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# Burnout The Cost Of Caring

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Coping With Secondary Traumatic Stress Disorder In Those Who Treat The Traumatized

Prevention in the Context of Living and Working

Experiencing Social Psychology

The End of Burnout

A Guidebook for Students and Those in Mental Health and Related Fields

Taking Action Against Clinician Burnout

Thrive

Burnout, the Cost of Caring

Compassion Fatigue in the Animal-care Community

Burnout

Burnout in Families

The Compassion Fatigue Workbook

A Systems Approach to Professional Well-Being

Helping Teachers, Nurses, Therapists and Lawyers Recover From Stress and Disillusionment

Study in Burnout: The Cost of Caring

Enhancing Professional Quality of Life

Compassion Fatigue and Burnout in Nursing

The Burnout Epidemic

Back from Burnout

Burnout Prevention and Self-Care Strategies for Counselors, Therapists, Teachers, and Health Professionals, Second Edition

Already Toast

The Truth About Burnout

Building Resilience to Refuel, Recharge, and Reclaim What Matters

Help for the Helper: The Psychophysiology of Compassion Fatigue and Vicarious Trauma

Beyond Burnout

Seven Steps to Healing from Compassion Fatigue and Rediscovering (y)Our Heart of Care

## Readings and Projects

Cost of Caring?

How Millennials Became the Burnout Generation

Burnout at Work

Nurse Burnout: Overcoming Stress in Nursing

The Secret to Unlocking the Stress Cycle

Secondary Traumatic Stress

The Third Metric to Redefining Success and Creating a Life of Well-Being, Wisdom, and Wonder

How Organizations Cause Personal Stress and What to Do About It

The Cost of Caring

Families Caring for an Aging America

Think Again

*Burnout The Cost Of  
Caring*

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### **KARSYN FREDERICK**

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*Coping With Secondary Traumatic Stress  
Disorder In Those Who Treat The  
Traumatized* Berrett-Koehler Publishers  
EXHAUSTION DOESN'T HAVE TO BE YOUR  
NEW NORMAL

Prevention in the Context of Living and  
Working Springer Publishing Company  
NEW YORK TIMES BESTSELLER • “This  
book is a gift! I’ve been practicing their  
strategies, and it’s a total game-  
changer.”—Brené Brown, PhD, author of  
the #1 New York Times bestseller *Dare to*

Lead This groundbreaking book explains why women experience burnout differently than men—and provides a simple, science-based plan to help women minimize stress, manage emotions, and live a more joyful life. Burnout. Many women in America have experienced it. What’s expected of women and what it’s really like to be a woman in today’s world are two very different things—and women exhaust themselves trying to close the gap between them. How can you “love your body” when every magazine cover has ten diet tips for becoming “your best self”? How do you “lean in” at work when you’re already operating at 110 percent

and aren’t recognized for it? How can you live happily and healthily in a sexist world that is constantly telling you you’re too fat, too needy, too noisy, and too selfish? Sisters Emily Nagoski, PhD, and Amelia Nagoski, DMA, are here to help end the cycle of feeling overwhelmed and exhausted. Instead of asking us to ignore the very real obstacles and societal pressures that stand between women and well-being, they explain with compassion and optimism what we’re up against—and show us how to fight back. In these pages you’ll learn • what you can do to complete the biological stress cycle—and return your body to a state of relaxation • how to

manage the “monitor” in your brain that regulates the emotion of frustration • how the Bikini Industrial Complex makes it difficult for women to love their bodies—and how to defend yourself against it • why rest, human connection, and befriending your inner critic are keys to recovering and preventing burnout With the help of eye-opening science, prescriptive advice, and helpful worksheets and exercises, all women will find something transformative in these pages—and will be empowered to create positive change. Emily and Amelia aren’t here to preach the broad platitudes of expensive self-care or insist that we strive for the impossible goal of “having it all.” Instead, they tell us that we are enough, just as we are—and that wellness, true wellness, is within our reach. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY BOOKRIOT “Burnout is the gold standard of self-help books, delivering cutting-edge science with energy, empathy, and wit. The authors know exactly what’s going on inside your frazzled brain and body, and exactly what you can do to fix it. . . . Truly life-changing.”—Sarah Knight, New York Times bestselling author of *Calm the F\*ck*

