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Caring for Yourself While Caring for Others

By Benedikte Exner

Createspace, United States, 2014. Paperback. Book Condition: New. 198 x 129 mm. Language: English . Brand New Book ***** Print on Demand *****.The contemporary management of health and social care has come a long way since the beginning of the twentieth century, when psychological assessment was concerned less with keeping the mind calm and more with correcting social anxiety with often brutal means. Yet in today's world of self-help and counselling techniques for patients, the welfare of those who work as caregivers is often overlooked. Caring for Yourself While Caring for Others is a book for those who work in health and social care professions - from nurses to psychologists - and is about learning to live with your own happiness in order to more effectively help others. This is not a traditional book on self-help and counselling, however. Coming from extensive twenty-year experience in the field of caregiving, the author asks the reader about their social anxiety, always acknowledging that different people have different problems, and therefore will need different coping techniques in order to keep the mind calm, focussed and healthy in the workplace. From issues dealing with the contemporary management of caregiving organisations to the psychological...



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