UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

# COURSE SYLLABUS

# Prevention of Burn-Out in The Health Professions

**2526-3-I0302D048**

## Aims

Promote a better awareness of their own emotional functioning /cognitive in order to prevent or recognize the first signs of burn out.
Improve the relationship / communication with the patient and functioning in personal and professional level.

## Contents

It’s possible that a health worker who has always done his job with commitment and enthusiasm suddenly feels unable to continue to do so?
The work of those who care is a rewarding experience, but even at the risk of discomfort, as burdened by the suffering of others.

The burnout syndrome, which involves emotional and mental and physical exhaustion of the individual, it is becoming increasingly common in the world of work, striking workers of different sectors.

What are the causes? How do you intervene?

## Detailed program

- The burn-out syndrome in the health professions
- The relationship with the patient as a resource
- The emotion in the relationship with the other
- Proximity / distance with the patient, a balance subjective and functional
- Communicate with the patient

- Organisations of personal meaning
- The interpersonal motivational systems
- Mind and body: the physiological aspects of the report, mirror neurons

## Prerequisites

## Teaching form

Exercise. Circle time

## Textbook and teaching resource

Maslach C., Leiter P. (2000) Burnout e organizzazione. Modificare i fattori strutturali della demotivazione al lavoro. Feltrinelli

Benedetti F.(2012). Il cervello del paziente. Fioriti Editore

Liotti G. (1994). La dimensione interpersonale della coscienza. Carocci Editore, Roma.

Liotti G. (2001). Le opere della coscienza. Raffaello Cortina Editore, Milano.

Nardi B. (2007). CostruirSi. Sviluppo e adattamento del Sé nella normalità e nella patologia. Franco Angeli Editore.

## Semester

Second semester

## Assessment method

Attendance

## Office hours

By appointment required by mail.

## Sustainable Development Goals

GOOD HEALTH AND WELL-BEING