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Sommario/riassunto

Self-care for Clinicians in Training: A Guide to Psychological Wellness for Graduate Students in Psychology assists readers in recognizing the challenges and stressors common to being a graduate student and instructs them in maintaining a career-long lifestyle of self-care. Successfully navigating graduate school requires much more than completing coursework and clinical experiences; graduate students in psychology make countless sacrifices and dedicate what may feel like a never-ending amount of time and energy in the pursuit of professional training. As such, many students put their own need