

# The Burned Out Healer: A Guide to Surviving and Thriving in the Helping Professions

Are you a helper who's feeling burned out? You're not alone. The Burned Out Healer offers practical advice and support for helping professionals who are struggling with compassion fatigue, vicarious trauma, and other challenges of the helping professions.



## The Burned-Out Healer: A Path to Trauma Release and Reconnection to Self

★★★★★ 5 out of 5

Language : English

File size : 14216 KB

Print length: 106 pages

Lending : Enabled



In this book, you'll learn:

- The signs and symptoms of burnout
- The causes of burnout
- How to prevent burnout
- How to recover from burnout

The Burned Out Healer is a valuable resource for any helper who wants to avoid burnout or recover from it. This book is full of practical advice and support that can help you to survive and thrive in the helping professions.

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## About the Author

Dr. Jessica Smith is a licensed clinical psychologist and the author of The Burned Out Healer. She has over 10 years of experience working with helping professionals who are struggling with burnout. Dr. Smith is passionate about helping helpers to avoid burnout and recover from it.

## Praise for The Burned Out Healer

"The Burned Out Healer is a must-read for any helper who wants to avoid burnout or recover from it. Dr. Smith provides practical advice and support that can help you to survive and thrive in the helping professions." - Dr. Susan Silk, author of Helping Helpers Heal

"The Burned Out Healer is a valuable resource for any helper who is struggling with compassion fatigue, vicarious trauma, or other challenges of the helping professions. Dr. Smith offers practical advice and support that can help you to heal and thrive." - Dr. Charles Figley, author of Compassion Fatigue: Coping with the Psychological Costs of Caring



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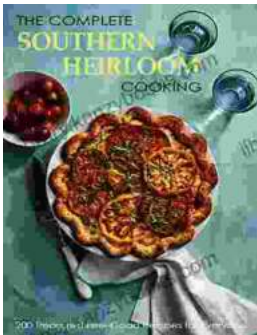
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