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The Resilient Clinician

Robert J. Wicks

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The Resilient Clinician

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The Resilient Clinician Robert J. Wicks
Author of several acclaimed books and expert in the field of secondary stress, psychologist Robert Wicks addresses the experience of the mental health professional and raises awareness of the insidious, almost silent psychological defenses of denial and avoidance in the life of the clinician. A concise guide to preventing and limiting acute and chronic secondary stress, *The Resilient Clinician* offers an overview of mindfulness and meditation as it applies to the clinician's own life rather than that of the client or patient, and describes how to develop a personally designed self-care protocol. This immensely readable book also includes one of the most current selective bibliographies of relevant research and clinical and theoretical publications in the subject area, from common stressors and vicarious post-traumatic stress disorders to burnout and compassion fatigue. Informed by positive psychology and infused with compassion and wisdom, this book will help clinicians remain challenged, maintain perspective, and be inspired both professionally and personally.

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