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**Maslach Burnout
Inventory 3rd
Edition Manual**

Transformative Learning in
Healthcare and Helping

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Professions Education: Building Resilient Professional Identities is a co-edited book (Carter, Boden, and Peno) with invited chapters from educators who share our passion for learning in healthcare and the helping

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professions. The purpose of the book is to introduce professional learners (students, residents, and others in professional training) to transformative learning for building resilient professional identities amid practice

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environments that include
widespread burnout and
compassion fatigue. With a
diverse set of authors engaged
in clinical and educational
practice in academic medicine,
nursing, dentistry, physical

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therapy, mental health
counseling, science education,
psychology, social work, and
inter-professional collaborative
practice, we offer strategies for
building resilience throughout
the years of professional

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training and into professional practice. We do so through the experiences of authors involved in healthcare and the helping professions to illustrate how some are coping with the challenges of burnout and

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compassion fatigue through learning that can be transformative. This book explores the nature of professional identity formation by examining ways that professionals in training can

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thrive amid the challenges of today ' s stressful practice environments. First-hand stories of resilience illustrate how learners, as well as educators in these professions, are addressing adversity, career

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decision-making, service to the underserved, and the self-care needed to provide excellent care for others. The prominence of transformative learning within adult learning theory is illustrated for its potential to

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revise the meaning that learners make of their experiences and open up new possibilities for renewed vitality in professional education and practice environments. The book has two primary audiences: professional

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learners in healthcare and helping professions education, and their educators who are often professional practitioners themselves. These educators have a significant role in influencing the next generation

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of professionals by serving as mentors, role models, and teachers. The importance of fostering learning that is transformative has never been more important than it is today for those who will work in these

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demanding professions. We invite readers to discover experiences and strategies for achieving individual wellbeing, as well as opportunities for building a culture within professional education and

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practice settings that will foster resilience.

This book, recognizing that workplace bullying is a significant employment relations and occupational health and safety problem in India which

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warrants urgent and holistic
intervention, presents empirical
studies examining contextual
factors, antecedents, mediators,
moderators, processes, outcomes
and solutions, thereby
deepening our understanding of

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the phenomenon. The chapters showcased in the volume emphasize the paradoxical Indian sociocultural ethos whose simultaneous embrace of humanism versus identity-based, personalized and hierarchical

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relationships, materialism versus spiritualism and individualism versus collectivism both fuel yet quell misbehaviour. The inquiries which constitute this book engage both positivist and postpositivist paradigms, draw

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on several theoretical and substantive frameworks, utilize an array of methods, investigate numerous foci and cover various geographical regions in India, a range of industrial sectors and all levels of the organization. In

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so doing, they make pathbreaking contributions beyond country-specific insights to advance the frontiers of the thematic area worldwide. The chapters include important findings pertaining to digital

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workplaces, child labour,
forgiveness, customer bullying,
psychological contract violation,
perceived organizational
support, psychological capital
and comprehensive prevention
strategies encompassing

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psychosocial risks. As well as building on a decade of knowledge about workplace bullying in India, the book puts forward a research agenda on the topic for the subcontinent in particular and the field in

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general. The volume is of interest to researchers, practitioners and students of organizational studies, human resource management, industrial relations, labour law, corporate law, health sciences and social

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work.

Consultation interventions are an increasingly popular alternative to clinical practice, allowing the practitioner to interact with and affect many different individuals and

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organizations. This type of work challenges mental health professionals, drawing on all the skills and resources they may possess, yet also offers some of the greatest rewards and opportunities for service. Filled

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with numerous case examples and checklists, Consultation Skills for Mental Health Professionals contains a wealth of information on this important area of practice. It provides a comprehensive source for

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working with a diverse clientele in a variety of settings, discussing both traditional mental health consultation models and the fast-growing field of organizational consulting. The guide is divided

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into four parts: Individual-Level Consulting Issues takes up individual career assessment and counseling, along with how organizational contexts affect individual jobs; leadership, management, and supervision;

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executive assessment, selection, interviewing, and development; and executive coaching.

Consulting to Small Systems discusses working with teams and groups; planning and conducting training and

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teambuilding; diversity in the workplace and in consultation. Consulting to Large Systems covers how to work with large organizations, including organizational structure, terms, culture, and concepts, as well as

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processes such as change and resistance; how to assess organizations, and the characteristics of healthy and dysfunctional workplaces; and issues involved in organizational intervention. Special Consulting

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Topics include issues such as the practical aspects of running a consulting practice; the skills required for successful clinical consultation; consultation services for special populations; and crisis consultation, including

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critical incident stress
management, psychological first
aid, disaster recovery, media
communication, and school
crisis response.

