

## **RESOURCES**

### **ARTICLES & HANDOUTS**

1. When Caregivers Need Healing—Catherine St. Louis, *The New York Times*, July 28, 2014
2. How to Cope—I.G. Living, December/January 2010
3. The Impact of Chronic Illness on the Family—I.G. Living, June/July 2012
4. Finding the Words to Say It—Robert Carroll, *Evidenced-Based Complementary and Alternative Medicine*, April 2005

### **ABSTRACTS & ONLINE ARTICLES**

1. The process of empowerment in mothers of chronically ill children.  
[http://www.ncbi.nlm.nih.gov/pubmed/7665789?ordinalpos=1&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_DiscoveryPanel.Pubmed\\_Discovery\\_RA&linkpos=2&log\\$=relatedarticles&logdbfrom=pubmed](http://www.ncbi.nlm.nih.gov/pubmed/7665789?ordinalpos=1&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DiscoveryPanel.Pubmed_Discovery_RA&linkpos=2&log$=relatedarticles&logdbfrom=pubmed)
2. Cross-cultural study of mothers, and their stress when parenting children with chronic illness <http://www.ncbi.nlm.nih.gov/pubmed/10337125>
3. Love, Anger and Guilt: Coping With a Child's Chronic Illness—*New York Times*, June 26, 2001 <http://www.nytimes.com/2001/06/26/health/love-anger-and-guilt-coping-with-a-child-s-chronic-illness.html?pagewanted=all>
4. Post-traumatic stress—the cathartic effect of writing.  
<https://mattjohnsonauthor.com/2013/06/10/post-trauma-stress-the-cathartic-effect-of-writing/>
5. Evidence of the Healing Power of Expressive Writing—The Foundation for Art and Healing. <http://www.artandhealing.org/evidence-of-the-healing-power-of-expressive-writing/>
6. More research on the need for, and options for, helping long term caregivers.  
[http://www.nytimes.com/2014/07/29/health/when-the-caregivers-need-healing.html?\\_r=0](http://www.nytimes.com/2014/07/29/health/when-the-caregivers-need-healing.html?_r=0)

### **BOOKS**

1. *The Healing Art*—Rafael Campo, MD. Rafael has many books of poetry and essays on poetry and healing. He teaches at Harvard Medical School and uses poetry in his work with patients and medical students. This is one of my favorite books of his. [http://www.rafaelcampo.com/rc\\_books/rc\\_healing/rc\\_healing\\_art\\_index.html](http://www.rafaelcampo.com/rc_books/rc_healing/rc_healing_art_index.html)

2. *Poetic Medicine*—John Fox, The Institute for Poetic Medicine.
3. *Writing as a Way of Healing: How Telling Our Stories Transforms Our Lives*—Louise DeSalvo
4. *The Emotional Brain: The Mysterious Underpinnings of Emotional Life*—Joseph LeDoux