

Self-Care: How to be a sustainable practitioner

MHPN
WEBINARS

SUPPORTING
RESOURCES

Please note the resources displayed in this document were accurate at the time of publication

MHPN Resources

MHPN Network: [Join or start a new network](#)

MHPN Webinar Library: [Watch our previous webinars](#)

MHPN Podcast: [Listen to our range of podcasts](#)

MHPN Network:

Visit our online map to find out which networks are close to you at mhpn.org.au or contact Jacqui O'Loughlin at networks@mhpn.org.au.

MHPN supports a number of face to face and online Balint groups through the Balint society of Australia and New Zealand. A full list of Balint groups with vacancies can be found here <https://www.balintaustralianewzealand.org/about/join-a-balint-group/>. To register your interest in joining a peer support group in your area contact Trish Clarke t.clarke@mhpn.org.au

MHPN Webinar:

Treating a health professional with mental health issues

<https://mhpn.org.au/webinar-program/Webinars/One-Off/2020/September/Treating-a-health-professional-with-mental-health>

College specific self-care resources:

For more information please follow the links below or contact your college or professional association directly:

RACGP:

<https://www.racgp.org.au/FSDEDEV/media/documents/Running%20a%20practice/Practice%20management/Self-care-and-mental-health-resources-for-general-practitioners.PDF>

RANZCP:

<http://www.ranzcp.org/publications/Support-for-members/Online-self-care-resources>

APS:

www.psychology.org.au/inpsych/2015/february/cover-feature

Reading:

Evans, A. (2015). Australian Psychological Society. 'Self-care for psychologists: lifeline's learnings'. *InPsych Vol 37. Issue 1, February*. Available at: <http://www.psychology.org.au/inpsych/2015/february/evans>

Self-Care: How to be a sustainable practitioner (cont.)

Nash L, Daly M, Kelly P, van Ekert E, Walter G, Walton M, Willcock S and Tennant C. (2010). 'Factors associated with psychiatric morbidity and hazardous alcohol use in Australian doctors'. *Medical Journal of Australia*; 193 (3): 161-166. Available at: www.mja.com.au/system/files/issues/193_03_020810/nas11073_fm.pdf

Kabat-Sinn, Jon. (2005). *Wherever you Go, There You Are: Mindfulness Meditation in Everyday Life*.

Blue Knot Foundation. 'Vicarious Traumatization'. Available at: www.blueknot.org.au/Workers-Practitioners/For-Health-Professionals/Resources-for-Health-Professionals/Vicarious-Traumatization

Kearns, H. 52 ways to stay well: during your PhD, Post-doc or Research career available in paperback or e-book at: <https://www.ithinkwell.com.au/hugh-kearns>

Self-care audit tool:

Saakvitne, K.W., & Pearlman, L. A., and the Staff of the Traumatic Stress Institute. (1966). Self-Care Checklist. *Transforming Pain: A workbook on vicarious traumatization for professionals who work with traumatized clients*. Available at: www.clinicalsupervisionguidelines.com.au/Attachments/Self%20care%20audit.pdf

Video:

Harris, R, Dr. (2015, November). *The Struggle Switch*. Available at: www.youtube.com/watch?v=rCp1l16GCXI

Apps:

From the Black Dog Institute: "The Essential network" app: <https://www.blackdoginstitute.org.au/ten/>

From the internet:

Smiling Mind. Available at: www.smilingmind.com.au

This Way Up. Intro to Mindfulness Course. Available at: <https://thiswayup.org.au/how-we-can-help/courses/intro-to-mindfulness/>

Doctor's Health Services Ltd by Doctors' Health SA: www.doctorshealthSA.com.au and drs4drs.com.au

Resources from Dr Kate Owen: <https://www.drkateowen.com/professionals>

Thinkwell <https://www.ithinkwell.com.au/hugh-kearns>