Burnout is a common metaphor
for a state of extreme

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psychophysical exhaustion,
usually work-related. This book
provides an overview of the
burnout syndrome from its
earliest recorded occurrences to
current empirical studies. It
reviews perceptions that

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burnout is particularly prevalent among certain professional groups - police officers, social workers, teachers, financial traders - and introduces individual inter- personal, workload, occupational,

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organizational, social and cultural factors. Burnout deals with occurrence, measurement, assessment as well as intervention and treatment programmes. This textbook should prove useful to

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occupational and organizational health and safety researchers and practitioners around the world. It should also be a valuable resource for human resources professional and related management

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professionals.

A Guide for Information

Professionals

Emerging Infectious Diseases

Combating Physician Burnout

Manual

Occupational Medicine: Disease

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Risk Factors and Health
Promotion

Research Handbook on Work
and Well-Being

The Impact of COVID-19 on
Early Childhood Education and
Care

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Edited by experts on burnout, five sections lay out the scope of the challenge and outline potential interventions. The introduction, which discusses the history

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*and social context of
burnout, provides
psychiatrists who may be
struggling with burnout
with much-needed
perspective. Subsequent
sections discuss the*

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*potential effects of
burnout on clinical
care, contextual
elements that may
contribute to burnout,
and, potential systemic
and individual*

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interventions.

This acclaimed work describes a range of counseling and therapy approaches for children who have experienced loss. Practitioners and

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*students are given
practical strategies for
helping preschoolers
through adolescents cope
with different forms of
bereavement, including
death in the family,*

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*school, and community.
Grounded in research on
child therapy,
bereavement, trauma, and
child development, the
volume includes rich
case presentations and*

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clearly explains the principles that guide interventions. Eleven reproducible assessment tools and handouts can also be downloaded and printed in a convenient

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8 1/2" x 11" size.

*Research on Emotion in
Organizations comprises
chapters describing
multidisciplinary
research into affect,
emotion, and mood in*

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*organizations at all
levels of analysis,
including within-person
variation, individual
differences,
interpersonal exchanges,
groups, and*

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organizations.

*Research now shows us
that long-term
activation of the stress
cycle can have a
hazardous, even lethal,
effect on the body,*

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increasing the risk of obesity, heart disease, depression, cancer, and other illnesses. This new edition of an award-winning book presents cutting-edge research on

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*the effects of stress.
Edited by one of the
world's authorities in
stress management,
occupational psychology,
and occupational
medicine, Handbook of*

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*Stress Medicine and
Health, Second Edition
offers a completely
revised and updated look
at the different types
of stress, including
their characteristics,*

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*symptoms, duration, and
treatment approaches.*

*The text proposes a
generic theory on stress
and health and explores
the relationship of
stress to a variety of*

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*health outcomes,
including heart disease,
cancer, mental health,
burnout, and
complications of the
endocrine and immune
systems. It addresses*

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the link between stress and personality, and discusses the impact of social support on various health conditions. The final chapters deal with

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*stress and its
consequences, such as
the emotional processing
of traumatic events,
dealing with stress in
families and in chronic
disease, and coping with*

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*stress in the workplace.
With contributions from
the foremost leaders in
the field, this
authoritative book
evaluates a wide range
of psychosocial factors*

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that contribute to many of today's major illnesses. It also proposes strategies for prevention and management, which will hopefully encourage

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*future research into the
reduction of stress.*

*Growth and Stagnation of
Therapists and
Counselors*

*The Burnout Companion To
Study And Practice*

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*Handbook of Human
Factors and Ergonomics
in Health Care and
Patient Safety
Consultation Skills for
Mental Health
Professionals*

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*On Becoming a Counselor,
Fourth Edition*

Connecting Healthcare

Worker Well-Being,

Patient Safety and

Organisational Change

The Corsini Encyclopedia

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of Psychology

This volume delineates the ways in which key areas of healthcare, well-being, patient safety and organisational change overlap with and contribute

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*to unhealthy workplaces for
healthcare professionals.
There is a growing
realisation within healthcare
that healthcare worker well-
being, patient outcomes and
organisational change are*

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symbiotically linked. Burnout and stress in healthcare workers and toxic organisational cultures can lead to a cycle of patient neglect, medical errors, sub-optimal care and further

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stress. This topical volume therefore outlines the ways in which worker well-being, patient outcomes and organisational change can be aligned to contribute to a healthy workplace and

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therefore better medical care. The volume includes an array of authors from different disciplines including primary care, clinical medicine, psychology, sociology, management,

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clinical governance, health policy and health services research. It succeeds in integrating different voices and reaches meaningful conclusions to address the challenges facing the

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healthcare workforce.

