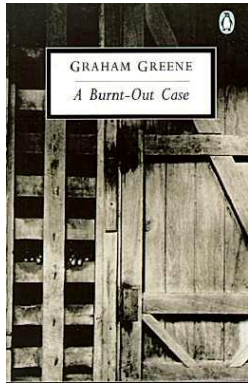


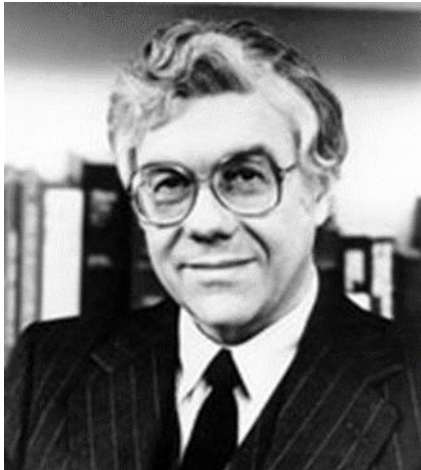
BURNOUT



Origin of the term "burnout"



First use of Term in the Roman
„A Burnt-Out Case“
Graham Greene, 1961



Herbert J. Freudenberger
(1927-1999 Psychoanalyst)
describes his own crisis

Burnout-syndrome

A syndrome is the simultaneous presence of different characteristics (symptoms), with mostly uniform etiology and little known pathogenesis.

Burnout...

- "(...) is caused when the person concerned gets involved in a case, a way of life or a relationship that does not bring the expected reward..."

