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Titolo	Burnout and Trauma Related Employment Stress : Acceptance and Commitment Strategies in the Helping Professions
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Descrizione fisica	1 online resource
Altri autori (Persone)	BrockStephen E OrenTaylor van EckhardtMaciel
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Nota di contenuto	Intro -- Preface -- Acknowledgments -- Contents -- About the Authors -- Chapter 1: Introduction to Burnout and Trauma-Related Employment Stress -- Definitions -- Burnout -- Trauma-Related Employment Stress -- Prevalence -- The Consequences of Burnout and Trauma-Related Employment Stress -- Physical -- Psychological -- Organizational -- Purpose and Format of This Book -- Terminology: Practitioner, Client, TRES, and Non-gendered Language -- References -- Chapter 2: Introduction to Acceptance and Commitment Practices -- Components of Acceptance and Commitment Therapy -- Research Support for Acceptance and Commitment Therapy (ACT) -- Anxiety -- Depression -- Chronic Pain -- Overall Well-Being -- Burnout and ACT -- Trauma-Related Employment Stress and ACT -- Compassion Fatigue -- Vicarious Trauma and Secondary Traumatic Stress -- Concluding Comments -- References -- Chapter 3: Mindfulness and Acceptance Practices -- Mindfulness Practices -- Psychoeducation on Stress and Well-Being -- Mindfulness-Based Strategies -- Breath Work -- Diaphragmatic Breathing -- 4x8 Breathing -- Alternate Nostril

Breathing -- Progressive Muscle Relaxation -- Focused Meditation -- Open Awareness Meditation -- Yoga -- Mindful Senses (Walking, Listening, and Eating) -- Acceptance Practices -- Clipboard Technique -- The Chinese Finger Trap -- Tug-of-War -- Eating a Piece of Fruit -- "And" -- Case Examples -- Derek -- Tran -- Concluding Comments -- References -- Chapter 4: Defusion and Cognitive Techniques -- The Role of Thoughts in Stress -- Cognitive Approaches -- Cognitive Defusion in ACT -- Leaves on a Stream Meditation -- Thought Bubble Meditation and Mental Hands -- Sunglasses Metaphor -- I Am Labels -- Numbers Game -- Silly Voice -- Milk Technique -- Physicalizing the Thought -- Parables -- Traffic on the Street Meditation -- Thanking Your Mind -- Type It Out.

Case Examples -- Sophia -- Mohammed -- Concluding Comments -- References -- Chapter 5: Commitment: Values and Professional Goal Setting -- Commitment -- Self-as-Context -- Self-Kindness -- Heartfulness and Gratitude Activities -- Gratitude Journaling -- Gratitude Anchors -- What Would I Tell a Good Friend? -- Letter to Self -- Compassion Satisfaction -- Values -- Values List -- Eightieth Birthday Party -- Remodeling the House -- Setting Values-Based Intentions and Goals -- Setting Intentions -- Committed Action -- SMART Goals -- Temporary Versus Enduring Self-Care Goals -- When Setbacks Happen -- Case Examples -- Colette -- Lamont -- Concluding Comments -- References -- Chapter 6: Organizational Strategies for Addressing Burnout and Trauma-Related Employment Stress -- Workload and Caseload -- Organizational Bureaucracy -- Support -- Supervisors -- Peers -- Organizational Responses to Burnout and TRES -- Organizational Culture and Leadership -- Prevention -- Training Programs -- Bibliotherapy -- Identification and Intervention -- Ongoing Evaluation -- Resources for Organizations -- Concluding Comments -- References -- Chapter 7: Assessment, Resources, and Conclusion -- Assessments for Burnout, TRES, and Wellness -- The Professional Quality of Life (ProQOL) -- Maslach Burnout Inventory-Human Services Survey (MBI-HSS) for Medical Personnel -- Oldenburg Burnout Inventory -- Single Item Burnout Measure -- Copenhagen Burnout Inventory -- Stanford Professional Fulfillment Index -- Well-Being Index -- Helping Resources -- American Psychological Association (APA) -- Compassion Fatigue Awareness Project (CFAP) -- Mayo Clinic -- Not One More Vet (NOMV) -- TEDx: Quality of Life -- The National Center on Family Homelessness (NCFH) -- The National Child Traumatic Stress Network (NCTSN) -- SUNY Buffalo, School of Social Work.

The Vicarious Trauma Toolkit: Blueprint for a Vicarious Trauma-Informed Organization -- Summary and Future Directions -- References -- Index.
