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: $144.00

Overview:
More and more patients are presenting with profound exhaustion, cognitive impairment, and occupational dysfunction that fall outside conventional mood or anxiety disorder criteria—complicating case formulation, differential diagnosis, and treatment planning. These presentations demand specialized assessment frameworks and intervention strategies distinct from standard protocols for depression or generalized anxiety.

This training will equip you with systematic methods for assessing and treating burnout as a distinct occupational phenomenon. Drawing on contemporary research and established theoretical models, you will refine your diagnostic acumen and develop targeted intervention strategies for clients experiencing work-related exhaustion, depersonalization, and diminished professional efficacy.

You will learn to:

Differentiate burnout from overlapping conditions using structured clinical interviews and validated assessment instruments, enabling precise diagnostic formulation even when presentations include depressive or anxious features.

Implement neurobiologically-informed conceptualizations providing clients with comprehensible rationales for their symptoms while guiding intervention selection.

Construct individualized treatment protocols addressing the six domains of workplace mismatch (workload, control, reward, community, fairness, values) alongside individual factors including personality traits, coping styles, and boundary regulation—moving beyond generic stress management toward

burnout-specific intervention.

Apply evidence-based intervention strategies spanning cognitive-behavioral techniques, mindfulness-based approaches, self-compassion practices, and organizational consultation frameworks, with particular emphasis on pacing, sustainable boundary-setting, and restoration of meaning and agency in professional contexts.

These assessment and intervention protocols transfer across diverse professional sectors and client populations. The systematic approach provides clarity in complex cases where burnout coexists with other conditions, strengthening your capacity to develop coherent treatment plans that address both occupational dysfunction and broader well-being.

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

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. You can access the training for as long as Asadis as the legal right to diffuse it (typically 10 years).

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