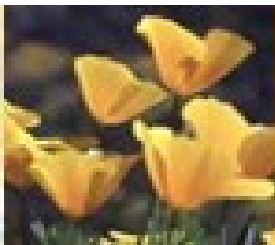


MISSION OF CLASP

- Provide resources on wellness and prevention that support us as psychologists in maintaining and enhancing our general health and mental well-being throughout the developmental spectrum of our personal and professional lives.
- Destigmatize help seeking and health seeking behaviors and interventions.
- Endeavor to reduce the occurrence, frequency, and severity of stress, distress and/or impairment of California Psychologists through prevention education, early identification, and referral.
- Encourage collegial understanding, support, training, and referral for California Psychologists who are experiencing stress, distress and/or impairment.
- Effective Self-Care enhances our ethical responsibilities to our clients.



Brochure developed by the CPA CLASP Executive Committee, March 2006; Co-chaired by Dani Beckerman, Psy.D. and Diane Bridgeman, Ph.D.

Support is Available

CPA CLASP offers an Information and Referral Service that is monitored by the CPA CLASP Committee and is made up of the CLASP Executive Committee and the CLASP Chapter Chairs.

The toll free number **888-262-8293** is confidential and is a resource for psychologists and psychology graduate students across CA who may be seeking a referral for therapy, consultation, workshops, information on self care and staying well and/or to get support for a colleague in need.

CALL TODAY ~ We encourage you to reach out for support anywhere along the continuum from wellness to crisis.

Be Preventive!

Some Signs of Impeding Stress

- Emotionally exhausted and tired
- Impulsive and reactive behaviors
- Stop returning calls or writing notes
- Muscle tension or headaches
- Intruding thoughts or feelings
- Relationship difficulties
- Alcohol and /or substance abuse



California Psychological Association

“Working towards destigmatizing help seeking behavior for psychologists.”



Colleagues Assistance and Support Program (CLASP)

Cultivating and Sustaining Wellness and Self Care

1-888-262-8293

<http://www.cpaclasp.org>

THERE ARE MULTIPLE DIMENSIONS TO CLASP

- Information and Referral Service for Psychologists across CA who may be seeking a referral for therapy, consultation and/or assistance regarding a colleague. Call our toll free confidential number ~ **888-262-8293**.
- Workshops and materials are available on self care, resiliency, burn out, and other topics related to colleague assistance and support in sustaining mental health and well-being.
- Collaborative Communities of support through Chapter based programs.
- Recruit CPA and Chapter members to become Providers for our CPA CLASP Provider Resource List. It is free to join. Once you become a provider, you practice within your own policies and procedures, fee structure and limits of confidentiality.
- Publish relevant articles on topics related to colleagues support in the CP Magazine and on CPA CLASP Website <http://www.cpaclasp.org>.
- Participation in the CLASP programs offers CPA Chapters and Psychologists across CA the chance to encourage and enhance self-care in ways that can significantly contribute to the well being of you and your colleagues throughout your personal and professional development.

Call or write CPA CLASP today to learn about resources near you ~ 1-888-262-8293

Resilience Approach to Self Care Guidelines for Health Care Professionals

- ◆ Accept support from others.
- ◆ Adjust work schedule for a healthy balance of challenging clients with less demanding ones.
- ◆ Develop creative outlets, activities unrelated to work, &/or volunteer time.
- ◆ Take pride in your craft as a professional, as well as in your personal development.
- ◆ Acknowledge your limits & strive for flexibility.
- ◆ Put balance & nurturing into your ongoing schedule. Consider variants of mindfulness meditation, relaxation strategies, yoga, and healthy self-soothing methods to achieve harmony.
- ◆ Value the importance of empathy & going beyond yourself, & appreciate that these concepts can co-exist with good self care.
- ◆ Accept appropriateness of boundary setting as none of us can, nor should, be present for others at all times.

WHEN THE HELPER NEEDS HELP

As Psychologists, we are confronted with relationship issues, job stress, financial needs, grief, terminal illnesses, depression, anxiety, and burnout. Unfortunately, being a psychologist is not an immunity to the impact of these developmental and life stressors. As professionals, we need to model and encourage the practice of self-care, peer support, seeking therapy, personal time, and consultation; it is essential for optimal health. These relationships and interventions are an avenue to refueling, healing, and letting go.

We need to support ourselves and our colleagues to seek out preventive and early interventions as a strength based approach to resiliency, healthier relationships, less stress, being present and more effective as people and professionals.

The work we do is intense. Not only do we work with issues and emotions around healthy development, optimism, and success, we also research, teach, and practice around topics of distress, loss, grief, pain, sadness, trauma, abuse, and anger. This can have impact on our emotional, relational, personal, and professional selves.

~ Invest in yourself and each other ~

*D. Bridgeman, Ph.D.
CPA Presentation 3/03*

CALL CLASP TODAY!