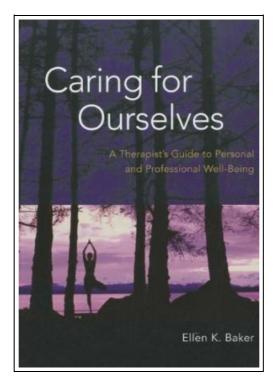
# Caring for Ourselves A Therapists Guide to Personal and Professional Well-Being



Filesize: 6.42 MB

# Reviews

Completely essential go through book. This is for all who statte there had not been a worthy of reading through. It is extremely difficult to leave it before concluding, once you begin to read the book. (Lydia Legros)

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



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.



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

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

# See Also



## Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. This book is about my cousin, Billy a guy who taught me a lot over the years and who...

Download ePub

»



## Summer Fit Preschool to Kindergarten Math, Reading, Writing, Language Arts Fitness, Nutrition and Values

Summer Fit Learning. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 10.6in. x 8.3in. x 0.5in.Summer Fit Activity Books move summer learning beyond academics to also prepare children physically and socially for the grade ahead....

Download ePub

**>>** 



## The Day I Forgot to Pray

Tate Publishing. Paperback. Book Condition: New. Paperback. 28 pages. Dimensions: 8.7in. x 5.8in. x 0.3in.Alexis is an ordinary five-year-old who likes to run and play in the sandbox. On her first day of Kindergarten, she...

Download ePul

**>>** 



## DK Readers Animal Hospital Level 2 Beginning to Read Alone

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.9in. x 5.8in. x 0.1in.This Level 2 book is appropriate for children who are beginning to read alone. When Jack and Luke take an injured...

Download ePub

\*



## DK Readers Day at Greenhill Farm Level 1 Beginning to Read

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.8in. x 5.7in. x 0.2in.This Level 1 book is appropriate for children who are just beginning to read. When the rooster crows, Greenhill Farm springs...

Download ePub

»



## Scala in Depth

Manning Publications. Paperback. Book Condition: New. Paperback. 304 pages. Dimensions: 9.2in. x 7.3in. x 0.8in.Summary Scala in Depth is a unique new book designed to help you integrate Scala effectively into your development process. By

**Download Document** 

**>>** 



## **DK Readers Duckling Days**

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.9in. x 5.9in. x 0.2in.This Level 1 book is appropriate for children who are just beginning to read. Six ducklings follow mother duck everywhere. One

**Download Document** 

**>>** 



## **DK READERS Pirates Raiders of the High Seas**

DK CHILDREN. Paperback. Book Condition: New. Paperback. 48 pages. Dimensions: 8.8in. x 5.9in. x 0.2in.Meet Pirates who got away with murder... and pirates who died in the hangmans noose! These 48-page books about

**Download Document** 

...



#### The Birds Christmas Carol

Digireads.com. Paperback. Book Condition: New. Paperback. 34 pages. Dimensions: 7.8in. x 4.8in. x 0.3in.Kate Douglas Wiggin (1856-1923) was an important reformer of childrens education at the turn of the century. During a period when childrens

**Download Document** 

>>



## Angels, Angels Everywhere

Bella Rosa Books. Paperback. Book Condition: New. Paperback. 112 pages. Dimensions: 8.0in. x 4.8in. x 0.3in.Many people believe that everyone is assigned at least one guardian angel at birth. Some claim to have seen their

**Download Document** 

»