Self-Care For Therapists

Are you pushing yourself beyond your limits? Remember you can't pour from an empty cup. Take time to care for yourself, just as you care for your clients.

Bookmark



Compassion With Equanimity

Kristin Neff



2.

Post Session Re-Center: A Short Meditation For Therapists

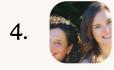
Kate Naylor



3.

Self-Love Dialog: 15 Minutes To Inner Peace
Sarah Blondin





Lovingkindness For Therapists
Sharon Gold-Steinberg



5.

Meditation For Play Therapists And Child Care Workers

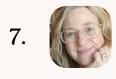
Compassionate Talk Therapy





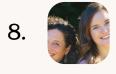
Relaxation For Busy People
Chantelle Diachina





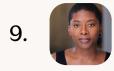
Metta For Therapists And Caretakers
Rebecca Schamess





Restorative Rest: Yoga Nidra For Therapists
Sharon Gold-Steinberg





Breathwork Before Burnout
Kris Lingham





A Self Care Pause To Check In Ashley Milus

