# Caring for Ourselves

A Therapist's Guide to Personal and Professional Well-Being



Ellen K. Baker

# Caring For Ourselves A Therapists Guide To Personal And Professional Well Being

**Narelle Lemon** 

#### Caring For Ourselves A Therapists Guide To Personal And Professional Well Being:

Caring for Ourselves Ellen K. Baker, 2003 Addresses a topic that is vitally important to the rapists offering a positive approach to enjoying their chosen profession being the best they can be at it and tackling or preventing burnout The author leads the journey to self awareness and self care among psychology professionals. This book demonstrates a way to balance personal and professional lives by tending physical emotional and spiritual needs and the need to feel connected PsycINFO Self-Care and Stress Management for Academic Well-Being Database Record c 2004 APA all rights reserved Clarke, Karis L., 2022-06-24 Self care is a topic that is often challenging in education Educators are required to learn to teach advise and cope with organizational change as well as encourage their students to take responsibility for their actions say no identify burnout establish a network of family and friends schedule breaks do things they enjoy and take care of themselves physically However teachers often do not follow these guidelines themselves It is important that teachers allow themselves the time and space to do the same things that they insist their students do Moreover it is important that administrators recognize and support these efforts as well Self Care and Stress Management for Academic Well Being discusses why self care for educators is needed in order for them to sustain the growth of the students at their institutions It explores the ways in which educators devote themselves to helping students develop their creativity and their academic voices but do not always give themselves the same permission Covering a range of topics such as physical care stress and self advocacy this reference work is ideal for researchers academicians practitioners scholars administrators instructors and students The 'How' of Self-Care for Teachers Narelle Lemon, 2024-08-20 Providing insights ideas strategies and compassion this book offers a new way of looking at self care for educators experiencing exhaustion and stress or who may simply be feeling more tired than they should be Drawing on personal experiences of burnout as well as research in wellbeing literacy self care and positive psychology Narelle Lemon presents a new framework for self care Designed especially for teachers of any discipline or sector the framework is based on five key dimensions self compassion mindful awareness habits time and empowerment Evidence based and easy to follow these dimensions scaffold the tools and strategies offered in the book allowing the reader to create their own toolbox based on what resonates with them most The book is designed to be flexible so the reader is encouraged to follow the recommendations as closely as they wish or to take inspiration for their own ideas acknowledging that tools will change over time and across contexts The practical tools in this book are further supported by reflective prompts as well as opportunities for extension with tips for leaders working groups and the education sector more broadly Written by a teacher for teachers this book gives you not only the tools but also the permission to look after yourself It will show you that self care is an act of self love self compassion and self awareness and that it is relational and you need to care for you in order to care for others An Introduction to the Therapeutic Relationship in Counselling and **Psychotherapy** Stephen Paul, Divine Charura, 2014-10-16 The therapeutic relationship is considered to be the most

significant factor in achieving positive therapeutic change As such it is essential that trainee and practising therapists are able to facilitate a strong working alliance with each of their clients This book will help them do just that by offering a practical and evidence based guide to all aspects of the therapeutic relationship in counselling and psychotherapy Cross modal in its approach this book examines the issues impacting on the therapeutic relationship true to all models of practice Content covered includes The history of the therapeutic relationship The place of the therapeutic relationship in a range of therapy settings including IAPT Concepts and practical skills essential for establishing and maintaining a successful working alliance The application of the therapeutic relationship to a variety of professional roles in health and social care Practice issues including potential challenges to the therapeutic relationship working with diversity and personal and professional development Research and new developments Using examples points for reflection and chapter aims and summaries to help consolidate learning the authors break down the complex and often daunting topic of the therapeutic relationship making this essential reading for trainee and practising therapists as well as those working in a wider range of health social care and helping relationships Clinician's Guide to Self-Renewal Robert J. Wicks, Elizabeth A. Maynard, 2014-03-13 Providing clinicians with advice consistent with the current emphasis on working from strengths to promote renewal this guide presents a holistic approach to psychological wellness Time tested advice is featured from experts such as Craig Cashwell Jeffrey Barnett and Kenneth Pargament With strategies to renew the mind body spirit and community this book equips clinicians with guidance and inspiration for the renewal of body mind community and spirit in their clients and themselves

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resources for greater resilience and well being in their own lives This book is an important read for psychotherapists psychologists and counsellors including those working with trauma It also provides valuable insights for modalities practising from a psycho spiritual perspective including Jungian and transpersonal psychotherapists

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