We all know that professional burnout is a problem, but what do we do about it? In this interactive seminar, Dr. Hartman-Hall provides information from the research literature and her clinical experience about the causes and consequences of clinician burnout. Recognizing that wellness is not a “one size fits all” concept, we will explore a variety of approaches for considering clinicians’ risk factors for occupational stress, improving our own self-care, and adjusting our approach to our work. Brief exercises to practice relaxation, mindfulness, and self-awareness will be utilized throughout the talk to provide participants the opportunity to practice concepts being discussed.

Learning Objectives

At the end of this seminar, participants will be able to:

1. Identify and assess potential negative effects of occupational stress
2. Identify risk factors for burnout
3. Describe ways to address barriers to self-care
4. Identify strategies for self-care and managing stress
5. Practice relaxation and reflection exercises to apply concepts discussed

Seminars are available in two formats: The first is a live, interactive webinar. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE’s for both the live webinar and the Home Study version.

Outline

Begin 10 AM ET
Terms and concepts: Occupational stress, compassion fatigue, vicarious traumatization, burnout
Effects of burnout on the field, clients, and clinicians
Risk factors
Barriers to self-care
Ethical guidelines
Warning signs and self-monitoring
Break The Webinar: 10:45 AM ET
Wellness as more than the absence of burnout
Wellness strategies
In our organizations
In how we work
In how we think
In caring for the body
In caring for the “heart and soul”
Self-care
Additional resources and recommended reading
End 1:15 PM ET

General Information

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, and Loreen Yearick, MSN, RN. This approval expires on March 1, 2022.

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