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## PRESS RELEASE

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### UNLOCK THE POWER OF COMPASSION: NEW BOOK OFFERS PATH TO HEALING FOR HEALTH CARE PROFESSIONALS

Seattle, WA — March 15, 2024 — In the midst of pandemic-induced burnout, psychiatrist David R. Kopacz, MD, releases his latest book *Caring for Self & Others: Transforming Burnout, Compassion Fatigue, and Soul Loss*, a beacon of hope and renewal for health care professionals worldwide. Kopacz, a psychiatrist at the Seattle VA and University of Washington, guides readers through a transformative journey, exploring ten dimensions of being fully human.

*“David Kopacz’s book offers readers a gift of hope, courage, and self-love,”* said Jean Watson, PhD, RN, founder of the Watson Caring Science Institute.

Stephanie Marrie of [Foreword Reviews](#) says, “A literary oxygen mask and a paean to health care workers, psychiatrist David Kopacz’s understanding self-help book illustrates how relatable and treatable issues like burnout are.”

Kopacz emphasizes the importance of self-care and personal growth amidst unprecedented stress, urging readers to reclaim their well-being and sense of purpose. With 31 practices and meditations, the book provides actionable tools for nurturing body, mind, and spirit.

*“Burnout and compassion fatigue are forms of soul loss,”* explains Dr. Kopacz. *“This book offers a path to transformation and post-burnout growth.”*

Through personal anecdotes and inspired by his collaboration with Joseph Rael (Beautiful Painted Arrow), Kopacz illuminates a path of healing and resilience. While finishing *Caring for Self & Others*, David had the unexpected challenge to test his own theories and healing practices as a cancer patient himself. He also calls for institutional reform alongside individual practices, advocating for a culture of care in health care systems.

*“Transforming suffering requires embracing the ancient mysteries of being a healer,”* writes Dr. Kopacz. *“This book provides a framework for collective healing and personal transformation.”*

*Caring for Self & Others* is a vital resource for health care workers, professionals, students, and anyone seeking compassionate care in challenging times. It offers a counter-curriculum of caring, validating the struggles of caregivers and providing tools for transformation.

This book will inform and inspire health care workers, health care professionals and students, physicians, nurses, psychologists, psychotherapists, teachers, people managers and leaders, family caregivers and patients—anyone wishing to nurture more compassionate care.

Paperback ISBN: 9781959921028 | \$26.99 | 304 pages | 6 x 9" | Pub date: June 25, 2024

**For media inquiries, review copies, or interviews with Dr. David R. Kopacz, please contact:**  
Shelly Francis, [shelly@creativecouragepress.com](mailto:shelly@creativecouragepress.com), (970) 812-3224.

### **Praise for “Caring for Self & Others”**

Finally, a book that puts together what self-care and healing are really about! An exquisite, insightful and transformative work!

—**Lucia Thornton**, ThD, MSN, RN, Past President, American Holistic Nurses Association, Past President, Academy of Integrative Health and Medicine, and author of *Whole Person Caring*

This holistic, imaginative, and soulful response to burnout is much needed in today's world.

—**Dr. Dina Gouberman**, author of *The Joy of Burnout*

*Caring for Self & Others* offers a complete vision of individual, social, and earth practice where everything contributes to a communion of creation that transforms afflictions into affirmations of life.

—**Shaun McNiff**, Lesley University Professor Emeritus and author of *Art as Medicine, Art Heals, Imagination in Action*, and other books.

As a clinician who has experienced deep burnout, I adore this book and find it endlessly useful.

Dr. Kopacz aptly offers his work as an oxygen mask.

—**Kate King**, MA, LPC, ATR-BC, author of *The Radiant Life Project*

### **About the Author**

David R. Kopacz, MD is a psychiatrist in primary care at the Seattle VA and teaches Whole Health to VA staff nationally. Board certified in psychiatry, integrative, and holistic medicine, he is also an assistant professor at the University of Washington. David has spoken around the world on self-care and well-being for patients, health care professionals, staff and students. His focus is on staff wellness, post-burnout growth, healing and spirituality, trauma, transformation, holistic health, and the healing power of story and creativity. David is the author of *Re-humanizing Medicine* and has co-authored several books with Joseph Rael (Beautiful Painted Arrow), including *Becoming Medicine: Pathways of Initiation into a Living Spirituality*. Art, photography, poetry, iRest meditation and yoga, and time in nature are vital to his own well-being. [Visit DavidKopacz.com](http://VisitDavidKopacz.com) and [BeingFullyHuman.com](http://BeingFullyHuman.com).

### **About Creative Courage Press**

Creative Courage Press was founded in 2020 by Shelly L. Francis as a collaboration of authors who are creating more courage for the complexity of being human. *Caring for Self & Others* is the publisher's second book supporting health professionals, joining bookshelves with *Resilient Threads: Weaving Joy and Meaning Into Well-Being* (2020) by Mukta Panda, MD, which won a silver Nautilus Award.

For more info, visit [www.creativecouragepress.com](http://www.creativecouragepress.com) and for this book specifically: <https://bit.ly/C4Skpz>

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