

## Resources on microaggressions

### Websites

- Imperial College London: Microaggressions - what you should know
  - <https://www.imperial.ac.uk/engineering/staff/human-resources/microaggressions/>
- Royal Pharmaceutical Society: Microaggressions
  - <https://www.rpharms.com/recognition/inclusion-and-diversity/microaggressions>
- Edinburgh University: Microaggressions
  - <https://www.ed.ac.uk/equality-diversity/students/microaggressions>

### Books

- Derald Wing Sue, ed. (2010) *Microaggressions and Marginality: Manifestation, Dynamics and Impact*. Wiley.
  - <https://in.nau.edu/wp-content/uploads/sites/185/2018/04/Microaggressions.pdf>
- Kevin L. Nadal (2018) *Microaggressions and Traumatic Stress: Theory, Research, and Clinical Treatment*. American Psychological Association.
  - <https://www.apa.org/pubs/books/4317475>
- Kevin L. Nadal (2013) *That's So Gay!: Microaggressions and the Lesbian, Gay, Bisexual, and Transgender Community*. American Psychological Association.

### Articles

- Derald Wing Sue, Christina M. Capodilupo, Gina C. Torino, Jennifer M. Bucceri, Aisha M. B. Holder, Kevin L. Nadal, and Marta Esquilin (2007) *Racial Microaggressions in Everyday Life*. American Psychological Association.
  - <https://gim.uw.edu/sites/gim.uw.edu/files/fdp/Microaggressions%20File.pdf>
- Kevin L. Nadal (2008) 'Preventing Racial, Ethnic, Gender, Sexual Minority, Disability, and Religious Microaggressions: Recommendations for Promoting Positive Mental Health' in *Prevention in Counselling Psychology: Theory, Research, Practice and Training* (pp.22-27) American Psychological Association.

- [http://www.div17.org/preventionsection/Prevention\\_Pub\\_08.pdf](http://www.div17.org/preventionsection/Prevention_Pub_08.pdf)

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### Videos

- Derald Wing Sue: Microaggressions in everyday life. Wiley.
  - <https://www.youtube.com/watch?v=BJL2P0JsAS4>
- Derald Wing Sue: Microaggressions in the Classroom: Manifestation, Dynamics and Impact. American Psychological Association.
  - <https://www.youtube.com/watch?v=sW3tFpThHzI>

## Resources on bullying

### Websites

- Bullying UK: Workplace bullying resources
  - <https://www.bullying.co.uk/workplace-bullying-resources/>
- Gov.uk: Workplace bullying and harassment
  - <https://www.gov.uk/workplace-bullying-and-harassment>
- Smart Pension: How to handle workplace bullying
  - <https://www.smartpension.co.uk/news-and-media/how-to-handle-workplace-bullying>
- NHS: Bullying at work
  - <https://www.nhs.uk/mental-health/advice-for-life-situations-and-events/support-for-workplace-bullying/>
- Royal College of Nursing: Bullying harassment and stress
  - <https://www.rcn.org.uk/get-help/bullying-harassment-and-stress>
- Royal College of Nursing: Bullying and harassment
  - <https://www.rcn.org.uk/get-help/rcn-advice/bullying-and-harassment>
- ACAS: Discrimination, bullying and harassment
  - <https://www.acas.org.uk/discrimination-bullying-and-harassment>
- Mind: How to be mentally healthy at work: Difficult work relations
  - <https://www.mind.org.uk/information-support/tips-for-everyday-living/how-to-be-mentally-healthy-at-work/difficult-work-relations/#WhatIfImBeingBulliedAtWork>

**Books**

- Adams, A. (1992) *Bullying At Work: How to Confront and Overcome It*. Virago.
- Thompson, R. (2013) *'Do No Harm' Applies To Nurses Too!* Pittsburgh: Incredible Messages Press.
- Oade, A. (2017) *Bullying in Teams: How to Survive It and Thrive*. Oade Associates Ltd.
  - <https://oadeassociates.com/books-publishing/bullying-in-teams/>
- Oade, A. (2015) *Free Yourself From Workplace Bullying*. Oade Associates Ltd.
  - <https://oadeassociates.com/books-publishing/free-yourself-from-workplace-bullying/>
- Oade, A. (2010) *Working in Adversarial Relationships*. Oade Associates Ltd.
  - <https://oadeassociates.com/books-publishing/working-in-adversarial-relationships/>
- Oade, A. (2009) *Managing Workplace Bullying*. Oade Associates Ltd.
  - <https://oadeassociates.com/books-publishing/managing-workplace-bullying/>
- Fields, T. *Bully in sight: how to predict, resist, challenge and combat workplace bullying*. Success Unlimited.
  - [https://www.google.co.uk/books/edition/Bully\\_in\\_Sight/9T9mn72jffkC?hl=en&gbpv=1&dq=Fields+TO.+Bully+in+sight:&printsec=frontcover](https://www.google.co.uk/books/edition/Bully_in_Sight/9T9mn72jffkC?hl=en&gbpv=1&dq=Fields+TO.+Bully+in+sight:&printsec=frontcover)