CAN SELF-DOUBT IMPROVE YOUR WELL-BEING AND MAKE YOU A BETTER THERAPIST?

JIM LUCAS



Resource Guide



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About Jim Lucas

I'm a BABCP Accredited CBT Practitioner and Supervisor working in private practice and a Teaching Fellow at the University of Birmingham, UK. I am an ACBS Peer-Reviewed ACT Trainer and have a passion for supporting people who work in helping roles; sharing simple and accessible practices in self-care and reflective practices, and encouraging workplaces to take better care of their employees.



I have a special interest in taking therapy tools outside of the therapy room and extending their reach. I run a podcast show called Self-Help Sat-Nav, write simple how-to-guides on my blog, and create online courses to enhance well-being.

(Scroll down for contact details)



Resources

Openforwards Blog - www.openforwards.com/blog

Podcast - Self-Help Sat Nav www.openforwards.com/series/self-help-sat-nav

Research Article - Love Yourself as a Person, Doubt Yourself as a Therapist?



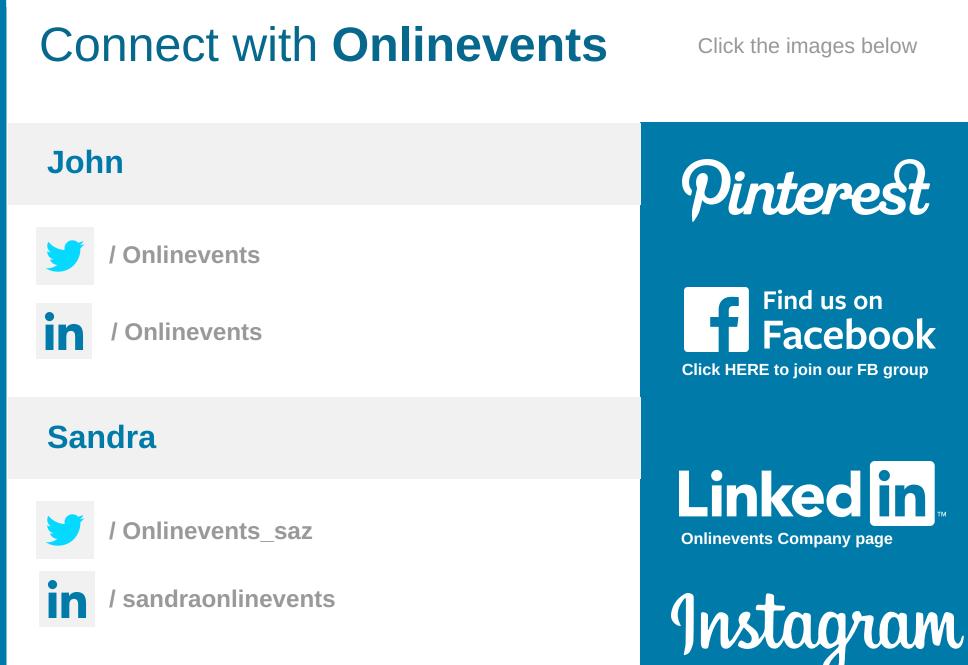
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