Down

### **Experiencing Social Psychology**

Harmony

Health psychology is a rapidly expanding discipline at the interface of psychology and clinical medicine. This new edition is fully reworked and revised, offering an entirely up-to-date, comprehensive, accessible, one-stop resource for clinical psychologists, mental health professionals and specialists in health-related matters. There are two new editors: Susan Ayers from the University of Sussex and Kenneth Wallston from Vanderbilt University Medical Center. The prestigious editorial team and their international, interdisciplinary cast of authors have reconceptualised their much-acclaimed handbook. The book is now in two parts: part I covers psychological aspects of health and illness, assessments, interventions and healthcare practice. Part II covers medical matters listed in alphabetical order. Among the many new topics added are: diet and health, ethnicity and health, clinical interviewing, mood assessment, communicating risk, medical interviewing, diagnostic procedures, organ donation, IVF, MMR, HRT, sleep disorders,

skin disorders, depression and anxiety disorders.

*The End of Burnout* Sigma Theta Tau

Why are so many in the helping professions perceived as lacking idealism or commitment? *Beyond Burnout*, based on a unique, in-depth, longitudinal study, explores the source of this problem. Professionals describe in their own words what happened to them when their idealism collided with the realities of their work.

*A Guidebook for Students and Those in Mental Health and Related Fields* John Wiley & Sons

#1 New York Times Bestseller “THIS. This is the right book for right now. Yes, learning requires focus. But, unlearning and relearning requires much more—it requires choosing courage over comfort. In *Think Again*, Adam Grant weaves together research and storytelling to help us build the intellectual and emotional muscle we need to stay curious enough about the world to actually change it. I’ve never felt so hopeful about what I don’t know.” —Brené Brown, Ph.D., #1 New York Times bestselling author of *Dare to Lead* The bestselling author of *Give and Take* and

Originals examines the critical art of rethinking: learning to question your opinions and open other people's minds, which can position you for excellence at work and wisdom in life. Intelligence is usually seen as the ability to think and learn, but in a rapidly changing world, there's another set of cognitive skills that might matter more: the ability to rethink and unlearn. In our daily lives, too many of us favor the comfort of conviction over the discomfort of doubt. We listen to opinions that make us feel good, instead of ideas that make us think hard. We see disagreement as a threat to our egos, rather than an opportunity to learn. We surround ourselves with people who agree with our conclusions, when we should be gravitating toward those who challenge our thought process. The result is that our beliefs get brittle long before our bones. We think too much like preachers defending our sacred beliefs, prosecutors proving the other side wrong, and politicians campaigning for approval--and too little like scientists searching for truth. Intelligence is no cure, and it can even be a curse: being good at thinking can make us worse at rethinking. The brighter we

are, the blinder to our own limitations we can become. Organizational psychologist Adam Grant is an expert on opening other people's minds--and our own. As Wharton's top-rated professor and the bestselling author of *Originals* and *Give and Take*, he makes it one of his guiding principles to argue like he's right but listen like he's wrong. With bold ideas and rigorous evidence, he investigates how we can embrace the joy of being wrong, bring nuance to charged conversations, and build schools, workplaces, and communities of lifelong learners. You'll learn how an international debate champion wins arguments, a Black musician persuades white supremacists to abandon hate, a vaccine whisperer convinces concerned parents to immunize their children, and Adam has coaxed Yankees fans to root for the Red Sox. *Think Again* reveals that we don't have to believe everything we think or internalize everything we feel. It's an invitation to let go of views that are no longer serving us well and prize mental flexibility over foolish consistency. If knowledge is power, knowing what we don't know is wisdom. *Taking Action Against Clinician Burnout*

Univ of California Press  
Weaving together numerous richly detailed interviews and surveys with recent feminist literature on the role of caregiving in women's lives and investigations of women's involvement in home-based work, this book explores the daily lives of family day care providers. Margaret K. Nelson uncovers the dilemmas providers face in their relationships with parents who bring children to them, with the children themselves, with the providers' family members, and with representatives of the state's regulatory system. She links these dilemmas to the contradiction between an increasing demand for personalized, cheap, informal child care services and a public policy that subjects child care providers to public scrutiny while giving them limited material and ideological support. Nelson's discussions with day care providers reveal considerable tensions that emerge over issues of control and intimacy. The dual motivation of business and family gives rise to problems, such as how to maintain enough distance from the parents to set limits on hours while providing personal service in a family setting. Family day care