*Almost every person works
at some point in their lives.*

*The Research Handbook on
Work and Well-Being*

*examines the association of
particular work experiences*

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*with employee and
organizational health and
performance.*

*Maslach Burnout
Inventory Manual Maslach
Burnout Inventory Manual
A complete resource, this*

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handbook presents current knowledge on concepts and methods of human factors and ergonomics, and their applications to help improve quality, safety, efficiency, and effectiveness in patient

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care. It provides specific information on how to analyze medical errors with the fundamental goal to reduce such errors and the harm that potentially ensues. Editor Pascale

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Carayon and an impressive group of contributors highlight important issues relevant to healthcare providers and professionals and their employers. They discuss the design of work

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environments and working conditions to improve satisfaction and well-being, and the reduction of burnout and other ailments often experienced by healthcare providers and professionals.

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*It is a remarkably
comprehensive account
offering readers invaluable
knowledge from individuals
who are some of the most
respected in the field.*

A Health and Care

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*Professionals Guide to
Minimizing Stress and
Maximizing Thriving
Emotions and Service in the
Digital Age
Educator Stress
Building Resilient*

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Professional Identities

Core Principles and Practices

Measurement in Sport and

Exercise Psychology

Handbook of Stress Medicine

and Health, Second Edition

This book brings

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*together the most
current thinking and
research on educator
stress and how education
systems can support
quality teachers and
quality education. It*

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*adopts an occupational
health perspective to
examine the problem of
educator stress and
presents theory-driven
intervention strategies
to reduce stress load*

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*and support educator
resilience and healthy
school organizations.
The book provides an
international
perspective on key
challenges facing*

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*educators such as
teacher stress, teacher
retention, training
effective teachers,
teacher accountability,
cyber-bullying in
schools, and developing*

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*healthy school systems.
Divided into four parts,
the book starts out by
introducing and defining
the problem of educator
stress internationally
and examining educator*

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stress in the context of school, education system, and education policy factors. Part I includes chapters on educator mental health and well-being, stress-

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*related biological
vulnerabilities, the
relation of stress to
teaching self-efficacy,
turnover in charter
schools, and the role of
culture in educator*

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stress. Part II reviews the main conceptual models that explain educator stress while applying an occupational health framework to education contexts which

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*stresses the role of
organizational factors,
including work
organization and work
practices. It ends with
a proposal of a dynamic
integrative theory of*

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educator stress, which highlights the changing nature of educator stress with time and context. Part III starts with the definition of what constitute healthy

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*school organizations as
a backdrop to the
following chapters which
review the application
of occupational health
psychology theories and
intervention approaches*

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*to reducing educator
stress, promoting
teacher resources and
developing healthy
school systems. Chapters
include interventions at
the individual, individu*

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*al-organizational
interface and
organizational levels.
Part III ends with a
chapter addressing cyber-
bullying, a new
challenge affecting*

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*schools and teachers.
Part IV discusses the
implications for
research, practice and
policy in education,
including teacher
training and*

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development. In addition, it presents a review of methodological issues facing researchers on educator stress and identifies future trends for

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*research on this topic,
including the use of
ecological momentary
assessment in educator
stress research. The
editors' concluding
comments reflect upon*

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*the application of an
occupational health
perspective to advance
research, practice and
policy directed at
reducing stress in
educators, and promoting*

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teacher and school well-being.

*Measurement in Sport and
Exercise Psychology
provides a complete
analysis of the tools
and methods used in*

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*sport and exercise
psychology research.
Each chapter of this
accessible text presents
key measurement
variables and concepts,
including their*

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*definitions; an
evaluation of the
measurement constructs
and tools available; and
an explanation of any
controversies in each
topic. The text includes*

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*access to an online
resource that presents
14 measurement
instruments in their
entirety. This resource
also contains additional
web links to many other*

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measurement instruments.

