

# Real World Strategies for Difficult Situations

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## Resources

[Implicit Bias: Peanut Butter, Jelly and Racism](#)

[Project Implicit](#)

[We all have implicit biases. So what can we do about it?](#)

[How to Identify, Understand, and Unlearn Implicit Bias in Patient Care](#)

[Sympathy vs. Empathy](#)

[Positionality & Intersectionality](#)

[Social Justice Mentoring: Preparing Family Therapists for Social Justice Advocacy Work](#)

[Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others by Laura van Dernoot Lipsky](#)

[Beyond the Cliff TedTalk](#)

[Burnout: The Secret to Unlocking the Stress Cycle by Emily Nagoski, PhD and Amelia Nagoski, DMA](#)

[Unlocking Us Podcast: Brené with Emily and Amelia Nagoski on Burnout and How to Complete the Stress Cycle](#)