**Webinar Proposal**

AK-PA

Spring 2025

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**Title**

Secure your own oxygen mask first: Mindful approaches to therapist burnout

**Description**

Burnout: “A state of physical, emotional, and mental exhaustion that result from long-term involvement in work situations that are emotionally demanding” (Schaufeli & Greenglass, 2001). Clinical psychology is just such an emotionally demanding work situation. As clinicians, we are vulnerable to this physical and emotional exhaustion as well as other signs of burnout such as irritability, discouragement, sense of low personal accomplishment, reduced attention and concentration within session, poor decision-making, and compromised therapeutic relationships. This webinar is intended for psychotherapists who wish to better understand and manage the symptoms of professional burnout in order to be more effective and resilient in this challenging work.

In this webinar, we will examine the phenomenon of *burnout*, along with the related concepts of compassion fatigue and vicarious trauma. Using questionnaires, self-report measures, and discussion we will consider our vulnerabilities and risks for burnout, as well as our resources and strengths. We will identify life domains where we can develop “career-sustaining behaviors” that will not only reduce or prevent burnout but will greatly enhance our work satisfaction and effectiveness. A variety of strategies for monitoring and managing burnout will be introduced, with particular attention to recent contributions from mindfulness and acceptance-based therapies. A bibliography of relevant journal articles and books is provided.

**Learning Objectives**

Participants will be able to

1. Identify the various manifestations of burnout and how they can impact both personal and professional well-being

2. Assess their own risks for, and manifestations of, burnout within specific aspects of personal and professional life

3. Develop and implement a plan for career-sustaining behaviors

**Time Schedule**

**The live workshop will be recorded and available as an on-demand webinar**

This live workshop instruction is necessarily limited to lecture, demonstration, and individual exercises.

First hour:

* Definitions of burnout, compassion fatigue, and vicarious trauma
* Research on the impact of burnout and related concepts on personal well-being and professional practice

Second Hour:

* Self-assessment of risk factors for burnout and examination of areas for enhancing career-sustaining behaviors
* Practice-level strategies for reducing clinician stress

Third Hour:

* Exploring self-care exercises derived from mindfulness practice
* Developing individualized self-care plans

**Selected peer reviewed journal articles from bibliography**

[Hilty, D. M.](https://research-ebsco-com.offcampus.lib.washington.edu/c/2onyl7/search/results?initiatedBy=typed-in&q=AR%20%22Hilty%2C%20Donald%20M.%22), [Groshong, L. W.](https://research-ebsco-com.offcampus.lib.washington.edu/c/2onyl7/search/results?initiatedBy=typed-in&q=AR%20%22Groshong%2C%20Laura%20W.%22), [Coleman, M.,](https://research-ebsco-com.offcampus.lib.washington.edu/c/2onyl7/search/results?initiatedBy=typed-in&q=AR%20%22Coleman%2C%20Mirean%22) [Maheu, M. M.](https://research-ebsco-com.offcampus.lib.washington.edu/c/2onyl7/search/results?initiatedBy=typed-in&q=AR%20%22Maheu%2C%20Marlene%20M.%22), [Armstrong, C. M.](https://research-ebsco-com.offcampus.lib.washington.edu/c/2onyl7/search/results?initiatedBy=typed-in&q=AR%20%22Armstrong%2C%20Christina%20M.%22), [Smout, S. A.](https://research-ebsco-com.offcampus.lib.washington.edu/c/2onyl7/search/results?initiatedBy=typed-in&q=AR%20%22Smout%2C%20Shelby%20A.%22), [Crawford, A.,](https://research-ebsco-com.offcampus.lib.washington.edu/c/2onyl7/search/results?initiatedBy=typed-in&q=AR%20%22Crawford%2C%20Allison%22) [Drude, K. P.](https://research-ebsco-com.offcampus.lib.washington.edu/c/2onyl7/search/results?initiatedBy=typed-in&q=AR%20%22Drude%2C%20Kenneth%20P.%22), & [Krupinski, E. A.](https://research-ebsco-com.offcampus.lib.washington.edu/c/2onyl7/search/results?initiatedBy=typed-in&q=AR%20%22Krupinski%2C%20Elizabeth%20A.%22) (2023). Best practices for technology in clinical social work and mental health professions to promote well-being and prevent fatigue. *Clinical Social Work Journal*, *51*, 211-245.

[Miu, A. S.](javascript:__doLinkPostBack('','ss~~AR%20%22Miu%2C%20Adriana%20S.%22%7C%7Csl~~rl','');), [Joseph, A.,](javascript:__doLinkPostBack('','ss~~AR%20%22Joseph%2C%20Anitha%22%7C%7Csl~~rl','');) [Hakim, E](javascript:__doLinkPostBack('','ss~~AR%20%22Hakim%2C%20Ellie%22%7C%7Csl~~rl','');)., [Cox, E. D.](javascript:__doLinkPostBack('','ss~~AR%20%22Cox%2C%20Erin%20D.%22%7C%7Csl~~rl','');), & [Greenwald, E](javascript:__doLinkPostBack('','ss~~AR%20%22Greenwald%2C%20Ellen%22%7C%7Csl~~rl','');). (2022). Peer consultation: An enriching necessity rather than a luxury for psychologists during and beyond the pandemic. *Journal of Health Service Psychology.* *48*, 13-19.

[Osborne, T. L.](https://research-ebsco-com.offcampus.lib.washington.edu/c/2onyl7/search/results?initiatedBy=typed-in&q=AR%20%22Osborne%2C%20Travis%20L.%22), [Ravid, A.,](https://research-ebsco-com.offcampus.lib.washington.edu/c/2onyl7/search/results?initiatedBy=typed-in&q=AR%20%22Ravid%2C%20Ariel%22) [Harper, J.,](https://research-ebsco-com.offcampus.lib.washington.edu/c/2onyl7/search/results?initiatedBy=typed-in&q=AR%20%22Harper%2C%20Jessica%22) [Shope, M.,](https://research-ebsco-com.offcampus.lib.washington.edu/c/2onyl7/search/results?initiatedBy=typed-in&q=AR%20%22Shope%2C%20Megan%22) [Schweizer, T.](https://research-ebsco-com.offcampus.lib.washington.edu/c/2onyl7/search/results?initiatedBy=typed-in&q=AR%20%22Schweizer%2C%20Tina%20Hsu%22) (2024). Factors associated with burnout among cognitive-behavioral therapists during COVID-19. *The Behavior Therapist*, *47*, 214-226.

**Rudaz,** M., Twohig, M. P., Ong, C. W., & Levin, M. E. (2017). Mindfulness and acceptance-based trainings for fostering self-care and reducing stress in mental health professionals: A systematic review. [*Journal of Contextual Behavioral Science*](javascript:__doLinkPostBack('','ss~~JN%20%22Journal%20of%20Contextual%20Behavioral%20Science%22%7C%7Csl~~rl','');), *6*, 4, 380-390.

Rupert, P. A. & Dorociak, K. E. (2019). Professional self-care, stress, and well-being among practicing psychologists. *Psychology: Research and Practice,* *50*, 343–350.

Simionato, G. K. & Simpson, S. (2018). Personal risk factors associated with burnout among psychotherapists: A systematic review of the literature. *Journal of Clinical Psychology,* *74*, 1431–1456.