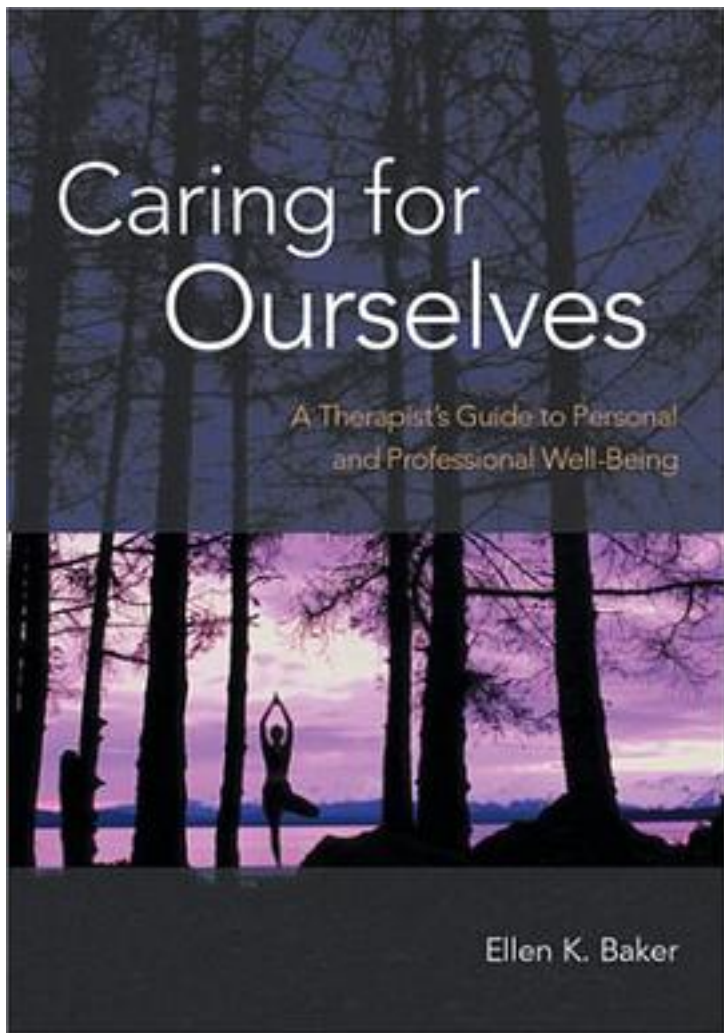


Caring for Ourselves



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Ellen K. Baker addresses self-care for professionals who, characteristically, are attuned

to caring for others. Therapist well-being is considered in terms of the balancing of the therapist's personal and professional life, by tending to physical, emotional, and spiritual needs, and the need to feel connected with self as well as with others. Filled with a rich assortment of observations by therapists, this book examines the conflicts and deterrents to self-care that can lead to distress, impairment, or burnout.

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