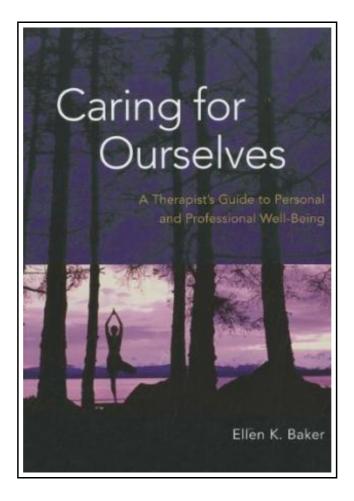
# Caring for Ourselves A Therapists Guide to Personal and Professional Well-Being



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### Reviews

Excellent electronic book and helpful one. It usually does not cost a lot of. I am quickly will get a pleasure of reading through a written publication.

(Bernardo Feeney Jr.)

# CARING FOR OURSELVES A THERAPISTS GUIDE TO PERSONAL AND PROFESSIONAL WELL-BEING



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American Psychological Association (APA). Paperback. Condition: New. 173 pages. Dimensions: 9.8in. x 7.0in. x 0.5in.Dr. Ellen Baker addresses a topic that is vitally important to therapists: self-care for professionals who, characteristically, are attuned to caring for others. Therapist well-being is considered in terms of the balancing of the therapists personal and professional life, by tending to physical, emotional, and spiritual needs, and the need to feel connected with self as well as with others. Filled with a rich assortment of observations by therapists, who share challenges and triumphs from their own self-care journey, the book examines the conflicts and deterrents to self care that can lead to distress, impairment, or burnout. An experienced therapist and experiential group facilitator, Dr. Baker invites readers to participate in journaling exercises in the process of exploring the issues and complexities of therapist self care. Topics range from exercise and body image to vicarious traumatization, coping, replenishing, and seeking personal therapy. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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