



Course: recognize and treat burnout

Address: <https://asadis.net/en/course/recognize-and-treat-burnout-in-your-patients/>

Duration: 4h

Type of course: continuing education

Location: online course

Individual price: \$80.00

Overview:

Burnout is an increasingly prevalent and multifaceted challenge impacting individuals across all professional sectors—from frontline staff to top executives. Clinicians are reporting higher numbers of patients experiencing significant exhaustion, disconnection, and reduced effectiveness at work, yet these patients often do not meet diagnostic criteria for mood or anxiety disorders. This ambiguity complicates case formulation, diagnosis, and effective treatment planning.

This workshop bridges that critical gap by providing you with a clear, structured methodology for assessing and effectively treating burnout. Based on contemporary research and theoretical models, the training delivers practical tools to distinguish burnout from overlapping conditions, identify specific contributing factors—including organizational, cognitive, and emotional influences—and customize interventions suited to each patient's unique profile. Particular emphasis is placed on treatment planning strategies such as appropriate pacing, meaningful goal-setting, and empowering patients to regain purpose, vitality, and a sense of agency in their professional lives.

Participants will gain a robust framework for conceptualizing burnout, a detailed, actionable guide for developing personalized treatment plans, and collaborative strategies for engaging with patients who feel immobilized, hopeless, or resigned. The insights and tools offered in this training apply broadly across various professional contexts and client backgrounds, making it an essential resource in every clinician's professional toolkit.

Learning objectives:

1. Identify key signs and symptoms of burnout across different professions and differentiate burnout from related conditions
2. Assess burnout using standardized tools and conduct thorough clinical interviews to guide diagnosis and treatment planning
3. Develop a comprehensive treatment plan tailored to the unique experiences of clients with burnout
4. Apply effective intervention strategies to help clients restore energy, motivation, and meaning in their work lives

Learning material:

A theoretical course illustrated with clinical examples. This course is composed of videos of 5 to 15 minutes each. The PowerPoint of the course to download.

Audience: This course is intended for mental health professionals.

The expert, Dr. Valentina Munoz

Dr. Valentina Munoz, psychologist, is a clinical psychologist specializing in cognitive-behavioral therapy (CBT) for treating anxiety and stress-related issues in adults. She earned her PhD in clinical and research psychology from Université de Montréal, Canada, in 2005. With extensive experience in private practice, Dr. Munoz provides psychotherapy and offers workshops for both the general public and mental health professionals. Her work focuses on anxiety disorders, burnout prevention, resilience, and stress management. Dr. Munoz spent 10 years at the Douglas Mental Health University Institute, where she treated individuals with severe anxiety disorders and complex co-occurring issues, while also supervising PhD psychology interns. She has also served for many years as an external resource for the Canadian Armed Forces, supporting veterans coping with PTSD. Valentina Munoz is a licensed member of the Ordre des Psychologues du Québec and is fluent in French, English, and Spanish.

Syllabus

PowerPoint

Introduction

Introduction to Burnout

Recognizing and Understanding Burnout

Stages of Burnout Development

How Does Burnout Develop

Contributing Factors

Assessing Burnout with Standardized Tools

Assessing Burnout with Semi-Structured Clinical Interviews

Clinical Case- Daniel, the Overwhelmed Executive

Interventions

Lifestyle and Recovery-Based Interventions- Self-Care

Lifestyle and Recovery-Based Interventions- Setting Boundaries

Lifestyle and Recovery-Based Interventions- Taking Time Off Work

Cognitive Behavioral Therapy (CBT) Cognitive Restructuring

Cognitive Restructuring Scenario

Cognitive Behavioral Therapy Cognitive Restructuring

Understanding Mindfulness-Based Interventions

Mindfulness-Based Interventions- Body Scan

Mindfulness-Based Interventions- 3-minute Breathing Space

Self-Compassion Interventions

Acceptance and Commitment Therapy

Organizational Interventions- Matching the Mismatches part 1

Organizational Interventions- Matching the Mismatches part 2

Organizational Interventions- Communication Skills

Organizational Interventions- Time Management

Clinical Case- 10 Sessions Example

Protective Factors and Strengths

Conclusion

Copenhagen Burnout Inventory

The Job Demands-Resources Questionnaire

Oldenburg Burnout Inventory

3 minutes breathing

Body Scan Script

Self-Compassion script and clinician guidelines

Bibliography