

# Mental Health Professionals

## – Questioning burnout in our profession and looking at another way

The statistics for mental health burnout in mental health workers is alarming. Consider the research below:

"The longer one works in the mental health field:  
The less they liked working with patients  
The less successful they felt with their clients  
The less humanistic were their attitudes toward mental illness"

*(Prosser; Johnson; Kuipers; Szmukler, 1996)*

My personal experience in both the university setting as a student and employee, as well as, in the clinical environment is that: those that have been in the field of mental health the longest are those that train, supervise, mentor & support those that have been in the field for a shorter period of time. When you look at it like this there seems there is no hope for the "mental health field" – **those that are no longer humanistic towards mental illness, who don't enjoy working with patients, who don't feel successful, are training the future mental health workers**". That DOES NOT make sense to me! This will guarantee an ongoing epidemic!

This course will explore the reasons why as professionals it is common to become disillusioned with the field, stop genuinely caring about our clients, take on our clients problems, fail to consider our own well-being as important and possibly reach burnout. Strategies will be discussed to support attendees to understand and change their often well-intended yet often unknowingly self-harming patterns. The information will offer attendees a new way of being that when applied will lead to true support for themselves and thus support their clients in a way that is truly healing!

When these techniques are applied mental health workers will:

- 1 Increase their enjoyment with their patients
- 2 Felt more successful with their clients
- 3 Feel more humanistic with their attitudes towards mental illness

Thus you will not become a statistic.