*Drawing on their
experience as leading
researchers in the
field, editors*

*Tenenbaum, Eklund, and
Kamata have selected a*

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*team of recognized
scholars to bring both
breadth and depth to
this essential resource.
By thoroughly examining
each measurement tool,
Measurement in Sport and*

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*Exercise Psychology
assists readers in
determining strengths
and limitations of each
tool and discovering
which tools are best
suited to their research*

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projects. Readers will also gain critical knowledge to expand the field by recognizing opportunities for new methods of measurement and evaluation. The text

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*begins with a historical
review of measurement in
sport and exercise
psychology followed by a
comprehensive
description of theories
and measurement issues.*

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It provides detailed information regarding ethical and cultural issues inherent in the selection of specific testing protocols as well as issues in

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*interpreting meta-
analysis. This is
followed by discussion
of the commonly used
constructs and
inventories in three
areas: cognition,*

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*perception, and
motivation measurement;
emotion (affect) and
coping measurement; and
social and behavioral
measurement.*

Recommendations for

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*researchers and
practitioners included
at the end of each
chapter provide starting
points for considering
ways to incorporate
chapter content into*

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*research projects and
professional practice.
Tables located at the
end of each chapter
summarize key
information for quick
reference and provide*

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*online sources, when
available, so that
readers can access each
measurement tool.*

*Original source
information is provided
for those tools not*

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available online.

*Measurement in Sport and
Exercise Psychology
assists readers in
evaluating the
effectiveness of
specific measurement*

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*tools. As the most
complete and up-to-date
directory of tools and
inventories in the field
of sport and exercise,
this text offers a
thorough explanation of*

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*considerations,
controversies,
recommendations, and
locations for accessing
these measurement tools.
Professional burnout
remains a constant and*

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*increasing concern. With
ABC of Clinical
Resilience, you'll learn
how to connect with
those impulses that
motivated you to become
a healthcare*

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*professional in the
first place. You'll
rediscover that 'joy of
practice' that nourishes
and replenishes your
energy even as you do
the hard work of caring*

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for your patients, and practice the self-care necessary to maintain a positive and consistently productive outlook. ABC of Clinical Resilience delivers a

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*concise and perceptive
treatment of what it
means to be a resilient
healthcare professional.
The book describes the
concept of resilience
and how organisations*

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and healthcare teams can use intelligent kindness to help their team members maintain their efficacy and avoid burnout in the long term. Readers will also

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*benefit from the
inclusion of: A thorough
introduction to the
concept of resilience
and why it's important
at this moment in time
in the healthcare*

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*profession An
exploration of the
emotional impact of
working in healthcare
Practical discussions of
resilience and how it
affects cognitive*

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*performance, as well as
organisational kindness
and the teaching of
resilience and
compassion Treatments of
self-care, the
physiology of resilience*

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*and well-being, and an
examination of
intelligent kindness in
healthcare teams Perfect
for healthcare
professionals,
especially mental*

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healthcare

professionals, ABC of

Clinical Resilience will

also earn a place in the

libraries of

professionals who treat

healthcare workers and

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*readers interested in
the psychology and
prevention of burnout,
vicarious trauma, and
compassion fatigue.
Emotional intelligence
is a very popular*

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*concept since it was
made known to the
general public in 1995.
However, it was under
severe criticisms among
scientific researchers
and a lot of them did*

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not believe that it should be accepted by scientists as true knowledge. The author of this book, who is one of the pioneers in this topic, spent sixteen

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*years to study this
concept. Together with
other researchers, they
gradually changed the
conclusion of early
researchers. Using
rigorously scientific*

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standards, this research team demonstrated that emotional intelligence is an intelligence dimension that has significant impact on various life outcomes

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*such as life
satisfaction and job
performance. They
developed testable
theoretical framework
for emotional
intelligence in the*

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workplace, and attempted to show that the trainability of emotional intelligence is larger than traditional intelligence concept. The book looks

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*at, not only the
scientific reports, but
all the stories behind
some of the rigorous
scientific studies in
the author's 18-year
journey. Their choice of*

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*research designs and how
the designs are suitable
to provide scientific
evidence to demonstrate
the validity of
emotional intelligence
are also described.*

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Through this book, the process of scientific enquiry and important issues concerning the emotional intelligence concept are revealed in details by vivid stories

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*and rigorous scientific
reports.*

A Critical Analysis

A Decade of Insights

A Guide for

Psychiatrists

Stress and Quality of

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Working Life

*Implementing Pediatric
Integrative Medicine in
Practice*

*Play Therapy with
Children and Adolescents
in Crisis, Fourth*

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***Emotional Intelligence
at Work***

*This book was developed for the 2005
International Stress Management
Association Conference in Brazil. The
original book was recently published in*

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Portuguese, but because of the popularity of the topics and the world-renowned stress scholars who contributed chapters, we are very pleased to have the opportunity to publish this work in English. A book on the subject is intended to be an

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additional tool containing information on stress and ways of dealing with pressures and demands, because we know that the level of stress will continue to increase. We believe that only through information—and here you will be able to find the experience and

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opinion of some of the greatest and best professionals of the world in this field—people will manage to live better and more balanced lives. This is what ISMA-BR wishes and hopes for. Have a good reading. This volume provides a series of comprehensive summaries of

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what is now a fast-growing literature aimed at understanding the causes, effects, and prevention of stress in the workplace. It begins with three chapters on different sources of stress at work, ranging from organizational factors to attributes of workers

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themselves.

