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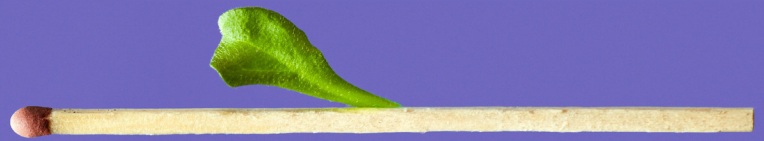


An Exploration of **Burnout**

with Strategies on How
to Replenish Yourself and
Maintain Balance

September 20
11:30am-12:30pm EST

Presented by: Patrick Golden, LMHC, LCDP, CAGS



SUMMARY

This training will define burnout so clinicians can recognize when it is happening to themselves, clients, and/or co-workers. It will also discuss the differences between stress and burnout and sympathy and empathy, which will offer additional support in recognizing burnout. Finally, some strategies and resources will be provided to maintain balance and avoid burnout as well as ways of replenishing yourself if you are in a state of burnout.

OBJECTIVES

- Define Burnout
- Recognize the difference between stress and burnout
- Recognize the difference between sympathy and empathy
- Gain strategies for avoiding burnout and/or to help replenish yourself if you are in a state of burnout

FOR MORE INFORMATION, CONTACT: Chris Winter · 508-496-0203 · chris.winter@summitbhc.com



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