# Article information:

Taking care of yourself as a counselor - Counseling Today  
<https://ct.counseling.org/2011/01/taking-care-of-yourself-as-a-counselor/>

# Article summary:

1. Counselors should practice self-care in order to be effective in their work.

2. Warning signs of stress and distress should be recognized and not ignored.

3. Counselors should model wellness for their clients by walking the talk and practicing what they preach.

# Article rating:

Appears well balanced: The article presents the information in a reliable and balanced way, without biases and prejudices. The claims made in the article are well supported and, where applicable, all sides of the argument are given opportunity to present their point of view. The article appears trustworthy and reliable.

# Article analysis:

The article is generally trustworthy and reliable, as it provides insights from experts in the field of counseling, such as Sandra Rankin, Stephanie Burns, Elizabeth Venart, and Gerard Lawson. The article also provides evidence to support its claims, such as research that demonstrates the quality of the therapeutic relationship being more predictive of counseling outcome than any other factor. Additionally, the article does not appear to have any biases or one-sided reporting; rather, it presents both sides equally by providing insight from multiple experts in the field. Furthermore, there are no unsupported claims or missing points of consideration; all claims made are supported with evidence from research or expert opinion.

The only potential issue with this article is that it does not explore counterarguments or present any risks associated with counselors neglecting their own needs; however, this is likely due to the fact that there are no known risks associated with self-care for counselors. Therefore, overall this article can be considered trustworthy and reliable in terms of its content and presentation of information.

# Topics for further research:

* Counselor self-care risks
* Impact of counselor self-care on client outcomes
* Counselor burnout prevention
* Counselor self-care strategies
* Counselor self-care research
* Counselor self-care best practices

# Report location:

<https://www.fullpicture.app/item/d60b40e055ce345c145a53526d4c6dfd>