



Surviving Fears in Health and Social Care: The Terrors of Night and the Arrows of Day

Martin Smith

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Fear can have significant and complex effects on the lives of those working in health and social care, yet it is rarely discussed or investigated. Drawing on powerful first-hand accounts, this book explores the fears experienced when working in child protection, mental health, and with marginalized groups of people, and suggests how these fears can be understood and managed.

The author provides helpful suggestions for good practice and training and describes the vital roles of supervision, management and workplace culture in helping practitioners cope with their distress. He also looks at how family members, colleagues and the police can provide support and discusses the benefits of recognizing and confronting openly the repercussions of fear, as well as celebrating its potentially positive and life-enhancing impact on practice.

Offering innovative new ways of thinking about and coping with fear, this book is essential reading for health and social care professionals, trainers, and managers who need to be aware of issues surrounding fear and anxiety within their organizations.

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