

Self-care for mental health professionals

College specific self-care resources:

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

RACGP:

www.racgp.org.au/your-practice/ehealth/additional-resources/self-care-and-mental-health-resources

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>

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

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

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/>