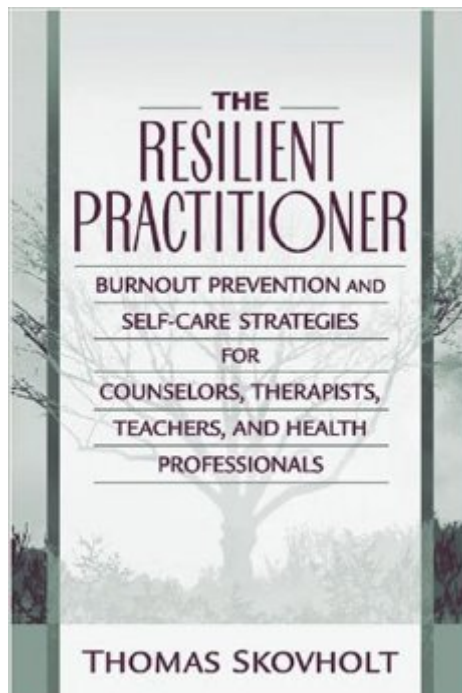


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# The Resilient Practitioner: Burnout Prevention And Self-Care Strategies For Counselors, Therapists, Teachers, And Health Professionals



## Synopsis

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.

## Book Information

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## Customer Reviews

This is a good, solid guide to burnout prevention and provider self-care. Skovholt provides solid theoretical grounding for his recommendations. The self-reflection exercises are thoughtful and allow the reader to track growth in knowledge and skills. The chapter on burnout prevention strategies of expert practitioners was enlightening. One complaint: The Kindle edition of this Guide does not allow the reader to skip sections and turn to the chapter of interest; each "page" must be clicked individually to get you to the desired chapter or section--not a good feature for a guidebook.

As a social worker and educator, I highly recommend this fantastic book. The author clearly explains

the many ways in which helpers are at risk for compassion fatigue and burnout due to the intensity of their work lives. He also provides many useful tips for preventing burnout. This is a very informative and practical resource. I use it frequently to inform my own teaching of compassion fatigue, vicarious traumatization, and burnout issues.

This book is indeed practical in its application and theoretical enough to be able to use it as a text book for students. I recommend it for professionals and students who are in any type of helping industry in order to be informed of the very real risks involved to one's own health and welfare when giving so much of ourselves to others. This book is sorely needed in the areas of church ministry where there is a great emphasis on helping our fellow man but often pastors and lay workers are burnt out through lack of know how and knowledge to care for themselves because of the high demands of their congregations. Although not intended by the author to be used as a religious text as such it has invaluable insight which correlates to the 'other' types of caring that is done in community life.

I found this book to greatly reduce my anxiety as it addressed all of my worries and other issues that were leading me towards burnout. It also has clear indications that it will continue to be useful as I move further into my career. This is a book I plan to read again and again.

Working as a school counselor in an urban setting, I see lots of teachers struggle with the workload and unfortunately a lot of turnover from year to year. This is a good book to help provide some insight in to how to take care of yourself and I use it as a resource when working with teachers and in trainings on how to better take care of yourself.

A cheat sheet to self-care and what will likely be your experiences as you develop from lay-person to expert in any care-giving field.

Great book for a Professional Counselor

Good deal! Thanks

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