

<b>CME COURSE TITLE</b>	<b>Taking care of ourselves: managing stress, preventing burnout</b>
<b>COURSE DIRECTORS</b>	Prof. <b>Wulf Rössler</b> , SWITZERLAND
<b>COURSE LEVEL</b>	Basic
<b>EDUCATIONAL OBJECTIVES</b>	<ul style="list-style-type: none"> <li>• Understanding stress mechanisms and our own reactions to stress</li> <li>• Noticing one’s own stress level</li> <li>• Gauging the risk for burnout: Where do I stand?</li> <li>• Coping with stress: What helps?</li> </ul>
<b>COURSE DESCRIPTION</b>	<p>Work in psychiatry can be highly rewarding and interesting. Caring for others lies at the heart of our profession: the focus is on the needs of patients. Nevertheless, this involves the risk that providers own needs get out of sight.</p> <p>This course provides a forum for openly discussing work-related stressors and coping strategies. Based on an introduction to theories of stress and coping approaches, participants will learn to recognize their own “warning signs” of excessive stress, as well as develop strategies to successfully handle stressful situations and prevent burnout.</p>
<b>PREREQUISITE KNOWLEDGE</b>	No specific knowledge necessary but the participants should be ready to report from their own work situation
<b>COURSE METHODS AND MATERIAL</b>	Small group discussions; handouts; practice orientation; interactive teaching; stress and burnout self assessment
<b>RECOMMENDED READINGS</b>	<ol style="list-style-type: none"> <li>1. Christina Maslach, Wilmar B. Schaufeli, Michael P. Leiter. Job Burnout. <i>Annu.Rev.Psychol.</i>2011;52:397-422</li> <li>2. Murray Esler, Rosemary Schwarz, Marlies Alvarenga. Mental stress is a cause of cardiovascular diseases: from scepticism to certainty. <i>Stress and Health</i> 2008; 24:175-180</li> </ol>
<b>TARGET AUDIENCE</b>	This course is open to all participants, but particularly addresses young psychiatrists. Young psychiatrists even experience elevated stressors. At the same time, starting out in the job is a good moment to develop self-care strategies - that are essential.
<b>LANGUAGES</b>	English