

1. Record Nr.	UNINA9910822033703321
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Titolo	Restoring the healer : spiritual self-care for health care professionals / William E. Dorman
Pubbl/distr/stampa	West Conshohocken, Pennsylvania : , : Templeton Press, , [2016] ©2016
ISBN	1-59947-494-8
Edizione	[1st ed.]
Descrizione fisica	1 online resource (209 p.)
Collana	Spirituality and Mental Health
Disciplina	615.852
Soggetti	Medical personnel Spiritual healing Psychology and religion Burn out (Psychology)
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	Cover ; Title ; Copyright ; Contents ; Foreword by Christina M. Puchalski, MD ; Preface ; Acknowledgments ; Introduction ; Chapter 1: Embrace Awe ; John's Story: Routine Miracles ; Joanna's Story: The Gift of Breathing ; David's Story: Untangled Knots Eric's Story: "I'm Outta Here!" Prayers, Meditations, and Reflections ; Constancy and Wonder ; The Unexpected ; When Things Fall Short ; Journaling ; Lighting a Candle ; Chapter 2: Heal Your Inner Healer ; Mary's Story: Final Blessing ; Evelyn's Story: Perseverance Personified Rachel's Story: Sometimes It Hurts Prayers, Meditations, and Reflections ; Reality Redefined ; Sometimes Things Drop into Your Lap ; Not What I Want, but What Is Best for the Patient ; Easy Exercises for Wonder ; Chapter 3: Keep Tragedy in Perspective ; Kathy's Story:

Heart to Heart

Brandon's Story: "How Much More of This Can I Take?"

Prayers, Meditations, and Reflections

Numbers and Patients: Keeping My Perspective

; Medicinal Powers

; Commitment Is a Process, Not an

Event

; Chapter 4: See the Patient as a

Person

Raymond's Story: Enter This Room at Your Own Risk

Liz's Story: No Transfusions!

; Prayers,

Meditations, and Reflections

; Angels in

Disguise

; Behind Every Diagnosis, There Is a Person

; In the Presence of the Divine

; All Persons Are

Equal in the Eyes of Health Care

Keeping Focused on the Main Thing

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Sommario/riassunto

"Burn out. Two words that haunt those in high stress jobs, especially in the medical profession. Long hours and the literal life-and-death nature of the field creates expectations to not only be on call at all hours, but to be at one's best, even at 3:00 AM after a twenty-hour shift. So much energy is devoted to the care of others that self-care is forgotten. Yet, more are noticing and research confirms that self-care is needed, not only for personal sanity but also for quality of work. Unwell medical professionals are not the best at treating others. And this self-care includes not just rest, food, and water, but a deeper care, one that tends the spiritual side as well. To both the spiritually active and the spiritually resistant, hospital chaplain William Dorman offers a guide to understand a more comprehensive, full-bodied self-care. Each chapter begins with case studies, concrete experiences that help unpack abstract concepts which bring much needed peace to stressed individuals. Dorman also structures each chapter to end with prayers and action steps, which offer more concrete ways to care for the self. From working as a hospital chaplain for over 18 years, and serving as the director of chaplaincy services for the largest integrated health care system in New Mexico, Rev. Dorman recognizes the stresses that come to those who have made it their profession to heal others. Healers need healing too--and this guide is the first step"--Provided by publisher.

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