



# **The Resilient Practitioner: Burnout Prevention and Self-Care Strategies for Counselors, Therapists, Teachers, and Health Professionals**

*Thomas M. Skovholt*

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

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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.

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