Lewis, K. (2015). *If there is hope for Trauma-Informed Care in Community Corrections... It has to start with us! Perspectives*, 39(3), 60-71.

Lewis, K. (2013). Secondary Trauma: The Personal Impact of Working with Criminal Offenders. *Perspectives*, 37(1), 50-62.

Lewis, K. (2011). The Unique Stress of Probation Work: Cognitive Dissonance. *The Chronicle*, May/June, XXIII (3), 3-4.

<http://www.superiorcourt.maricopa.gov/AdultProbation/NewsAndReports/Chronicle.asp>

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### Research Studies

Baumeister, R.F., Vohs, K.D., Aaker, J.L., & Garbinsky, E.N. (2013). Some key differences between a happy life and a meaningful life. *The Journal of Positive Psychology*, 8(6), 505-516.

Crum, A., Salovey, P., & Achor, S. (2013). Rethinking stress: The role of mindsets in determining the stress response. *Journal of Personality and Social Psychology*, 104(4), 716-733.

Finn, P. & Kuck, S. (2003). Addressing probation and parole officer stress (NCJ Report No. 207012). Retrieved from U.S. Department of Justice, Office of Justice Programs website: <http://www.ojp.usdoj.gov/nij/>

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Keller, A., Litzelman, K., Wisk, L., Maddox, T., Cheng, E., Creswell, P., & Witt, W. (2012). Does the perception that stress affects health matter? The association with health and mortality. *Health Psychology*, 31(5), 677-684.

Kennealy, P., Skeem, J., Manchak, S., & Loudon, J. (2012). Firm, fair, and caring officer-offender relationships protect against supervision failure. *Law and Human Behavior*, 36(6), 496-505.

Lee, W., Joo, H., & Johnson, W. (2009). The effect of participatory management on internal stress, overall job satisfaction, and turnover intention among federal probation officers. *Federal Probation*, 73, 3.

Lewis, K., Lewis, L., & Garby, T. (2013). *Surviving the Trenches: The Personal Impact of*

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Lowenkamp, C., Holsinger, A., Robinson, C., & Cullen, F. (2012). When a person isn't a data point: Making evidence-based practice work. *Federal Probation*, 76, 3.

Mathieu, F. (2012). *The Compassion Fatigue Workbook*. New York, NY: Taylor & Francis Group, LLC.

McCraty, R., Atkinson, M., Lipsenthal, L., & Arguelles, L. (2009). New hope for correctional officers: An innovative program for reducing stress and health risks. *Applied Psychophysiology Biofeedback*. DOI 10.1007/s10484-009-9087-0.

Reivich, K. J., & Seligman, M. P. (2011). Master Resilience Training in the U.S. Army. *American Psychologist*, 66 (1), 25-34.

Salston, M. & Figley, C. (2003). Secondary traumatic stress effects of working with survivors of criminal victimization. *Journal of Traumatic Stress*, 16(2), 167-174.

Seligman, M. & Fowler, R. (2011). Comprehensive Soldier Fitness and the future of psychology. *American Psychologist Special Issue: Comprehensive Soldier Fitness*, 66(1), 82-86.

Shelby, R. A., Stoddart, R. M. & Taylor, K. L. (2001). Factors contributing to levels of burnout among sex offender treatment providers. *Journal of Interpersonal Violence*, 16(11), 1205-1217.

Slate, R. N., Wells, T. L. & Johnson, W. W. (2003). Opening the manager's door: State probation officer stress and perceptions of participation in workplace decision making. *Crime & Delinquency*, 49(4), 519-541.

Spiegel, Alix (2014). The Secret History Behind the Science of Stress. *Health News from National Public Radio (NPR)*. Retrieved from <http://www.npr.org/sections/health-shots/2014/07/07/325946892/the-secret-history-behind-the-science-of-stress>.

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Teharni, N. (2011). The incidence of secondary traumatic stress in workers dealing with traumatizing materials, victims and perpetrators. In Tehrani, N. (Ed). *Managing Trauma in the Workplace* (pp. 100-114). New York, NY: Routledge.

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White, W., Gasperin, D., Nystrom, J., Ambrose, T., & Esarey, C. (2005). The other side of burnout: Exemplary performance and health among probation officers. *Perspectives: The Journal of the American Probation and Parole Association*, 29(2), 26-31.