

1. Record Nr.	UNINA9910816661203321
Autore	Gengoux Grace W.
Titolo	Professional well-being : enhancing wellness among psychiatrists, psychologists, and mental health clinicians / / / by Grace W. Gengoux [and five others]
Pubbl/distr/stampa	Washington, DC : , : American Psychiatric Association Publishing, , [2020] ©2020
ISBN	1-61537-308-X
Descrizione fisica	1 online resource (300 pages)
Disciplina	158.723
Soggetti	Burn out (Psychology) Mental health personnel
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Healthy Clinicians, Healthy Patients -- Professional and Personal Developmental Milestones -- Burnout and Clinician Mental Health -- Approaches to Mental Health Care for Fellow Clinicians -- Special Challenges for Clinicians-in-Training -- Systems and Supports for Clinician Wellness -- Legal and Ethical Issues in the Context of Impairment and Recovery -- Preventive Health Care Strategies : Fostering Positive Self-Care and Resilience -- Mindfulness and Spiritual Well-Being -- Nutrition and Physical Activity -- Sleep -- Relationships and Social Connection -- Psychiatric Care and Psychotherapy -- Meaningful Professional Contributions.
Sommario/riassunto	"This volume is a collaboration by several psychiatrists and psychologists who posit a new culture, one that is supportive of the health and well-being of health care professionals and the patients and populations they serve. The individual and systemic barriers to professional well-being and the unique challenges faced by health care providers at different stages of professional and personal development are examined. Personal resilience and realistic strategies to improve well-being are discussed. Detailed case studies and vignettes and thought-provoking discussion questions and exercises are included"--

