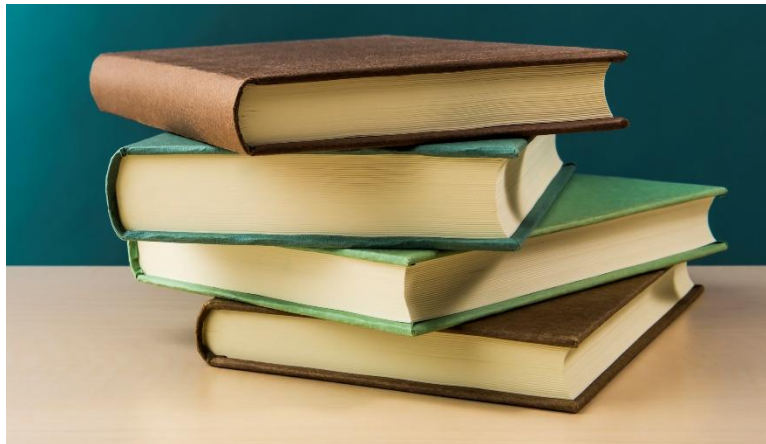


Self-Care for Psychologists and Counsellors

Some suggestions



The Myth of the Untroubled Therapist: Private Life, Professional Practice

[Marie Adams](#) (2023)

[Routledge](#)

[Trove Listing](#)

Leaving it at the Office: A Guide to Psychotherapist Self-Care (Second Edition)

[John C. Norcross](#) & [Gary R. Vanderbos](#) (2018)

[Guildford Press](#)

[Trove Listing](#)

Help For The Helper: Preventing Compassion Fatigue and Vicarious Trauma in an Ever-Changing World

[Babette Roschild](#) (2023, Updated + Expanded Edition)

[Norton Professional Books](#)

[Trove Listing](#) [State Library of Western Australia](#)

Downloaded from <https://hpcch.com.au/other-services/professional-psychologist-or-counselling-supervision/>

Preventing Burnout – Suggestions from three sources*

.*Please note originally compiled in about 2007

Schneider Corey, & Corey (2007) p. 373-374 ¹	Kottler (1999) p. 133-134 ²	Rupert & Scaletta Kent (2007) p. 88. ³
1. Pursue paths to self-care such as meditation, deep relaxation, yoga, and therapeutic massage. 2. Become involved in peer group meetings where a support system is available; 3. Find other interests besides my work. 4. Attend to my health and take care of my body by exercising and eating well. 5. Determine whether what I am doing is meaningful or draining. 6. Do some of the things now that I plan to do when I retire. 7. Take time for myself to do some of the things that I enjoy. 8. Avoid assuming an inordinate amount of responsibility. 9. Attend a personal-growth group or some type of personal therapy experience to work on my level of vitality. 10. Travel or seek new experiences. 11. Read stimulating books, and do some personal writing. 12. Exchange jobs for a time with a colleague. 13. Find nourishment with family and friends. 14. Work at modifying repetitively stressful situations. 15. Find a person who will confront and challenge me and who will encourage me to look at what I am doing. 16. Take short focusing and relaxing breaks during the day. 17. Seek diversity in my professional activities. 18. Learn how to work for my own affirmation of my worth rather than looking for external validation. 19. Make time for my spiritual development. 20. Rearrange my schedule to reduce stress. 21. Learn my limits and learn to set my limits with others. 22. Pursue some hobbies or do things I truly enjoy. 23. Get enough rest and sleep. 24. Take the initiative to begin new projects that have meaning to me. 25. Become active in a professional organization.	• Initiate proactive changes in your work setting to create a more humane environment. • Change the setting in which you do therapy. • Create less stress in your daily schedule by setting necessary limits. • Confront the source of your negative attitudes. • Begin studying a new kind of therapeutic method that interests you. • Recruit a new supervisor who will challenge you in different ways. • Make some new friends. • Take a part of each day for some type of meditative, reflective activity. • Start or join a support group; go to a retreat center to clear your mind. • Take an extended sabbatical and see another part of the world. • Arrange an exchange of jobs for a period. • Get into therapy. • Create more interests outside of work. • Reduce your debt and acquisitive desire. • Go back to school. • Keep a journal about your efforts at recovery. • Consider a new line of work. • Complete a workbook for a therapist that focuses on self-assessment, self-care, and self-improvement. Oh, you're already doing that one!	Maintain sense of humor, Maintain self-awareness/self-monitoring, Maintain balance between personal and professional lives, Maintain professional identity/values, Engage in hobbies, Spend time with spouse, partner, or family.

¹ Schneider Corey, N., & Corey, G., (2007) Becoming a Helper (5th ed.) Belmont CA, USA: Thompson Brooks/Cole.

² Kottler, J. (1999) The Therapist's Workbook: Self-Assessment, Self-Care and Self-Improvement Exercises for Mental Health Professionals. San Francisco: Jossey-Bass Inc.

³ Rupert, P., & Scaletta Kent, J., (2007) Gender and Work Setting Differences in Career-Sustaining Behaviors and Burnout Among Professional Psychologists Professional Psychology: Research and Practice 38, (1), 88–96.