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ABSTRACTS FOR WORKSHOPS

L. Self-care and burnout prevention for human service professionals

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Self-care for human service workers

This workshop is both an experiential and didactic experience. The focus is on what self-care is and needs to be: the need for self-care on both a personal and professional level, incorporating self-assessment, accountability for oneself personally and professionally, being real and maintaining one's humanness, choices that we make and their outcomes and consequences along with how to be a consistently successful person. The ultimate goal will be to develop a plan of action implementing practical tools for achieving balance in life.

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Burnout prevention among therapists. Who takes care of the caretaker?

Therapy is a very serious business. We, the therapists, take a lot of responsibilities upon our shoulders. We take many times the problems of our clients in a very personal way and we bring the emotional burden into our own home. Our lives are mixed with a huge conflict: How much should I be there for my client? How can I set boundaries because I have got a life too to live? We the therapists tend to identify so much with our clients till we forget ourselves. We get lost in our urge to help and to change the world to be a better one.

BUT who takes care of the caretaker?

The purpose of this workshop is to give therapists who deal with clients on a daily basis effective tools how to manage their therapeutic career successfully without damaging their quality of life. Correct balancing between work and family life. Burnout among therapist is a common "disease", it prevents us from being focused, alert, empathetic

and caring as we committed ourselves while entering this profession.

In this workshop these topics will be discussed:

1. What is Burnout and how is it manifested in various symptoms: Physical, Cognitive, Affective and Social
2. The unique factors in the therapeutic professions that are subject to stress and Burnout.
3. Work-Family Balance.
4. The “hidden” therapeutic contract
5. Transference - Counter transference issues.
6. “The Savior trap” –“ I will succeed where everybody else failed”.
7. The REBT module for helping the helpers.