H. Freudenberger, 1980

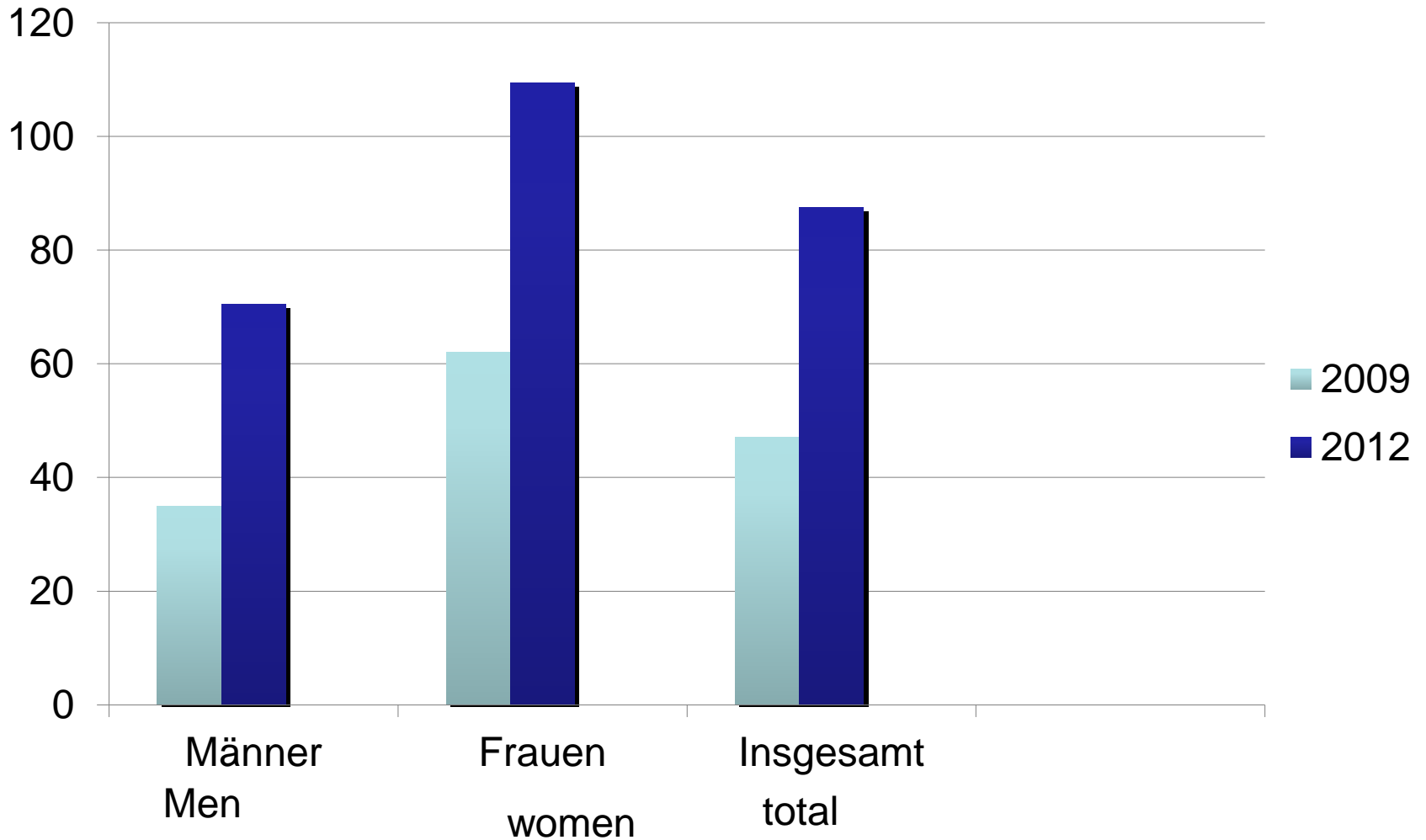
Burnout as medical diagnosis

- Z 73 Problems related to difficulties in coping with life (ICD 10)

-Z 73.0 Burnout

State of total exhaustion

Disability days due to burnout



Risk factors/ causes

Find examples for these areas

- social factors
- operational factors
- personal factors

Burnout cycle

Form two groups of equal size and put the phases of the burnout cycle in order.

Afterwards we will compare.

Symptoms/features

- Physical symptoms
- Symptoms related to work
- Symptoms that show up in behavior towards colleagues/clients (communication)
- Symptoms affecting the person

Treatment

- Professional support
 - Psychotherapy
 - Classical Psychoanalysis
 - Behavioral and cognitive therapies
 - Humanistic therapies

Preventive measures

- **Good work-life balance is regarded as protection against burnout:**

Someone who derives their self-esteem entirely from their job is more likely to lose their balance in the event of failure than someone who can withdraw into the company of a partner or good friends after work.

- **Accept advice**

Permanent relationship work, building up, shaping, conflict resolution and replacement of relationships need professional support.

Preventive measures

- **Opportunity Thinking**

Learning to talk about positive experiences and not only about problems. Also a positive self-instruction (opportunity thinking) leads to a positive attitude and helps us to cope with problems better, e. g: "how can this be solved?" instead of, "this is not possible with us!"

- **Qualification**

The differentiated field of work and newly gained knowledge require continuous further qualification. The renunciation of further training is a renunciation of further development of professional and personal skills.

Preventive measures

- **Acceptance of borders**

There are limits in the economic sphere and in the curative educator himself (intellectually, psychologically, professionally), in the people who care for him and in colleagues. If the professional work is to be guaranteed, not only the orientation towards high ideals can be the way, but also the acceptance of the limits of all involved.

- **Separation of work and private life**

Permanent mixing can lead to orientation problems. It can be useful to bring skills and hobbies into the work. However, areas of interest in addition to the job should also be consciously developed. Sports, games, craft interests should not be used one-sidedly for professional purposes, but should also be consciously cultivated as "private property".

Preventive measures

- **Time Management**

There is only a limited time available. Priorities have to be set, work has to be planned and organized to counteract the chaos and to avoid the feeling of inadequacy

literature

Images

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**HelpEx: Europäische Qualifizierung von Ex-Patienten
im helfenden Prozess der Rehabilitation und Genesung**



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