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Nota di contenuto	Intro -- Preface -- Acknowledgments -- Contents -- About the Authors -- Chapter 1: Introduction to Burnout and Trauma-Related Employment Stress -- Definitions -- Burnout -- Trauma-Related Employment Stress -- Prevalence -- The Consequences of Burnout and Trauma-Related Employment Stress -- Physical -- Psychological -- Organizational -- Purpose and Format of This Book -- Terminology: Practitioner, Client, TRES, and Non-gendered Language -- References -- Chapter 2: Introduction to Acceptance and Commitment Practices -- Components of Acceptance and Commitment Therapy -- Research Support for Acceptance and Commitment Therapy (ACT) -- Anxiety -- Depression -- Chronic Pain -- Overall Well-Being -- Burnout and ACT -- Trauma-Related Employment Stress and ACT -- Compassion Fatigue -- Vicarious Trauma and Secondary Traumatic Stress -- Concluding Comments -- References -- Chapter 3: Mindfulness and Acceptance Practices -- Mindfulness Practices -- Psychoeducation on Stress

and Well-Being -- Mindfulness-Based Strategies -- Breath Work -- Diaphragmatic Breathing -- 4x8 Breathing -- Alternate Nostril Breathing -- Progressive Muscle Relaxation -- Focused Meditation -- Open Awareness Meditation -- Yoga -- Mindful Senses (Walking, Listening, and Eating) -- Acceptance Practices -- Clipboard Technique -- The Chinese Finger Trap -- Tug-of-War -- Eating a Piece of Fruit -- "And" -- Case Examples -- Derek -- Tran -- Concluding Comments -- References -- Chapter 4: Defusion and Cognitive Techniques -- The Role of Thoughts in Stress -- Cognitive Approaches -- Cognitive Defusion in ACT -- Leaves on a Stream Meditation -- Thought Bubble Meditation and Mental Hands -- Sunglasses Metaphor -- I Am Labels -- Numbers Game -- Silly Voice -- Milk Technique -- Physicalizing the Thought -- Parables -- Traffic on the Street Meditation -- Thanking Your Mind -- Type It Out.

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The Vicarious Trauma Toolkit: Blueprint for a Vicarious Trauma-Informed Organization -- Summary and Future Directions -- References -- Index.
