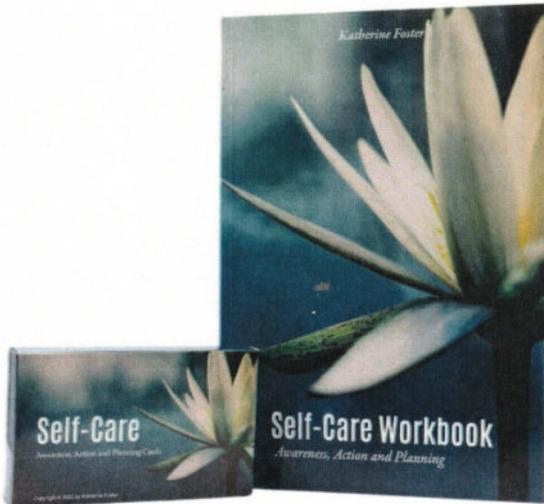

BOOK REVIEW



Self-Care Workbook: Awareness, Action and Planning and Self-Care: Awareness, Action and Planning Card Set
by Katherine Foster

Reviewer

Dr Gaye Cameron, ACA Member

Katherine Foster's *Self-Care Workbook: Awareness, Action and Planning and Self-Care Awareness, Action and Planning Card Set* is a thoughtful and innovative resource designed to address the critical yet often overlooked area of self-care for therapists and counsellors. These tools, which can be purchased separately or as a reasonably priced set on the [author's website](#), are aimed at promoting mindfulness, holistic practices, and emotional regulation. They offer both therapists and their clients a practical, hands-on approach to exploring self-awareness, healing, and personal growth.

About the Author

Katherine combines a professional background in counselling and career development with a deeply personal understanding of emotional well-being. Her credentials as a career development specialist are paired with a dedication to empowering others through evidence-based and holistic counselling practices. Katherine's focus on holistic care and her extensive experience working with individuals facing grief, anxiety, trauma, and career challenges underpin the insights and depth of this workbook and card set.

reflective prompts that encourage users to assess their current self-care routines and create actionable, sustainable plans to nurture their mental and emotional health.

What sets this workbook apart is its emphasis on alternative and holistic methodologies. Foster encourages therapists to explore practices that delve into spirituality, mindfulness, and even the "inner child" – areas that some practitioners might find outside their usual comfort zones. However, this expansive approach is its strength. For therapists open to alternative techniques, the workbook provides a refreshing opportunity to embrace practices that foster deeper emotional connections and promote genuine healing.

While the workbook may not appeal to every practitioner, those who work in holistic counselling or who seek to integrate non-traditional methods into their practice will find it a transformative guide. The workbook offers a structured yet flexible approach that is particularly useful for addressing emotions tied to grief, anxiety, or the overwhelming pressures of life.

About the Card Set

Complementing the workbook, the Self-Care Awareness, Action and Planning Card Set is a versatile tool designed for both personal and professional use. The cards are visually appealing, featuring clear descriptions and relatable images that encourage engaging with the suggested activities. Whether used independently or alongside the workbook, the cards offer practical strategies for emotional regulation and self-reflection.

One of the card set's standout features is its versatility. While primarily aimed at therapists for personal self-care, the cards can also be adapted for client sessions. For clients struggling with grief, loss, anxiety, or life's challenges, the card set provides a straightforward and accessible way to introduce mindfulness and emotional grounding techniques. Activities are simple to understand and implement, ensuring they are suitable for individuals who may feel overwhelmed or hesitant to explore deeper therapeutic work initially.

Practical Applications and Benefits

Both the workbook and card set are designed to foster emotional awareness and resilience. They invite users to explore their emotions and engage in meaningful self-reflection, creating opportunities for growth and healing. Therapists will appreciate the thoughtfulness of the activities, which balance structure with creativity, allowing for adaptability based on personal or client needs.

For clients, these tools offer a safe space to explore their feelings, develop self-care routines, and regulate their emotions effectively. The workbook and cards encourage clients to reconnect with themselves, making them ideal for addressing challenges like grief, anxiety, and feelings of being overwhelmed.

Potential Limitations

While the workbook and card set offer immense value, it's important to note that they may not suit all therapists. Practitioners who are less inclined toward holistic or alternative approaches may find some activities, such as those requiring spiritual exploration or tapping into the inner child, outside their professional comfort zone. However, for those willing to embrace these techniques, the rewards are significant.

practices, they provide an accessible, practical, and transformative approach to well-being. Though not suited to every therapist, those open to alternative methodologies will find these resources invaluable. Whether purchased individually or as a set, Foster's creations empower users to explore deeper emotional connections and nurture their mental health. They come highly recommended for holistic practitioners seeking to enhance their personal and professional practices.

Book Details

All products available Author's practice website and Author's website Books Online Combination Set Card Set

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