

Leaving It at the Office, First Edition: A Guide to Psychotherapist Self-Care By John C. Norcross
Health Leaving It at the Office, First edition miami Cannot say enough good things about this book! 9781593855765 This book gives the psychotherapist a plethora of ideas and rationales for taking care of themselves while working in a helping profession:

Book Leaving It at the Office, First edition volume

Wise warm and authoritative this straight-talking guide addresses the real-world struggles that psychotherapists face in balancing their professional and personal lives, **Leaving It at the Office, First editioning view** It demonstrates that recognizing and tending to one's physical emotional and spiritual needs not only feels good--it also leads to more effective and ethical practice as a clinician, **Book Leaving It at the Office, First edition hotel** The book describes and illustrates 12 self-care strategies that are grounded in the authors' extensive research and clinical experience. **Leaving It at the Office, First editionid** Interwoven throughout are insights and recommendations from other master therapists self-care checklists and suggestions for further reading. **Book Leaving It at the Office, First edition tampa** Leaving It at the Office First Edition: A Guide to Psychotherapist Self-CareOne of the top 3 best books I've ever read for therapists on the topic of self-care and burnout. **Leaving It at the Office, First Edition kindle cloud** Written in a way that is validating and encouraging rather than condescending and finger wagging. I'm sure I will return to this book periodically. 9781593855765