providers often enter this occupation as a way to engage in paid work and meet their own child care responsibilities. This book looks at how they manage to negotiate a setting that simultaneously involves money, trust, and caring. Family day care represents one of the most prevalent sources of child care for working parents. It is an especially common form of care for very young children, yet it remains little studied. In the popular press, stereotypes—many of them negative—prevail. This book substitutes a thorough, detailed examination of this child care setting from a perspective that has generally been ignored—that of the caregiver. While providing useful insights into the role of caregiving in women's lives and the phenomenon of home-based work, it contributes to the ongoing policy debates about child care. In the series *Women in the Political Economy*, edited by Ronnie J. Steinberg.

**Thrive** Springer Science & Business Media  
How empathy can jeopardize a therapist's well-being. Therapist burnout is a pressing issue, and self-care is possible only when therapists actively help themselves. The authors examine the literature from

neurobiology, social psychology, and folk psychology in order to explain how therapists suffer from an excess of empathy for their clients, and then they present strategies for dealing with burnout and stress.

*Burnout, the Cost of Caring* Addison-Wesley Professional

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.

[Compassion Fatigue in the Animal-care Community](#) *Burnout The Cost of Caring*

Therapists and other helping professionals, such as teachers, doctors and nurses, social workers, and clergy, work in highly demanding fields and can suffer from burnout, compassion fatigue, and secondary stress. This happens when

they give more attention to their clients' well being than their own. Both students and practitioners in these fields will find this book an essential guide to striking an optimal balance between self-care and other-care. The authors describe the joys and hazards of the work, the long road from novice to senior practitioner, the essence of burnout, ways to maintain the professional and personal self, methods experts use to maintain vitality, and a self-care action plan. Vivid real-life examples and self-reflection questions will engage and motivate readers to think about their own work and ways to enhance their own resilience. Eloquently written and supported by extensive research, helping professionals will find this a valuable resource both when a novice and when an experienced practitioner.

**Burnout** CRC Press

In this important and timely book, workplace well-being expert Jennifer Moss helps leaders and individuals prevent burnout and create healthier, happier, and more productive workplaces. We tend to think of burnout as a problem we can solve with self-care: more yoga, better breathing techniques, and more resilience.

But evidence is mounting that applying personal, Band-Aid solutions to an epic and rapidly evolving workplace phenomenon isn't enough—in fact, it's not even close. If we're going to solve this problem, organizations must take the lead in developing an antiburnout strategy that moves beyond apps, wellness programs, and perks. In this eye-opening, paradigm-shifting, and practical guide, Jennifer Moss lays bare the real causes of burnout and how organizations can stop the chronic stress cycle that an alarming number of workers suffer through. The Burnout Epidemic explains: What causes burnout—and what organizations can do to prevent it Why traditional wellness initiatives fall short How companies can build an antiburnout strategy based on prevention, not perks How leaders can measure burnout in their own organizations What leaders can do to develop a healthier culture that prioritizes resilience and curiosity As the pandemic has shown, self-care is important, but it's not a cure-all for burnout. Employers need to do more. With fascinating research, new findings from the pandemic, and interviews with business leaders around

the globe, The Burnout Epidemic offers readers insightful and actionable advice that will empower them to help themselves—and their employees—feel healthier and happier at work.

Clear2care Incorporated

Family caregiving affects millions of Americans every day, in all walks of life. At least 17.7 million individuals in the United States are caregivers of an older adult with a health or functional limitation. The nation's family caregivers provide the lion's share of long-term care for our older adult population. They are also central to older adults' access to and receipt of health care and community-based social services. Yet the need to recognize and support caregivers is among the least appreciated challenges facing the aging U.S. population. Families Caring for an Aging America examines the prevalence and nature of family caregiving of older adults and the available evidence on the effectiveness of programs, supports, and other interventions designed to support family caregivers. This report also assesses and recommends policies to address the needs of family caregivers and to minimize the barriers that they

encounter in trying to meet the needs of older adults.

