

Self-help for Trauma Therapists

A practitioner's guide



Margaret Pack



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—Tony Ward, Professor, School of Psychology, Victoria University of Wellington, New Zealand

"With great understanding and sensitivity Margaret Pack reviews how working with trauma can affect practitioners personally and socially ... The book provides the reader with a thoughtful, expert and caring guide to working well and staying well when providing support and treatment for those who have suffered the trauma of violence, abuse and neglect."

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Self-help for Trauma Therapists

A Practitioner's Guide

Margaret Pack, Australian Catholic University, Australia

This book intends to assist human service workers – such as those working as therapists, social workers and counsellors – to maintain their self-care and professional effectiveness when working in fields where stress and trauma play a key factor in their everyday working lives.

Adopting a comprehensive, multi-layered approach to self-care, the book grounds its exploration of practice through researched accounts of experience with counselling professionals. With discussions on risk and resilience, compassion fatigue and vicarious traumatisation, readers are introduced to theories and practical applications for developing a professional model for maintaining wellbeing and self-care in their work.

TABLE OF CONTENTS:

1. What are Stress and Trauma and How do They Impact?;
2. Discovering What Builds Resilience in Trauma Therapists: Findings from Earlier Research;
3. Developing New Meanings for Practice: Back from the Edge of the World;
4. Relationships and How Vicarious Traumatization can Impact on Your Significant Others;
5. Clinical Supervision for Trauma Therapists: A Liminal and Dialogic Space for Reflection and Self-care;
6. Vicarious Traumatisation: An Organisational Perspective;
7. Critical Incident Stress Management: Self-care in the Workplace;
8. The Search for Self and the Search Beyond Self: The Role of Connection to Spirituality, Nature and Community;
9. Career Themes in the Lives of Trauma Therapists: Thriving and Diversifying;
10. Conclusion and Your Self-care Plan: Next Steps.

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