

# The relationship between the social worker's tasks and burnout

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- **How, and how much can I help as a therapist?**
- **What would happen to me if I were in such a situation?**
- **Is this emotional draining, affecting my personal life?**
- **Can I, as a professional, feeling so drained after this session, carry on to the next case in a few minutes time?**
- **How much longer will I witness and deal in the sad and difficult parts of life?**

# The relationship between the social worker's tasks and burnout

1. Description of the palliative social worker's tasks.
2. Causes which can increase the social worker's burn out.

Goal:

Increasing self awareness for the professional, to potentially exhausting causes. This awareness will enable the professional to act more quickly to minimize a condition of ongoing and destructive burnout.

**The social work task** concerns the social and psychological health of the patient, family and carers.

### **Assessment**

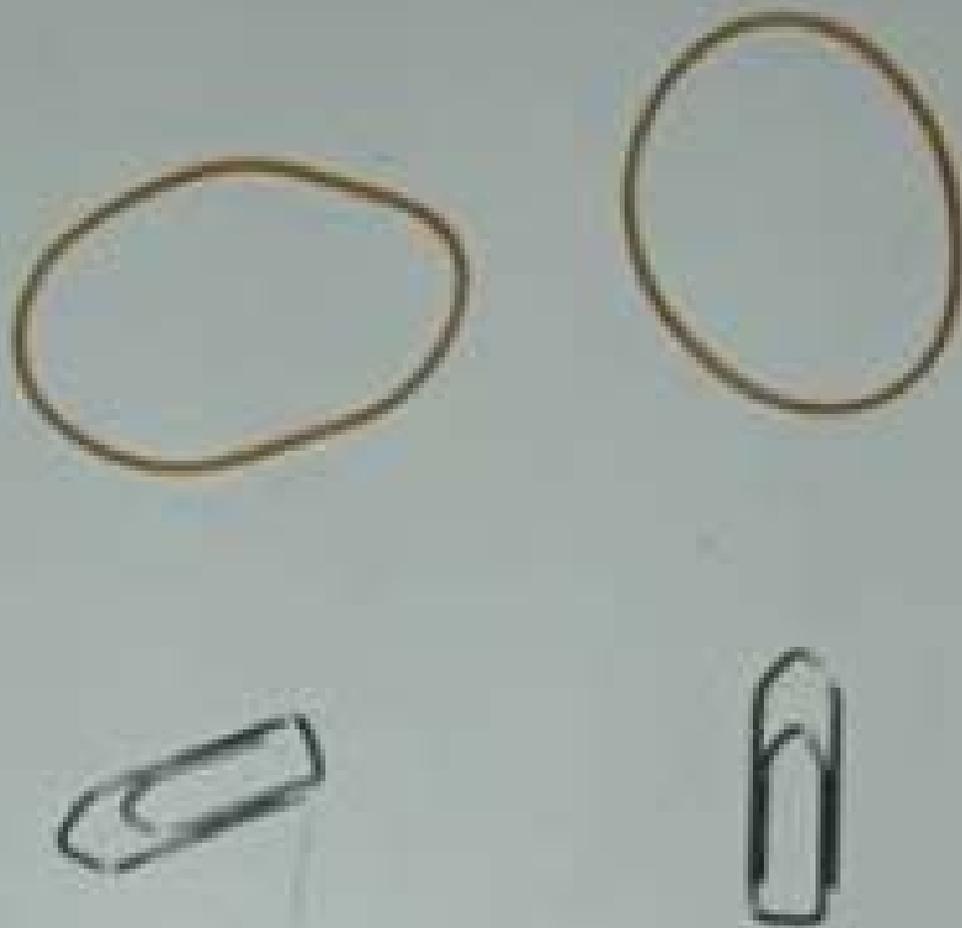
- The psychosocial and practical aspects of individual & family

### **Intervention**

- Information
- Communication
- Dealing with the approaching death

# How to look happy at work

**3 Step model**



Basic office equipment

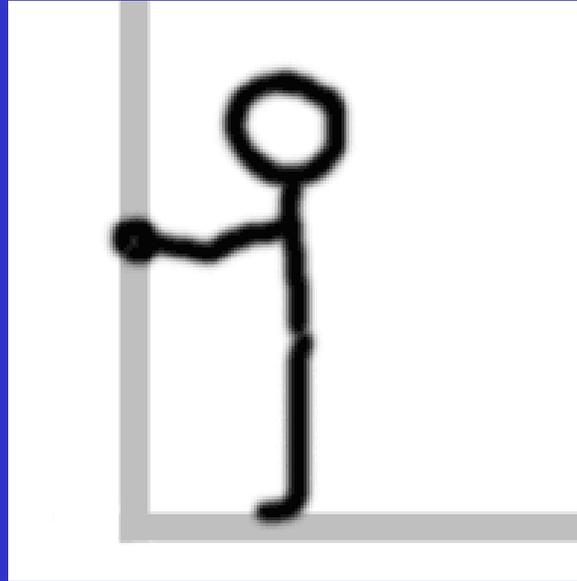


Simple connection

The result



Simple matching



**I love my work...I love it...I know I love it**

# Social worker`s burn out factors

## Emotional

- Identification
- Meeting people in emotional pain
- Young population
- Low energy
- Complicated families
- The home Setting

# Social worker`s burn out factors

## Organizational

### Organizational communication

- Different languages
- Lack of emotional support
- Team work

### Lack of resources

- golden heart flower syndrome
- Low financial compensation



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# Summery

Awareness of these burn out causes will help the professional to identify them when they appear.

When the caregiver is aware, he can protect himself from continuous and ongoing burnout, by making use of tools that prevent or slowdown burnout.

