

Bullying in the Workplace ***A List of Resources***

The websites, articles, and books listed below address a variety of elements associated with workplace bullies. While the lists are not exhaustive, they do provide a great deal of information and additional resources to help you successfully navigate potentially difficult workplace situations.

Website Resources

<http://www.bullyinginstitute.org/>

- The Workplace Bullying Institute (WBI) is frequently cited in many of the other links listed below.
- Includes a number of surveys and results related to workplace bullying.
- Provides information and updates regarding legislative efforts related to workplace bullying.
- Has both audio and video resources.

<http://www.worktrauma.org/>

- Contains a number of links to information such as definitions, recommended books, articles, and research, workshop opportunities, announcements, etc.
- Internationally-based site (out of South Africa).

<http://www.itstime.com/jul2005.htm>

- Newsletter from the Institute for Management Excellence.
- Includes data from WBI (Workplace Bullying Institute); tips for managers, supervisors, and executives; how to prevent bullies from harming others; list of resources (Internet, books, articles); and even four cartoon links.

http://careerplanning.about.com/od/bosscoworkers/a/bullies_at_work.htm

- Advice on how to deal with a workplace bullying situation.

<http://www.busreslab.com/policies/badpol7.htm>

- More of an opinion piece, but does include a few recommendations on how to obtain employee feedback regarding bullying.

<http://www.lni.wa.gov/Safety/Research/Files/Bullying.pdf>

- Provides good information about bullying identifiers; affects of bullying; difference between bullying and harassment; strategies to address bullying; and, additional resources.
- From the Washington State Department of Labor and Industries.
- Published in April 2008.

<http://www.mediationworks.com/mti/certconf/bib-bullying.htm>

- A lengthy annotated bibliography for bullying in the workplace resources.
- Please note the copyright restriction for this site.

<http://www.management-issues.com/bullying.asp>

- Links include articles, editorials, and “advice columns” related to bullying.
- Internationally-based site (out of the United Kingdom).

Related Articles

http://www.businessweek.com/smallbiz/content/may2008/sb2008057_530667.htm

- Addresses recent legal actions of workplace bullying.
- Set-up is a Q&A format, with a focus on the implications for small business owners.
- Published May 7, 2008.

<http://abcnews.go.com/GMA/TakeControlOfYourLife/story?id=4526313&page=1>

- A Q&A with many tips on how to address bullying issues.
- Published March 27, 2008.

http://www.nytimes.com/2008/03/25/health/25well.html?_r=1&oref=slogin

- Mentions recent legislation and legal actions related to bullying.
- Includes a video clip.
- Published March 25, 2008.

<http://www.sfgate.com/cgi-bin/article.cgi?f=/c/a/2007/01/21/BUG7DNKKN61.DTL>

- Cites recent legislation related to workplace bullying.
- Does refer to a particular bullying situation involving a college faculty member.
- Published January 21, 2007.

<http://query.nytimes.com/gst/fullpage.html?res=9E04E7DE1339F931A15755C0A9629C8B63>

- Shares personal stories related to workplace bullying as well as recent research in the area.
- Published June 22, 2004.

http://www.usatoday.com/money/jobcenter/workplace/relationships/2002-11-12-bullies_x.htm

- Echoes research and findings from The Workplace Bullying Institute.
- Published in 2002.

<http://www.apa.org/monitor/jul98/bully.html>

- Focuses on violence in the workplace as a product of bullying and on-the-job stress.
- Published in 1998.

Book Resources

- *The Complete Guide to Understanding, Controlling, and Stopping Bullies and Bullying at Work: A Complete Guide for Managers, Supervisors, and Co-Workers* (2008) by Margaret R. Kohut
- *Workplace Bullying and Harassment: Victim or Victor?* (2008) by Patricia Watson
- *Towards Dignity and Respect – An Exploration of the Nature, Causes and Consequences of Workplace Bullying* (2007) by Maryam Omari
- *Handbook of Workplace Violence* by (2006) E. Kevin Kelloway, Julian Barling, and Joseph J. Hurrell
- *You Can't Talk To Me That Way! Stopping Toxic Language in the Workplace* (2005) by Arthur H. Bell
- *Bullying and Emotional Abuse in the Workplace: International Perspectives in Research and Practice* (2003) by Stale Einarsen, Helge Hoel, Dieter Zapf, and Cary L. Cooper
- *Bullies: From the Playground to the Boardroom : Strategies for Survival* (2002) by Jane Middleton-Moz and Mary Lee Zawadski

- *Bullying in the Workplace: An Organizational Toolkit* (2001) by Elaine Douglas
- *The Bully at Work: What You Can Do to Stop the Hurt and Reclaim Your Dignity on the Job* (2000) by Gary Namie
- *Workplace Bullying: What We Know, Who is to Blame, and What Can We Do?* (2001) by Charlotte Rayner, Helge Hoel, and Cary L. Cooper
- *Bully in Sight: How to Predict, Resist, Challenge, and Combat Workplace* (1996) by Tim Field

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