

The Resilient Practitioner

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the resilient practitioner 4th edition gives students and practitioners valuable tools for creating their own bounded generosity a vibrant method for balancing caring for others and caring for oneself the new edition builds on the strengths of the earlier editions and incorporates the lived experience of practitioners in the helping caring and relationship intense fields readers will find new material in the architecture of resilience chapter a self care action plan that incorporates smart goals to increase goal setting success and a focus on both individual responsibility and organizational responsibility for burnout prevention and the development of resilience the new edition also includes self reflection exercises in each chapter a resiliency inventory for practitioners a strong focus on research and an accessible writing style the authors continue to chart a hopeful path for practitioners one that allows for a high level of caring for others in the helping professions while also artfully caring for oneself

therapists and other helping professionals such as teachers doctors and nurses social workers and clergy work in highly demanding fields and can suffer from burnout compassion fatigue and secondary stress this happens when they give more attention to their clients well being than their own both students and practitioners in these fields will find this book an essential guide to striking an optimal balance between self care and other care the authors describe the joys and hazards of the work the long road from novice to senior practitioner the essence of burnout ways to maintain the professional and personal self methods experts use to maintain vitality and a self care action plan vivid real life examples and self reflection questions will engage and motivate readers to think about their own work and ways to enhance their own resilience eloquently written and supported by extensive research helping professionals will find this a valuable resource both when a novice and when an experienced practitioner

the resilient practitioner 3rd edition gives students and practitioners the tools they need to create their own personal balance between caring for themselves and caring for others this new edition includes a new chapter on resiliency an updated self care action plan self reflection exercises in each chapter and a revised resiliency inventory for practitioners readers will find however that the new edition keeps its strong focus on research and accessible writing style the new edition also retains its focus on establishing working alliances and charting a hopeful path for practitioners a path that allows them to work intensely with human suffering and also have a vibrant career in the process

b this title focuses on the work of practitioners in counseling therapy teaching and the health professions these are all high touch practitioner fields where the quality of the interaction with the client student patient is the key to success to do the work well requires an optimal balance between other care and self care how does one acquire this balance this book explores elements of this question by describing the joys and hazards of the work the long road from novice to senior practitioner the essence of burnout ways to maintain the professional and personal self methods experts use to maintain vitality and finally a self care action plan written for counselors therapists or those in the health professions

physicians today may face more stress than any other group of professionals long hours continual training and constant change in the workplace complicate their already stressful lives this book should help physicians maintain control of their emotions their practices and their lives

this book offers a new approach to theory and practice the book demonstrates how this application can be achieved and includes chapters that pertain to micro and macro practice research oppression and social policy

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