**Burnout in Families** Psychology Press  
This third edition of readings and projects enables students to move beyond passive reception of facts to active participation in the role of a social psychologist. The book provides a combination of research articles that illuminate key conceptual issues of each section of the text, projects for students to complete that enhance active learning, and new Points of Interest sections that highlight special features of important social psychological research.  
Harvard Business Press  
Print+CourseSmart  
The Compassion Fatigue Workbook  
Penguin

Identifies common signs of stress in parents, offers a six week program to recover from burnout, and explains how to recapture the joys of parenting

**A Systems Approach to Professional Well-Being** W. W. Norton & Company  
Today's workforce is experiencing job burnout in epidemic proportions. Workers at all levels, both white- and blue-collar, feel stressed out, insecure, misunderstood, undervalued, and

alienated at their workplace. This original and important book debunks the common myth that when workers suffer job burnout they are solely responsible for their fatigue, anger, and don't give a damn attitude. The book clearly shows where the accountability often belongs. . . .squarely on the shoulders of the organization.

**Helping Teachers, Nurses, Therapists and Lawyers Recover From Stress and Disillusionment** Houghton Mifflin

Sleeplessness, depression, anxiety... these are common symptoms of the burnout that often accompanies living with a loved one who has experienced some kind of traumatic stress. It's well known that the loss of a child, a life-threatening injury, sexual assault or combat experience can affect the victim in traumatic ways, but what's often overlooked is how this trauma affects those closest to the victim - the family. Burnout in Families focuses on the emotional vulnerability of families exposed to the chronic or acute stress of one of its members. Editor Charles R. Figley brings together seven psychologists from around the United States to take a closer look at what's now known as secondary traumatic stress disorder - the burnout that occurs

when family members care for or just live with other family members who have undergone a traumatic life event. The authors provide a comprehensive review of the available literature and offer solutions for treating and preventing family burnout and the marital and family discord that inevitably follows. Burnout in Families is an ideal text for university-level psychology, family therapy and social work courses.

Study in Burnout: The Cost of Caring ISHK  
This volume is the latest in a series that focuses on the immediate and long-term consequences of highly stressful events. It focuses on those individuals who provide therapy to victims of Post-Traumatic Stress Disorder crisis and trauma counselors, Red Cross workers, nurses, and doctors.

**Enhancing Professional Quality of Life**  
Mariner Books

"Eileen delivers a new perspective on the burnout crisis with humor, good sense, and unique ideas on how to manage our brains. I owe my daily well-being to her. Keep this book at your side to help you glide through your workday." —Marcia Reynolds, PsyD, author of The Discomfort

Zone It's official. For the first time, the World Health Organization has classified burnout as a health problem. Renowned motivational speaker Eileen McDargh proposes that to tackle it, we must learn to break out of energy-draining thoughts and behaviors. Resilience, she argues, is strictly a matter of energy management-- by better managing your energy, you can both build resiliency and overcome burnout. Breakthrough happens when our energy is consciously distributed to what matters most in our lives. So after a short survey that will tell you where you fit in a burnout and resiliency profile, McDargh helps pinpoint the causes of your burnout and examine the energy demands that keep you from refueling and recharging. She provides an in-depth energy analysis and gives you the keys to master the four dimensions that can give you a resilience

breakthrough: head, heart, hands, and humor. McDargh guides the reader through the process of identifying energy drains and implementing strategies for handling them, whatever phase of life you are in. Her intention is to help you not only to successfully manage work and life demands but also make even larger strides in understanding how to put together a life by design and not by default.

Compassion Fatigue and Burnout in Nursing National Academies Press  
BurnoutThe Cost of CaringISHK

**The Burnout Epidemic** Prentice Hall  
The Compassion Fatigue Workbook is a lifeline for any helping professional facing the physical and emotional exhaustion that can shadow work in the helping professions. Since 2001 the activities in this Workbook have helped thousands of

helpers in the fields of healthcare, community mental health, correctional services, education, and the military. In addition to a comprehensive description of compassion fatigue and vicarious traumatization, The Compassion Fatigue Workbook leads the reader through experiential activities designed to target specific areas in their personal and professional lives. It provides concrete strategies to help the reader develop a personalized plan for identifying and transforming compassion fatigue and vicarious traumatization. Topics covered include: understanding compassion fatigue and vicarious trauma symptom checklist targeting areas for strategic planning understanding warning signs assessing contributing factors evaluating self-care identifying triggers solutions: personal, professional and organizational strategies.

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