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 Traumatization: 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;

20% discount available.
Enter the code FLR40 at checkout or turn over for details*

* Hb: 978-1-138-89827-1 | NZD $247.00 $197.60
  Pb: 978-1-138-89828-8 | NZD $70.99 $56.79

Offer cannot be used in conjunction with any other offer or discount. Books purchased from our website will be charged at the GBP retail price and your bank may charge a fee.
Please indicate the quantity of this title that you would like to order and be sure to include contact details:

<table>
<thead>
<tr>
<th>Title</th>
<th>Format</th>
<th>ISBN</th>
<th>Price (AUD)</th>
<th>Price (NZD)</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self-help for Trauma Therapists</td>
<td>Paperback</td>
<td>9781138898288</td>
<td>$62.00 $51.19</td>
<td>$70.00 $56.79</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Hardback</td>
<td>9781138898271</td>
<td>$224.00 $179.20</td>
<td>$247.00 $197.60</td>
<td></td>
</tr>
</tbody>
</table>

*This discount is only available for orders made with this flyer and in agreement with T&F ANZ. All orders will be processed in Australian or New Zealand dollars and cannot be combined with any other offer or discount. If paying by cheque or EFT please contact our office. If paying by credit card please note we can only process in AUD and your bank may charge a separate transaction fee. Prices are correct when going to print and are subject to change. New Zealand customers will not be charged GST. Offer expires 31/03/2017.

BILLING ADDRESS:

Name: 
Contact number:  
Email:  
Address:  
Postcode:  
DELIVERY ADDRESS (if different from above):
Name:  
Department (if appropriate):  
Institute (if appropriate):  
Campus (if appropriate):  
Street address:  
Postcode:  

(Street address is required for delivery – do not state PO/GPO Box or Private/Locked Bag number)

METHOD OF PAYMENT:

If paying by cheque or EFT please return this form to our office. 
If paying by credit card please note we can only process in AUD and your bank may charge a separate transaction fee.

I authorise to charge my credit card for:  AUD

Card No:  
Card Type (please circle):  Mastercard  Visa  American Express
Cardholder Name:  
CVV:  
Signature:  
Expiry Date:  / 

Small order surcharge for orders under AUD $100.00

Australia: AUD $10.00 (inc. GST)  
New Zealand: NZD $14.00 (inc. GST)

Return to Taylor & Francis Group | Books:  
Call: +61 3 8842 2420  
Fax: +61 3 8842 2424  
Email: books@tandf.com.au  
Post: Suite 5, Level 2,  
11 Queens Rd Melbourne VIC 3004 Australia