



# **The Therapist's Workbook: Self-Assessment, Self-Care, and Self-Improvement Exercises for Mental Health Professionals**

*Jeffrey A. Kottler*

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A Guide for Self-Reflection, Growth, and Change

Forbidden feelings, secret fears, stress, burnout-these are issues that many behavioral health care professionals treat in their clients everyday. But when it's the clinician who is overwhelmed with these issues, there is often no one-and nowhere to turn to. Untreated, these issues can affect therapists' ability to treat their clients effectively and put unneeded stress on their personal relationships. Based on the best-selling book *On Being a Therapist*, this much-needed workbook nourishes and challenges psychiatrists, psychologists, social workers, and other counselors, guiding them gently on a journey of self-reflection and renewal. Jeffery Kottler's well-conceived guide offers behavioral health care professionals a concrete forum to address the crucial daily and long-term issues that inevitably arise in their work.

To help clinicians help themselves, Kottler has filled this hands-on guide with self-assessment exercises and activities-all designed to facilitate candid self-expression, growth, and change. Special attention is paid to potentially career threatening issues, such as sexual attraction to a client, fear of failure, loss of confidence, and the financial stress and loss of autonomy that many clinicians experience as a result of managed care and its constraints.

By actively engaging in the workbook activities and keeping a weekly journal, readers will come away with renewed motivation, energy, and creativity as clinicians, as well as a valuable written record of personal growth and reflection.



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#### **John Ma:**

What is your hobby? Have you heard this question when you got college students? We believe that that concern was given by teacher with their students. Many kinds of hobby, Every individual has different hobby. And also you know that little person like reading or as studying become their hobby. You have to know that reading is very important and book as to be the issue. Book is important thing to provide you knowledge, except your own teacher or lecturer. You find good news or update concerning something by book. Amount types of books that can you go onto be your object. One of them is niagra The Therapist's Workbook: Self-Assessment, Self-Care, and Self-Improvement Exercises for Mental Health Professionals.

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