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Altri autori (Persone)	Bahrer-KohlerSabine
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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	1. Introduction -- 2. Burnout syndrome in an international context -- 3. Burnout: history of a phenomenon -- 4. Burnout symptoms and cycles: comparison with psychiatric disorders -- 5. Symptom overlap in burnout: implications for treatment -- 6. Impact of burnout on physical and mental health -- 7. Gender aspects of burnout -- 8. Risk factors for burnout -- 9. Burnout, self-esteem, and negative affectivity in the workplace: the mediating role of organizational identity in times of job uncertainty -- 10. Emotional exhaustion and psychosocial work factors influencing burnout -- 11. The burnout examination -- 12. Burnout prevention and communication: effective treatment strategies -- 13. Burnout and active coping of emotional resilience -- 14. Burnout interventions -- 15. Conclusion.
Sommario/riassunto	Wherever people are working, there is some type of stress—and where there is stress, there is the risk of burnout. It is widespread, the subject of numerous studies in the U.S. and abroad. It is also costly, both to individuals in the form of sick days, lost wages, and emotional exhaustion, and to the workplace in terms of the bottom line. But as we are now beginning to understand, burnout is also preventable. Burnout for Experts brings multifaceted analysis to a multilayered problem, offering comprehensive discussion of

contributing factors, classic and less widely perceived markers of burnout, coping strategies, and treatment methods. International perspectives consider phase models of burnout and differentiate between burnout and related physical and mental health conditions. By focusing on specific job and life variables including workplace culture and gender aspects, contributors give professionals ample means for recognizing burnout as well as its warning signs. Chapters on prevention and intervention detail effective programs that can be implemented at the individual and organizational levels. Included in the coverage:

- History of burnout: a phenomenon.
- Personal and external factors contributing to burnout.
- Depression and burnout
- Assessment tools and methods.
- The role of communication in burnout prevention.
- Active coping and other intervention strategies.

Skillfully balancing scholarship and accessibility, *Burnout for Experts* is a go-to resource for health psychologists, social workers, psychiatrists, and organizational, industrial, and clinical psychologists.
