



## **BURN-OUT PREVENTION**

- Ability to express and share challenging experiences with other workers in crisis intervention or close persons.
- Team membership - but not only teamwork, but also mutual support in the team. The team is an important source of emotional, intellectual and professional support.
- Habit to discuss regularly, often (preferably once a week) at team meetings particularly difficult situations or stories. Meetings of this type may have supervisors consultation character and their essential element is the sharing of personal experiences contact with the client. In addition, it is important that the worker has the possibility of individual supervision or consultation with an experienced expert.
- Maintaining a balance between personal and professional life.
- Compensation for stress from direct contact with the client through other work activities, for example by didactic or scientific activity, in particular one that allows conceptualization of problems arising from working with clients.
- Ability to maintain an even distribution between "difficult" and "lighter" cases.
- Ability to set realistic, achievable work goals and limits of own responsibility for the client (Crisis Intervention is responsible for his work, not for the client's actions — is therefore not responsible for what the client does or does not do).