



# Self-Care for Clinicians in Training: A Guide to Psychological Wellness for Graduate Students in Psychology

*Leigh A. Carter, Jeffrey E. Barnett*

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*Self-care for Clinicians in Training: A Guide to Psychological Wellness for Graduate Students in Psychology* assists readers in recognizing the challenges and stressors common to being a graduate student and instructs them in maintaining a career-long lifestyle of self-care. Successfully navigating graduate school requires much more than completing coursework and clinical experiences; graduate students in psychology make countless sacrifices and dedicate what may feel like a never-ending amount of time and energy in the pursuit of professional training. As such, many students put their own needs and well-being on hold or overlook them entirely. This can negatively impact coursework, clinical work, as well as one's relationships and health. This book teaches how to recognize risk factors that contribute to problems with psychological and emotional functioning and highlights preventative and reparative strategies that foster a lifestyle of self-care. The authors also encourage readers to consider self-care and psychological wellness beyond themselves, expanding to monitoring the well-being of peers and establishing cultures of self-care within their training programs. This book will be an essential resource to students in psychology graduate programs as well as those across the mental health professions

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