



## **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:** \$145.00

### **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, 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  
Bibliography

#### Additional Resources

Handout - Copenhagen Burnout Inventory  
Handout - The Job Demands-Resources Questionnaire  
Handout - Oldenburg Burnout Inventory  
Handout - 3 minutes breathing  
Handout - Body Scan Script  
Handout - Self-Compassion script and clinician guidelines

#### **Evaluation:**

To validate the achievement of the learning objectives, a final evaluation in the form of true/false questions is required. It must be completed in order to obtain the certificate of completion.

In addition, an optional self-assessment is offered at the beginning and end of the course, allowing you to measure your progress on the targeted skills.

These evaluations are not graded and are intended primarily to support your professional reflection.

**Access timeline:** Once registration is confirmed, you (or the learner) may start the training at any time, independently and at your own pace. From the moment the training begins, you will have 4 months to complete it.

**Questions?** Feel free to contact us at *contact@asadis.net*