



Leaving It at the Office, Second Edition: A Guide to Psychotherapist Self-Care

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Product Description

Mental health professionals provide better care to their clients when they care for themselves. This acclaimed highly practical guide--now revised and expanded with even more self-care strategies--helps busy psychotherapists balance their personal and professional lives. The book presents 13 research-informed self-care strategies and offers concrete methods for integrating them into daily life. Featuring examples and insights from master therapists, every chapter concludes with a self-care checklist. Infused with a positive message of self-renewal and growth, the book shows clinicians how to leave distress at the office and tend actively to their physical, emotional, and spiritual needs. New to This Edition *Chapter on mindfulness and self-compassion. *Increased emphasis on simple, real-time self-care activities. *New examples from additional master therapists and hundreds of workshop participants. *Up-to-date research findings on therapist stress and resilience. *Discussions of competence constellations, building on self-care strengths, moral stress, deliberate practice, presession preparation, journaling, and multiculturalism.
