



# ***Burn-Out Prevention***

## **Ethical and Risk Management Issues for Clinicians**

presented by

# **Dr. David Treadway**

***Satisfies Ethics Requirements***

### **Program Description**

This seminar addresses burn-out prevention and strategies for maintaining enthusiasm, creativity, and professionalism. Dr. Treadway helps registrants evaluate their current practice and learn new ways of effectively enhancing and renewing their professional lives.

The seminar also focus on the impact of professional life on personal life and vice-versa. It explores our own spiritual and healing journeys in relationship to our work and our personal experience. It also discusses the nature of therapy and the life of being a therapist, and how best to maintain a balanced, ethical, and satisfying professional life.

## **Two Days - Totaling 12 hours of Presentation - Satisfies Ethics Requirements**

### **Program Day 1**

- 1) ***Understanding Burn-Out***
  - The nature of therapy—the inherent risks and stresses
  - Causes of burn-out in professional and personal life
- 2) ***Self-Assessment Tools***
  - Evaluating your risk for burn-out
  - Your methods for maintaining professional well-being
- 3) ***Professional and Personal Lives***
  - How being therapists can **stimulate** personal development
  - How being therapists can **stunt** our personal development
  - The overlap of our respective caretaking roles
- 4) ***Therapist Use of Self***
  - Transference—Boundaries
  - Creative uses of self-disclosure
  - Ethical practices

### **Program Day 2**

- 5) ***Intimacy of Therapy***
  - Source of healing and risk
  - Erotic transference and boundary violations
  - Discussion of assigned story
- 6) ***Pathways to Spiritual Centeredness***
  - Therapeutic uses of spirituality—For our clients and ourselves
- 7) ***Therapist Survival Kit***
  - Developing one's own self-care program
    - In one's practice and life at home
    - 7 step approach
- 8) ***Enhance Authenticity and Joy***
  - How to enrich your professional & personal life
  - How to follow through with life changes

## **David Treadway, Ph.D**

Dr Treadway has been a practicing family and couples therapist since receiving his Ph.D. in 1979. Until 1990, he was the Co-Director of the Extern Family Therapy Training Program at the Institute of Newton. He became the Director of the Treadway Training Institute in 1999.

Dr. Treadway has written three texts:

- ***Intimacy, Change, and Other Therapeutic Mysteries***
- ***Dead Reckoning: A Therapist Confronts His Own Grief***
- ***Before It's Too Late: Working With Substance Abuse in the Family***

He is the author of over thirty articles and is a 2002

Psychotherapy Networker award winner for an article selected as one of the ten best pieces in their 25 year history.

Dr Treadway has appeared on *Good Morning America, 20/20* and other television shows, as well as hosting his own radio program on family communications.

He has been giving workshops and training programs for over thirty years. He now specializes in presenting workshops that support therapists in their own professional journeys.

**Approved Home Study CE Hours for Psychologists Counselors Social Workers Nurses AOTA**

**Available for an additional fee - See Exam Enclosed**

©J&K Seminars, LLC - 2013 - All Rights Reserved  
904 Church Rd., Wyncote, PA 19095-1601 (800) 801-5415

www.JKSeminars.com

Practice Level—Intermediate  
JK@JKSeminars.com