Recognized as the leading measure of burnout, the Maslach Burnout Inventory (MBI) is validated by the extensive research that has been conducted in the more than 25 years since its initial publication. The MBI

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Surveys address three general scales:

--Emotional Exhaustion measures feelings of being emotionally overextended and exhausted by one's work. --Depersonalization measures an unfeeling and impersonal response toward recipients of one's service, care

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treatment, or instruction. --Personal Accomplishment measures feelings of competence and successful achievement in one's work.

This award-winning, bestselling reference for professional counselors and graduate students is extensively

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updated and expanded to encompass critical developments that are immediately relevant to the counseling professions, including the 2014 American Counseling Association Code of Ethics, CACREP/CORE accreditation standards, DSM-5, the

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Affordable Care Act, and many other important changes. It reflects the ongoing consolidation of a strong identity for professional counselors and the need to address mental health and other counseling concerns amidst marked socio-cultural changes. The

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only resource of its kind, it is an extremely useful guide for counseling students working toward licensure and certification as well as experienced counselors, counselor educators, clinical supervisors, psychologists, and social workers. The second edition

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offers a unique interdisciplinary approach inclusive across all counseling disciplines and features contributions from over 110 highly regarded experts in counselor education, research, and practice. It is based on the core content and

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knowledge areas outlined by CACREP and CORE accreditation standards and disseminates, in 93 chapters, both contemporary insight and practical strategies for working with the complexity of real-life issues related to assessment, diagnosis, and treatment of

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diverse clients. New chapters address military and veteran health issues; evidence-based practice for training; counseling transgender individuals, partners, and families; counseling caregivers;; social justice; and so much more. In addition to being a

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*quick-access resource for all
counseling professionals, the second
edition serves as a concise, accessible
reference for graduate students
preparing for certification and
licensure exams. It features an
expanded, comprehensive self-exam of*

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over 340 multiple-choice items based on the CORE/CACREP core content and knowledge areas for counselor education and training. New to the Second Edition: Updated and expanded discussion of the 2014 ACA Code of Ethics Affordable Care Act

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and its impact on delivery of mental health services Coverage of DSM-5 Promotes an interdisciplinary approach inclusive across all counseling disciplines Includes an expanded self-exam with over 340 study questions for NCE and CPCE

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*prep New chapters on military and
veteran mental health issues New
chapter on evidence-based practices
for counseling New chapter on
behavioral health and health
disparities in the U.S. New chapter on
social justice and health equity issues*

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*New chapter on counseling caregivers
New chapter on counseling children
with psychiatric conditions New
chapter on counseling for wellness
New chapter on counseling survivors of
natural disasters New information on
complementary, alternative, and*

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*integrative approaches New
information on counseling LGBTQ
couples, partners and families Key
Features: Covers all key foundational
content for CACREP/CORE-accredited
programs within one volume Provides
quick access to a vast compendium of*

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*counseling information Edited and
authored by leading counseling
scholars, educators, and practitioners
Relevant across all counseling
specialties Updated to reflect 2014
ACA Code of Ethics, Affordable Care
Act, DSM-5, and revisions to licensure*

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requirements in many states

This book examines stress in organizational contexts. The authors review the sources and outcomes of job-related stress, the methods used to assess levels and consequences of occupational stress, along with the

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strategies that might be used by individuals and organizations to confront stress and its associated problems. One chapter is devoted to examining an extreme form of occupational stress--burnout, which has been found to have severe

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consequences for individuals and their organizations. The book closes with a discussion of scenarios for jobs and work in the new millennium, and the potential sources of stress that these scenarios may generate.

Managing Burnout in the Workplace

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*Taking Action Against Clinician
Burnout*

*The Professional Counselor's Desk
Reference, Second Edition*

*International Perspectives on Teacher
Stress*

A Basic Guide for Counselors and

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other Helpers

A Handbook for Practitioners

Root Strength E-Book

An indispensable resource for those who may or may not have any psychological or psychiatric training but whose everyday work

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calls upon them to help stressed and troubled persons. This fourth edition revises the content to meet the current understanding of mental disorders and of the common problems counselors face on a daily basis.

