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Nota di contenuto	Machine generated contents note: Part 1 Self-Renewal and the Clinician Chapter 1 Growth, Love, and Work in Psychotherapy: Sources Of Therapeutic Talent And Clinician Self-Renewal Helene Nissen-Lie and David E. Orlinsky Chapter 2 Renewing One's Self-Care Sensibilities: Distress, Burnout, Vicarious Traumatization, and Self-Renewal Jeffrey E. Barnett Chapter 3 Self-Care For Clinicians In the Disaster Context Rick Williamson and Patricia A. Engert Chapter 4 Clinical Supervision and Self-Renewal Craig S. Cashwell and Jodi L. Bartley Part 2 Alonetime, Mindfulness, The Sabbath, Natural Empathy: Loving Kindness, Zen Therapy And Self-Renewal Chapter 5 Valuing and Accessing Alonetime: Silence, Solitude, and Reflection in the Life of the Clinician Robert Wicks Chapter 6 Keeping the Sabbath: Privileging Being Beyond Doing Jill L. Snodgrass Chapter 7 Self-Renewal Through Natural Empathy: Caring for Ourselves and Others Cheryl Giles Chapter 8 Mind and Heart: Mindfulness and Loving-Kindness Meditation for Therapists Kathleen Gregory, Geoffrey Newbegin, and Margot J. Schofield Chapter 9 Zen Therapy David Brazier Part 3 Trauma, Growth, Healing, Patience, Forgiveness, Courage And The Process Of Renewal Chapter 10

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Sommario/riassunto

"Providing clinicians with advice consistent with the current emphasis on working from strengths to promote renewal, this guide presents a holistic approach to psychological wellness. Time-tested advice is featured from experts such as Mihaly Csikszentmihalyi, Judith Beck, PhD, David Myers, and John Norcross. With strategies to renew the mind, body, spirit, and community, this book equips clinicians with guidance and inspiration for the renewal of body, mind, community, and spirit in their clients and themselves"--
