

## Counselor Wellness for Counselors Supporting the Military

Thank you for joining us for this MFed Inform webinar.

This guide lists helpful professional wellness resources mentioned in the webinar focused on supporting counselors and preventing burnout and compassion fatigue.

### Wellness Support Resources for Counselors

#### Books

1. **Therapist Burnout** – **Kelly Higdon & Miranda Palmer** [Amazon Link](#) A guide to recovering from burnout and building a joyful, sustainable counseling practice by addressing systemic issues in therapy.
2. **Mindful Self-Compassion for Burnout** – **Kristin Neff & Christopher Germer** [Self-Compassion.org](#) Offers practical tools and self-compassion strategies to help professionals heal and recharge from burnout.
3. **The Resilient Practitioner** – **Thomas Skovholt** [Routledge](#) Provides tools for balancing care for others with self-care, including a resiliency inventory and SMART goal planning for continued growth.
4. **The Thriving Therapist** – **Matthew A. Hersh** [APA Bookstore](#) A holistic guide to sustainable self-care for therapists, integrating mindfulness and values alignment.

#### Podcasts

1. **Finding Contentment** – **American Institute of Stress** [AIS Podcast Page](#) Interviews with experts on stress management and mental health, hosted by Will Heckman.
2. **The Therapist Burnout Podcast** – **Dr. Jen Blanchette** [Official Site](#) Explores therapist burnout through personal stories, career transitions, and recovery strategies.
3. **Counseling Insights Podcast** – **Episode 12: Burnout and Boundaries** [CTRI Podcast](#) Discusses recognizing burnout early and setting boundaries to maintain well-being in counseling roles.
4. **Fried: The Burnout Podcast** – **Cait Donovan** [Podcast Homepage](#) Offers real stories and coaching to help listeners recover from burnout and challenge burnout culture.

#### Articles

1. **APA** – **Avoiding Therapist Burnout** [Psychotherapy.net Article](#) Explores how unmanaged empathy leads to burnout and offers strategies for maintaining emotional boundaries.
2. **Psychotherapy.net** – **Preventing Therapist Burnout** [Psychotherapy.net Article](#) A seasoned clinician shares insights on the risks of empathy and how to manage it to avoid burnout.
3. **Counseling Today** – **Recognizing Burnout and Compassion Fatigue** [Counseling.org Article](#) Discusses the differences between burnout and compassion fatigue and offers practical prevention strategies.