



Burnout prevention strategies for health-care professionals

A practical framework and useful strategies for self-care and wellbeing.

Burnout describes a state of emotional distress which has wide-ranging impacts. This workshop explores the factors contributing to burnout in those who work in clinical health settings, and offers practical solutions to improve clinician wellbeing and engagement and enhance patient outcomes.

Feeling stressed or burnt out is a common complaint in our society. This is not only a problem for those clinicians who work in stressful work environments and at the extreme of their capabilities, but also for those whom they treat, as burnout has a negative impact on the health outcomes of patients. Studies have demonstrated a link between depression, burnout and increased incidences of medical errors. Added to this is the personal effect on clinicians, their colleagues, their families and friends.

This workshop will provide you with the ability to recognise symptoms of burnout in yourself and others. We will explore the cultural, situational

and personal factors which lead to stress and burnout. As there is no 'one-size-fits-all' solution, participants will have the opportunity to engage in fact-finding and problem-solving exercises and work individually and collaboratively to create a management plan which decreases stress and promotes engagement.

Learning objectives of this training:

1. Recognise the symptoms of burnout.
2. Recognise the historical, cultural and environmental factors contributing to burnout.
3. Explore the effects of burnout.
4. Recognise engagement in themselves and others.
5. Identify personal values and how these contribute to engagement.
6. Explore boundary issues.
7. Develop an individualised plan for engagement and self-care.
8. Develop practical workplace initiatives capable of wider-ranging benefits.



Monica Moore is a GP with a full-time psychotherapy practice in Sutherland, who understands the pressures of working in physical health settings. She is in the unique position of being able to combine over 20 years of experience in general practice with expertise in a range of counselling modalities, and has been involved in training GPs and other health clinicians since 2000, helping them to integrate practical psychological strategies into their work. Monica has a special interest in personality disorders and the practical implications for clinicians in managing challenging behaviours, as well as the ways in which clinicians can improve work satisfaction and patient outcomes, and prevent burnout.

Monica graduated in 1983 and undertook initial training in Cognitive Behaviour Therapy and Motivational Interviewing in 1996. As well as further training in CBT and ACT, she has completed the Advanced Certificate of Interpersonal Therapy, the Diploma of Clinical Hypnosis, the Certificate of Emotionally Focused Therapy, and EMDR practitioner training.

Monica has been the coordinator for the Sutherland Mental Health Practitioners Network since its inception in 2009, and has been involved in a training capacity with the RACGP; GP Synergy; CESPAN; Australian Society for Psychological Medicine, Australian Society of Hypnosis; Black Dog Institute; General Practice Conference, Exhibition and Medical Education; NSW Institute of Psychiatry; Rural Doctors Association; Sphere, and the Sutherland Division of General Practice.

This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.

View our range of training topics at www.PDPseminars.com.au to choose from our in-house listings or have one of our calendar events conveniently delivered at your workplace.



ACA: Members can accrue 6 CPD points.



AASW: Members can accrue 3 CPD hours.



ACWA: Members can accrue 3 CPD hours.

PACFA: Members can accrue 3 CPD hours.

APS: Activities do not need to be endorsed by APS. Members can accrue 3 active hours.

Session Outline
3 hours

Recognising the symptoms and signs of burnout.

Exploring factors contributing to burnout.

Recognise engagement.

15 minute tea break

Identifying values and personality tendencies.

Boundaries with self and others.

Developing an individualised plan for engagement and self-care

Evaluation and closing.

“Preventing burnout: a practical framework and useful strategies for self-care and wellbeing.”

Dr Monica Moore

How will you benefit from attending this training?

- Understand the contributing factors and effects of burnout.
- Develop strategies to prevent and manage burnout with are tailored for you and your personality style.
- Identify opportunities for engagement and systemic change, and improved treatment outcomes for patients.

Booking process:

1. Request a quotation.
2. Agree upon a delivery date.
3. Arrange the 50% booking deposit.
4. Finalise balance of booking fee one month prior to the training.

We include:

- Presenter travel and accommodation costs.
- Soft copy of all slides, notes and resources and evaluation.
- Individual attendance certificates for all participants.

This practical training is suitable for all clinicians working in a health-care setting in direct patient contact.

Feedback for Dr Moore’s recent training presentations:

“Thank you once again – just so very helpful.”

“Thank you Monica. A lovely presentation with great, honest examples.”

“The PD was presented by a dynamic and engaging professional who was current in the industry. My colleagues and I gained so much from this and previous sessions with Dr Moore – she’s wonderful! Thank you!”

“This training was excellent in both content and presentation. The practical skills exercise is very useful for being able to develop your thinking in the patient role.”

“A very useful, concise session to stimulate and give techniques to change practice.”