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Develop resilience and thrive as a care professional! Root Strength: A Health and Care Professionals' Guide to Minimizing Stress and Maximizing Thriving discusses principles of self-care that can help you prevent emotional

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fatigue and job burnout in highly stressful workplaces. An evidence-based approach examines how the care professional can develop self-compassion, mindfulness, relationships with co-workers, and perceived satisfaction with one's

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career. Written by noted educator and researcher Shannon Dames, this practical manual shows how you can apply these insights on the job and enhance your personal well-being in real-world health care settings. With the

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prevalence of mental health
issues among care professionals
— including rates of PTSD and
major depressive disorder (MDD)
— appearing much higher than
that in the general population,
never has a resource like this

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been more required! Focus on both theory and practice allows for self-assessment and the ability to build resilience and thrive, with concepts underpinned by research. UNIQUE! Journeys case studies highlight a care

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professional's real-world
experience/concerns,
encouraging you to think about
how you would handle the
situation as you read through the
chapter; the chapter closes with
an effective method to handle the

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real-life situation, demonstrating how to apply the lessons learned. UNIQUE! Clear and conversational writing style and metaphorical roots/tree framework makes it easier to understand concepts. Practical

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exercises throughout the text allow you to build and strengthen your own metaphorical roots. Vignettes demonstrate how concepts apply to real-world scenarios. Attuning for the Journey Ahead sums up the

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content at the end of each chapter, ensuring that you understand the key concepts.

UNIQUE! Special boxes contributed by Dr. Crosbie Watler, MD, FRCPC help you understand and navigate through

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professionals' mental health
challenges.

Psychologists, researchers,
teachers, and students need
complete and comprehensive
information in the fields of
psychology and behavioral

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science. The Corsini
Encyclopedia of Psychology,
Volume One has been the
reference of choice for almost
three decades. This
indispensable resource is
updated and expanded to include

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much new material. It uniquely and effectively blends psychology and behavioral science. The Fourth Edition features over 1,200 entries; complete coverage of DSM disorders; and a bibliography of over 10,000

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citations. Readers will benefit from up-to-date and authoritative coverage of every major area of psychology.

Patient-centered, high-quality health care relies on the well-being, health, and safety of health

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care clinicians. However, alarmingly high rates of clinician burnout in the United States are detrimental to the quality of care being provided, harmful to individuals in the workforce, and costly. It is important to take a

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systemic approach to address burnout that focuses on the structure, organization, and culture of health care. Taking Action Against Clinician Burnout: A Systems Approach to Professional Well-Being builds

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upon two groundbreaking reports from the past twenty years, *To Err Is Human: Building a Safer Health System* and *Crossing the Quality Chasm: A New Health System for the 21st Century*, which both called attention to the issues

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around patient safety and quality of care. This report explores the extent, consequences, and contributing factors of clinician burnout and provides a framework for a systems approach to clinician burnout and

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professional well-being, a
research agenda to advance
clinician well-being, and
recommendations for the field.

Indian Perspectives on
Workplace Bullying
A Book of Resources

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The Triple Challenge
International Perspectives,
Challenges, and Responses
(3rd Ed.)

Doctors: Their Wellbeing & Stress
(Cost of Employment: Case of
Medical Professionals)

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The Developing Practitioner
Disaster Mental Health
Interventions uses DSM-5
diagnostic criteria and the
latest research to help build
disaster mental health
intervention skills that will last

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a lifetime. Students and emerging professionals across the fields of mental health counseling, social work, school counseling, spiritual care, and emergency management will appreciate

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the accessible tone, level of detail, and emphasis on practice. Case studies and anecdotes from experienced professionals add an additional level of depth and interest for readers.

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This Special Issue provides an overview of pediatric integrative medicine, an emerging field that blends conventional and evidence based complementary therapies with an emphasis on

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preventive health and wellbeing. It is one of the first publications to capture the field's background as well as the implementation of pediatric integrative programs and therapies in both the

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United States and Europe.
Written by expert contributors
in their specialties, this work
provides the reader a first-
hand look at the innovative
programs serving children
with a wide array of conditions

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in both academic and
community-based centers.
Covering topics including
program development and
start-up, pediatric pain,
headache, obesity
management, stress, clinical

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hypnosis, creative arts
therapies, integrative nursing,
and provider self-care, the
edition provides rich insight
into the challenges and
successes experienced by the
authors and the creativity and

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passion driving the field with the goal of improving health care for children of all ages. This book shows how to recognize, prevent and cure burnout syndrome for nurses, teachers, counselors, doctors,

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therapists, police, social workers, and anyone else who cares about and for people. Christina Maslach, the leading pioneer in research on burnout, offers help using illustrative examples and first-

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hand accounts. She points out what causes the feelings of emotional exhaustion, the callous indifference to people's problems, and the sense of inadequacy about one's ability to help and relate

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to others.

