

## References *Fostering Perspectives v22, n1 (Nov. 2017)*

- Brown, B. (2013). *The gifts of imperfect parenting: Raising children with courage, compassion, and connection* [audio book]. Louisville, CO: Sounds True Publishers.
- Center for the Study of Social Policy. (n.d.). *Taking care of yourself: Tips for foster and resource parents* [tool]. Washington, DC: Author. Retrieved from <https://www.cssp.org/reform/strengtheningfamilies/practice/body/Self-Care-for-Foster-Parents.pdf>
- Center on the Developing Child at Harvard University. (2017). *Resilience: Key concepts*. Cambridge, MA: Harvard University. Retrieved from <http://developingchild.harvard.edu>
- Davis, D. M. & Hayes, J. A. (2012, July/August). What are the benefits of mindfulness? *Monitor on Psychology*, 43(7), 64. Retrieved from <http://www.apa.org/monitor/2012/07-08/ce-corner.aspx>
- Kabat-Zinn, J. (1994). *Wherever you go, there you are*. New York: Hyperion.
- Kachan, D., Olano, H., Tannenbaum, S. L., Annane, D. W., Mehta, A., Arheart, K. L., et al. (2017). Prevalence of mindfulness practices in the US Workforce: National health interview survey. *Preventing Chronic Disease*, 14(E01). DOI: <https://doi.org/10.5888/pcd14.160034>.
- King, S. (n.d.). *Benefits and practices of mindfulness: A naturopathic perspective*. Retrieved from <https://www.naturopathiccurrents.com/sites/default/files/Benefits%20and%20Practices%20of%20Mindfulness.pdf>
- Marrow, M., Benamati, J., Decker, K., Griffin, D., & Lott, D. A. (2012). *Think trauma: A training for staff in juvenile justice residential settings*. Los Angeles, CA and Durham, NC: National Center for Child Traumatic Stress.
- Mayo Clinic. (2015). *Mindfulness exercises: See how mindfulness helps you live in the moment*. Rochester, MN: Author. Retrieved from <http://www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/mindfulness-exercises/art-20046356>
- National Center for Complementary and Integrative Health. (2016, April). *Meditation: In depth* [NCCIH Pub D308]. Bethesda, MD: Author. Retrieved from <https://nccih.nih.gov/health/meditation/overview.htm>
- National Scientific Council on the Developing Child. (2015). *Supportive relationships and active skill-building strengthen the foundations of resilience: Working paper 13*. Cambridge, MA: Harvard University. Retrieved from <http://www.developingchild.harvard.edu>
- Pipher, M. (1994). *Reviving Ophelia: Saving the selves of adolescent girls*. New York: Riverhead Books.
- Robert Wood Johnson Foundation. (2013, May). *The truth about ACEs* [infographic]. Princeton, NJ: Author. Retrieved from <http://www.rwjf.org/en/library/infographics/the-truth-about-aces.htm>
- Sege, R. D. & Browne, C. H. (2017). Responding to ACEs with HOPE: Health outcomes from positive experiences. *Academic Pediatrics*, 17(7S), S79-85.
- Starecheski, L. (2015, March 2). Take the ACE quiz — and learn what it does and doesn't mean. *Shots: Health News from NPR*. Washington, DC: National Public Radio. Retrieved from <http://www.npr.org/sections/health-shots/2015/03/02/387007941/take-the-ace-quiz-and-learn-what-it-does-and-doesnt-mean>
- Trauma Resource Institute. (2017). *The community resiliency model*. Claremont, CA: Author. Retrieved from [www.traumaresourceinstitute.com](http://www.traumaresourceinstitute.com)