

# NEW SCIENCE OF RESILIENCE RESOURCE LIST

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## FREE ONLINE RESOURCES (Cut and paste links)

### MEASUREMENT TOOLS

Body Perception Questionnaire (Short Form-BPQ-20 ANS, Dr. Stephen Porges; translated into 12 languages) <https://www.traumascience.org/body-perception-questionnaire>

NEUROCEPTION (NPSS; Dr. Liza Morton; translated into four languages)  
<https://www.traumascience.org/neuroception-of-safety-scale>

### OXYTOCIN

Carter, S.C., Kenkel W. M., Maclean, E. L., et al. *Is Oxytocin Nature's Medicine?* Pharmacol. Rev. Oct;72(4):829-861. Full free text at: <https://pubmed.ncbi.nlm.nih.gov/32912963/>

### FINGERHOLD PRACTICE

<https://dps.alaska.gov/getmedia/ffe776df-62d3-4076-b8de-2d73a44dd91c/Dr-Linda-Chamberlain-Fingerhold-Practice-for-Managing-Emotions-Stress.pdf>

<https://howlingwithhuskies.com/resources/>

[https://capacitar.org/wp-content/uploads/2020/06/Practices-of-Healing\\_1-Anxiety.pdf](https://capacitar.org/wp-content/uploads/2020/06/Practices-of-Healing_1-Anxiety.pdf)

Spanish: [http://capacitar.org/wp-content/uploads/2020/06/Practices-of-Healing\\_1-AnxietySP.pdf](http://capacitar.org/wp-content/uploads/2020/06/Practices-of-Healing_1-AnxietySP.pdf)

### HEARTMATH

Newsletter, research, and tools. <https://www.heartmath.com/>

### BREATH

Two-minute video on breath and resilience: <https://drlindachamberlain.com/webinars/>

## N.U.R.S.E. PROTOCOL

<https://www.theembodimentlab.com/blog/the-nurse-resiliency-protocol-for-empowered-awareness>

<https://insighttimer.com/jessicaconway/guided-meditations/n-u-r-s-e-all-parts-of-yourself-short-spacious-version>

## NERVOUS SYSTEM SELF-CARE

Somatic practices using touch and pressure for regulation and resilience:

<https://www.ouembodiedhealing.com/free-nervous-system-self-care>

## LOVING KINDNESS

Watson T., Watts L., Waters, R., & Hodgson, D. (2023) The benefits of loving kindness meditation for helping professionals: A systematic review. *Health & Social Care in the Community*. 2023. 1-14.

<https://onlinelibrary.wiley.com/doi/epdf/10.1155/2023/5579057>

Loving kindness and self-compassion: <https://jackkornfield.com/meditation-on-lovingkindness/>

## SOME FAVORITE REFERENCES

***Safe and Sound: A Polyvagal Approach for Connection, Change, and Healing.*** Stephen Porges, Karen Onderko, & Peter Levine (foreword). Will be released on April 22, 2025.

***Body and Brain Brilliance: A Manual to Cultivate Awareness and Practices for our Nervous System,*** Lori Desautels. 2024.

***Integrative Attachment Family Therapy: A Clinical Guide to Heal and Strengthen the Parent-Child Relationship through Play, Co-regulation, and Meaning-Making,*** Dafna Lender, Molly Gage, Bessel van der Kolk (Foreword). 2023.

***Eyes Are Never Quiet, Listening Beneath the Behaviors of Our Most Troubled Students,*** Lori Desautels & Michael McKnight. 2019.

***Transforming Stress for Teens.*** Rollin McCraty, Sarah Moor, Jeff Gelitz, & Stephen Lance. 2016.