



The Resilient Clinician

By Robert J. Wicks

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Author of several acclaimed books and expert in the field of secondary stress, psychologist Robert Wicks addresses the experience of the mental health professional and raises awareness of the insidious, almost silent psychological defenses of denial and avoidance in the life of the clinician. A concise guide to preventing and limiting acute and chronic secondary stress, *The Resilient Clinician* offers an overview of mindfulness and meditation as it applies to the clinician's own life rather than that of the client or patient, and describes how to develop a personally designed self-care protocol. This immensely readable book also includes one of the most current selective bibliographies of relevant research and clinical and theoretical publications in the subject area, from common stressors and vicarious post-traumatic stress disorders to burnout and compassion fatigue. Informed by positive psychology and infused with compassion and wisdom, this book will help clinicians remain challenged, maintain perspective, and be inspired both professionally and personally.

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Editorial Review

Review

"Robert Wicks has written a book that could be described as 'the therapist's companion.' It stresses the sacred mission and importance of the work of psychotherapy and encourages therapists to care for themselves as they care for their clients. Since the work of the psychotherapist relies so heavily on the use of self, the self must be cared for and replenished in order to do the work competently over the course of one's career. A very thought provoking and helpful book that is highly recommended for the trainee and experienced therapist alike to foster their resilience and effectiveness as therapists."--Christine A. Courtois, Ph.D., Psychologist and author of *Healing the Incest Wound: Adult Survivors in Therapy* and *Recollections of Sexual Abuse: Treatment Principles and Guidelines*

"As therapists we need to stop and reflect, be aware of our negative emotions, get new perspectives, learn to self-care, and know how to untie the knots in our inner life. Robert Wicks has written an engaging book reminding us of this. It is packed with anecdotes and quotes from psychologists, Zen masters, philosophers, and useful advice from positive psychology as well as exercises for self-reflection."--Stephen Joseph, Ph.D., Professor, Center for Trauma, Resilience and Growth (CTRG), University of Nottingham, UK

"It is not easy to be empathically present to others who are suffering deeply, particularly in this era of shrinking resources. In *The Resilient Clinician*, Dr. Wicks compassionately identifies the many ways in which we become worn out by clinical work, and weaves together a rich tapestry of self-care strategies that we can use to revitalize ourselves personally and professionally. Drawing upon a wealth of sources, from studies of burnout to the teachings of spiritual masters, he has created a practical, honest, step-by-step guide to the self reflection and nurturing that all clinicians need to both live and work well."--Ronald D. Siegel, Psy.D., Clinical Faculty, Harvard Medical School, Faculty and Board of Directors, The Institute for Meditation and Psychotherapy

"A main strength of the book is that it is written from the perspective of a working therapist. It places self-care in the context of both work with clients, and within the wider context of employers, funding bodies and societies...Where the author is reflective or posing questions for reflection, he is at his best. Although aimed at practicing therapists, the book is also useful for supervisors, aiding restorative work with supervisees."--*Therapy Today*

"The book is very useful as a manual to reflect upon oneself as a therapist. Personal experiences of the author invite the reader to follow his path or the path of many other cited authors. Being a concise book, it meets the demands of busy clinicians...offer[s] some sense of direction with respect to secondary stress prevention for clinicians by self-care and mindfulness."--*PsycCritiques*

About the Author

Robert J. Wicks is a Professor at Loyola College and has published several acclaimed books for professionals and the public. Dr. Wicks received his doctorate in psychology from Hahnemann Medical College in Philadelphia. Prior to teaching in a CACREP-approved counseling program at Loyola College in Maryland, he taught at the Graduate School of Social Work and Social Research, Bryn Mawr College in Pennsylvania.

Users Review

From reader reviews:

David Russell:

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