**Reading References for Understanding the Stressors of Emergency Responders**

**Responders, Friends and Families:**

**Reading:**

I Love a Firefighter: What the Family Needs to Know – Ellen Kirschman

I Love a Cop: What Police Families Need to Know – Ellen Kirschman

Challenges of the Firefighter Marriage- Anne Gagliano and Mike Gagliano


Bulletproof Spirit: The First Responder’s Essential Resource for Protecting and Healing Mind and Heart – Dan Willis

A Community of One: Building Social Resilience – Michael Marks, Phil Callahan and Mike Grill

Code Four: Surviving and Thriving in Public Safety – Tania Glenn

Armor Yourself: How to Survive a Career in Law Enforcement – John S. Marx

Increasing Resilience in Police and Public Safety Personnel – Stephanie M. Conn


Dispatcher Stress: 50 Lessons on Beating the Burnout – Adam Timm and Joe Serio

Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others – Laura Van Dernoot Lipsky

When Home Becomes a Housing Unit - The book, priced at $6.99 plus shipping, is available from Desert Waters at http://desertwaters.com or by calling 719-784-4727.

**Web articles:**
Law Officer on relationships with significant others and clinicians:  
https://lawofficer.com/exclusive/peers-counselors-psychologists-establishing-credibility-first-responder-community/?fbclid=IwAR1yhzhbMulLnpa_Uaxh0B3qBWcqzdd8BTkQoVG_Ydfnc0sRYyWyMCYuBnw


Clinicians:

Counseling Cops: What Clinicians Need to Know – Ellen Kirschman

First Responder Resilience: Caring for Public Servants – Tania Glenn


Increasing Resilience in Police and Public Safety Personnel – Stephanie M. Conn

Web articles:

Law Officer on relationships with significant others and clinicians:  
https://lawofficer.com/exclusive/peers-counselors-psychologists-establishing-credibility-first-responder-community/?fbclid=IwAR1yhzhbMulLnpa_Uaxh0B3qBWcqzdd8BTkQoVG_Ydfnc0sRYyWyMCYuBnw

For Everyone Interested:

Videos:

After the Sirens – documentary is available from subscription services online

Beneath the Vest :  https://www.youtube.com/watch?v=jOUziW6SwT4

Behind the Badge:  https://www.youtube.com/watch?v=ujBJAh7CLhk

Richard Goerling- Mindfulness and Resiliency:  
https://www.youtube.com/watch?v=YTC11nMIQNw&t=6s

Richard Goerling- Mindfulness and Policing:  https://www.youtube.com/watch?v=WzuWMf3WPPc

Code 9: Officer Needs Assistance:  https://www.youtube.com/watch?v=VkqFjvoa6iQ

Starting the Conversation:  
https://www.youtube.com/watch?v=5Qzf0rMmDDs&fbclid=IwAR3_kGcIST3pkQCeWJos_6ecEKjk39y_JLNg5x200pTa1Wes1TihHzp1nEs

Online courses:

Denver metro area and web:  http://browerpsychological.com/

Academy Hour:  https://www.academyhour.com/Courses