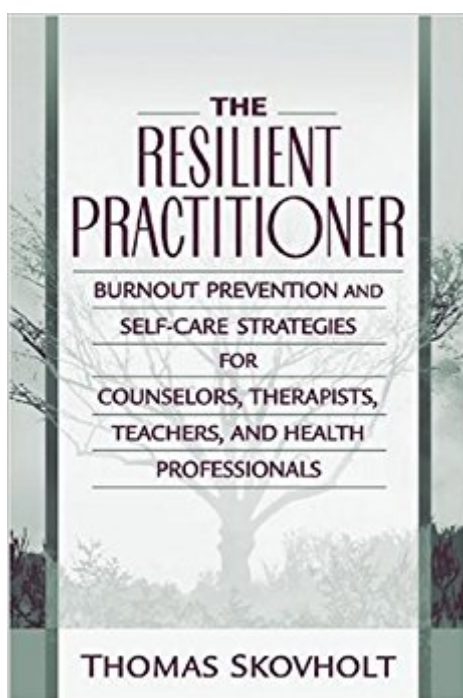


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# The Resilient Practitioner: Burnout Prevention And Self-Care Strategies For Counselors, Therapists, Teachers, And Health Professionals



## 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

Paperback: 230 pages

Publisher: Allyn & Bacon; 1 edition (December 17, 2000)

Language: English

ISBN-10: 020530611X

ISBN-13: 978-0205306114

Product Dimensions: 6.1 x 0.6 x 9.1 inches

Shipping Weight: 12.8 ounces

Average Customer Review: 4.4 out of 5 stars 15 customer reviews

Best Sellers Rank: #470,328 in Books (See Top 100 in Books) #117 in [Books > Textbooks > Medicine & Health Sciences > Administration & Policy > Practice Management & Reimbursement](#) #165 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Physician & Patient](#) #370 in [Books > Education & Teaching > Schools & Teaching > Counseling > Academic Development](#)

## Customer Reviews

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.

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.

Great Book

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.

This is a great book for those in the different care fields. Very helpful to better understand the dynamics of burn out.

Great book, was in good condition.

As advertised

Someone gave me this as a gift and I bought it to pass on. Very good book to prevent burnout

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