"This book aims to provide professionals and clinicians-in-training with the latest forms of treatment for children and adolescents who have been impacted by crises and

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trauma. The various treatment options presented here include approaches that focus on the individual as well as many that include a parent in conjoint or filial therapy, and others that employ a family

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treatment model. Many chapters in this book demonstrate the use of a variety of creative methods with young people who have suffered traumatic experiences such as sexual

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abuse, bullying, immigration,
natural disasters, and
witnessing violence"--

A Review and Critique of
Theory, Research, and
Applications

Prevention in the Context of

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Living and Working

Burnout

Helping Bereaved Children,

Third Edition

18-year journey of a

researcher

A Guide to Integrative Care

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Transformative Learning in
Healthcare and Helping
Professions Education

This book is the latest volume in the
Research on Stress and Coping in
Education series. The authors
present original research and current

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theory regarding the realities of coping with the stresses of teaching. The chapters highlight working conditions for teachers around the globe and the processes and strategies that teachers use to survive and thrive in their daily work with

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students, families, and educational administrators. Both stress researchers and educational policy makers will find the chapters offer insights into sources of stress for teachers, strategies for stress prevention and coping, and the

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negative consequences that stress can have on teacher retention.

Researchers from Norway, Turkey, Greece, the United States, the Netherlands, Germany, Russia, Italy, and China illustrate through a variety of research methods both the

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centrality of cultural context and the commonalities of teacher experiences around the world.

Adolescence is typically fraught with problems, even under optimal conditions. And when chronic illness is added to the picture, medical and

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related social issues can complicate, and even disrupt, the course of development. The first text geared toward the integrated care setting, *Behavioral Approaches to Chronic Disease in Adolescence* offers clinicians an evidence-based guide to

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helping their young clients manage their chronic conditions and treating the psychosocial effects—from school problems and stigma to noncompliance and depression—that frequently follow diagnosis. Expert contributors present up-to-date

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information on epidemiology,
symptoms, comorbid psychosocial
problems, and treatment options for
a variety of common illnesses,
arranged to foster effective
interventions for adolescents and
efficient collaboration with other

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care providers in the team. Coverage is comprehensive, authoritative, and accessible, ensuring best practice while respecting each client's individuality: Empirically-based treatment guidelines for illnesses commonly found in youth, including

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Type 1 and 2 diabetes, asthma, cancer, obesity, and chronic pain. Overview of the physiology of adolescence, particularly as it may be affected by medical conditions, and of adolescent brain development. Latest findings on the

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role of families in teens' adjustment to illness and treatment. Cultural considerations affecting ethnically diverse clients and their families. Detailed discussions of ethical issues relevant to treating chronically ill young people, and of controversies

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involving pharmacotherapy with this population. Chapters contain useful handouts for clinicians and clients. "Taking Care of the Practitioner" chapter with helpful strategies for avoiding burnout. Its emphasis on specific practical information makes

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Behavioral Approaches to Chronic Disease in Adolescence a “go-to” reference for health psychologists, child and adolescent mental health practitioners, pediatricians and family practitioners, and clinical social workers.

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This book will further stimulate interest and discussion of the telephone and the Internet as a mode of treatment. In this extensively revised third edition, a practical framework for providing immediate problem-solving assistance by

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telephone to persons in crisis is provided. Several new chapters have been added and several chapters have been updated and rewritten. The text offers specific techniques to deal with out-of-control situations with the highly important initial

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steps to protect the caller, the crisis worker, and the community. The scope of the book includes an overview of counseling by telephone, how to effectively manage crises, how to be supportive verbally and nonverbally, how to accurately assess

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situations, and how to help create a sense of stability. Part I discusses the varieties of telephone services, while Part II covers crisis intervention and counseling, including telephone therapy, active listening, cognitive therapy approaches, transactional

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analysis and learned helplessness approaches, as well as Gestalt therapy approaches. Part III discusses a variety of problem callers: the obscene caller, the chronic caller, the silent caller, the nuisance caller, and the “one

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counselor” caller. A new section, Part IV—Special Topics, includes valuable information on dealing with adolescents, war veterans, rural communities, the elderly, and individuals with disabilities on campus. Part V offers a look at

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contact beyond the telephone, including crisis intervention by e-mail and letter. Part VI views the roles of telephone counselors, such as the mental health professional, the nonprofessional crisis worker, selecting telephone counselors, and

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training crisis workers. Finally, Part VII summarizes and evaluates today's telephone counseling services. This unique and up-to-date book serves as a comprehensive tool for those setting up telephone and Internet counseling services and

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those in charge of centers already operating, especially in training and supervising those on the front lines, the crisis interveners.

