

## CLASP: When The Helper Needs Help

California Psychological Association

Colleagues Assistance and Support Program (CLASP)

Cultivating and Sustaining Wellness and Self Care

### WHEN THE HELPER NEEDS HELP

Psychologists are people too. 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 important message and 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 health 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 ~ CALL CLASP TODAY! 1-888-262-8293

### COLLABORATIVE COMMUNITIES OF SUPPORT

CPA CLASP offers a unique opportunity to become a provider and/or consultant for other psychologists across California as well as offers you the same resources of support for yourself. Research indicates that collegial consultation, individual therapy, and peer support are essential self care strategies to sustain and enhance your general well-being and mental health throughout all stages of your development as a person and as a psychologist.

CPA CLASP's Information and Referral Services is an invaluable resource for all psychology graduate students and psychologists across California who may be seeking a referral for therapy, consultation, and/or assistance regarding a colleague. Become a provider and help support our community of psychologists. It is free to join. Once you become a provider, you practice within your own policies and procedures, fee structure and limits of confidentiality. Call today 1-888-262-8292 and learn more about this service as well as other programs that CLASP offers at both the local and state level.

CLASP also offers Chapter based programs & Sheila Namir, Ph.D. [snamir@sbcglobal.net](mailto:snamir@sbcglobal.net) or 831-425-5300 is the MBPA CLASP Chair. Over time, the CLASP program will offer local support groups, discussion groups, consultation group, and book clubs over time as well as trainings and materials. The Sheila is also working to recruit members for the I&R service, if you are interested in becoming a provider, please contact her. She is also recruiting members for her committee to assist in putting on local programs, events and CE workshops.

CPA CLASP also offers trainings, wellness retreats, and mind-body experiences at conventions as well as articles written on colleague's assistance topics in the CPA Magazine.

Check out our website at: <http://www.cpaclasp.org>

Dani Beckerman, Psy.D.

CPA CLASP Chair