

A GUIDED WORKBOOK AND JOURNAL WITH PROMPTS TO CALM
ANXIETY, RELIEVE STRESS, AND PRACTICE DAILY SELF-CARE

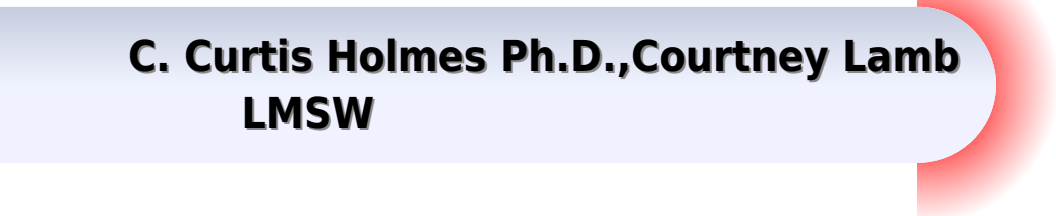
THE 12-WEEK *Anxiety* *Relief*

**WORKBOOK
& JOURNAL**

ROMA SHARMA

Goodreads Choice Anxiety Relief This Week

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LMSW**



Goodreads Choice Anxiety Relief This Week:

Implicit Bias and Mental Health Professionals: C. Curtis Holmes Ph.D., Courtney Lamb LMSW, 2023-06-05 As mental health professionals working at a child advocacy center CAC both authors have experienced and researched issues that impact each professional field which makes up the multidisciplinary team MDT These fields primarily include mental health professionals of children school counselors and school social workers forensic interviewers child and family advocates sexual assault nurse examiners CAC administrators Child Protective Service investigators law enforcement investigators prosecutors and other attorneys and judges Even mental health professionals of children who never intended to specialize in the CAC world will inevitably be working with numerous clients with a trauma and abuse history Therefore it is best if all mental health professionals of children become more aware of the CAC world of the workings of MDTs and of a greater understanding of systems and of implicit bias that influence thinking recommendations and professional behavior with cases of child abuse

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