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Nota di contenuto	Chapter 1. Introduction to Burnout and Trauma Related Employment Stress -- Chapter 2. Introduction to Acceptance and Commitment Practices -- Chapter 3. Mindfulness and Acceptance Practices -- Chapter 4. Defusion and Cognitive Techniques -- Chapter 5. Commitment: Values and Professional Goal Setting -- Chapter 6. Organizational Strategies for Addressing Burnout and Trauma Related Employment Stress -- Chapter 7. Assessment, Resources, and Conclusion.
Sommario/riassunto	Burnout and trauma related employment stress (TRES), which includes compassion fatigue, secondary traumatic stress, and vicarious trauma, are increasing in prevalence as attrition rates, mental health disturbances, and suicide rates are climbing for those in the helping professions. This book highlights the imperative for prevention and early intervention using acceptance and commitment strategies. It includes cognitive, acceptance, and mindfulness techniques to assist the individual in achieving goals through values-based living. Among the topics discussed: Definitions of Burnout and TRES Prevalence rates of burnout and TRES in the helping professions Mindfulness and acceptance practices Defusion and cognitive techniques Values based

goal setting Organizational responsibilities and strategies Assessment
resources Burnout and Trauma Related Employment Stress will be a
valuable resource for clinicians working with those experiencing the
symptoms of TRES and burnout, as well as the individuals themselves.
