



Overcoming Secondary Stress in Medical and Nursing Practice: A Guide to Professional Resilience and Personal Well-Being

By Robert J. Wicks

Oxford University Press Inc. Hardback. Book Condition: new. BRAND NEW, Overcoming Secondary Stress in Medical and Nursing Practice: A Guide to Professional Resilience and Personal Well-Being, Robert J. Wicks, Physicians, nurses, and allied health professionals working in today's health care settings must be prepared to offer support in dangerous times despite staffing shortages, financial pressures, and complex legal requirements. Overcoming Stress in Medical and Nursing Practice: A Guide to Professional Resilience and Personal Well-Being is a concise guide for all medical professionals who face these demands. This book: * Provides critical information about the dangers of compassion fatigue/burnout and vicarious posttraumatic stress disorder in health care settings * Introduces a newly-developed "Medical-Nursing Professional Secondary Stress Self-Awareness Questionnaire" that can be profitably selfadministered at each phase of one's career and reflected upon in private, with one's mentor, or in a small group setting * Includes a unique section on strengthening one's inner life through the use of three core spiritual wisdom approaches drawn from a world religion perspective * Provides a description of four types of "voices" one needs to have in one's circle of friends to ensure that balance, perspective, growth, and challenge are fostered in one's personal and professional...



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