"This book provides a comprehensive overview of the professional development of

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counselors and therapists over the career lifespan. Drawing on their own extensive experience as psychotherapists, supervisors, teachers, and researchers, as well as from their own extensive study of the topic, the authors aim to provide

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a synthesis of this knowledge that all
counselors and psychotherapists will
find valuable and useful"--

An Occupational Health Perspective
Becoming a Helper

CRISIS INTERVENTION AND

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COUNSELING BY TELEPHONE
AND THE INTERNET

Behavioral Approaches to Chronic
Disease in Adolescence

Organizational Stress

A Systems Approach to Professional
Well-Being

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Ideal for anyone just starting or even considering a career in the helping professions, Corey and Corey's BECOMING A HELPER, Eighth Edition, provides an overview of the stages of the helping process while equipping you with the skills and knowledge you need to become a

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*successful helping professional.
Drawing on their years of practice,
the authors focus on the struggles,
anxieties and uncertainties students
often encounter on the road to
becoming effective helpers.
Providing a candid look at the
demands and strains of real-world*

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practice -- including the challenges involved in becoming an effective helper as well as the difficulties of working with others -- the book helps you determine if this career is a good fit for you. It is an excellent resource for those pursuing a career in human services, counseling, social work,

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psychology, couples and family therapy, or related professions.

Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version. Information professionals are under constant stress. Libraries are

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ushering in sweeping changes that involve the closing of branches and reference desks, wholesale dumping of print, disappearing space, and employment of non-professional staff to fill what have traditionally been the roles of librarians. Increasing workloads, constant interruptions,

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ceaseless change, continual downsizing, budget cuts, repetitive work, and the pressures of public services have caused burnout in many information professionals. Managing Burnout in the Workplace concentrates on the problem of burnout, what it is and how it differs

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from chronic stress, low morale, and depression. The book addresses burnout from psychological, legal, and human resources perspectives. Chapters also cover how burnout is defined, symptom recognition, managing and overcoming burnout, and how to avoid career derailment

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while coping with burnout. Focuses on burnout in relation to information professionals and their work
Explores how burnout is identified and diagnosed and how it is measured in the workplace
Provides an overview of interdisciplinary research on burnout, incorporating

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studies from various areas

Wherever people are working, there is some type of stress—and where there is stress, there is the risk of burnout. It is widespread, the subject of numerous studies in the U.S. and abroad. It is also costly, both to individuals in the form of sick days,

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lost wages, and emotional exhaustion, and to the workplace in terms of the bottom line. But as we are now beginning to understand, burnout is also preventable. Burnout for Experts brings multifaceted analysis to a multilayered problem, offering comprehensive discussion of

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contributing factors, classic and less widely perceived markers of burnout, coping strategies, and treatment methods. International perspectives consider phase models of burnout and differentiate between burnout and related physical and mental health conditions. By focusing on

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specific job and life variables including workplace culture and gender aspects, contributors give professionals ample means for recognizing burnout as well as its warning signs. Chapters on prevention and intervention detail effective programs that can be

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implemented at the individual and organizational levels. Included in the coverage:

- History of burnout: a phenomenon.*
- Personal and external factors contributing to burnout.*
- Depression and burnout*
- Assessment tools and methods.*
- The role of communication in burnout*

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prevention. · Active coping and other intervention strategies. Skillfully balancing scholarship and accessibility, Burnout for Experts is a go-to resource for health psychologists, social workers, psychiatrists, and organizational, industrial, and clinical psychologists.

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This collection brings together a diverse group of scholars from throughout the world who have grappled with and investigated the impact of the COVID-19 crisis on the lives of young children. Profound changes have occurred in all facets of early childhood education and

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care (ECEC). Young children and their families, college students enrolled in teacher preparation programs, inservice teachers/caregivers, and postsecondary faculty have endured prolonged periods of quarantine, disruption, stress, and grief

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precipitated by the pandemic. These consequences have been even more challenging for individuals and groups who were already struggling or marginalized prior to the advent of the coronavirus. Collectively, the chapter authors draw upon findings from their research and insights

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gleaned from professional experiences to recommend ways of providing high-quality programs despite persistent global health threats.

*Disaster Mental Health Interventions
Current Perspectives in Occupational
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The Cost of Caring

Burnout for Experts

Evaluating Stress

ABC of Clinical Resilience

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