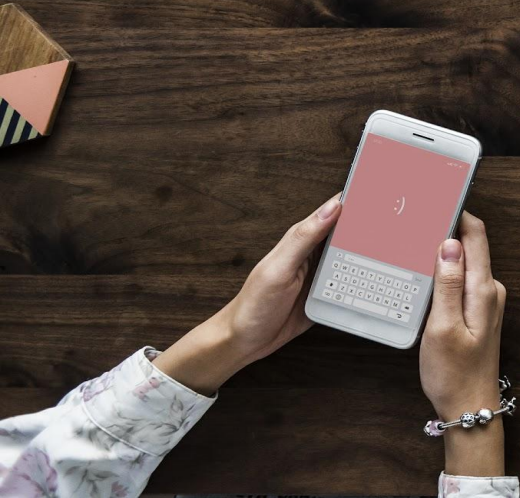
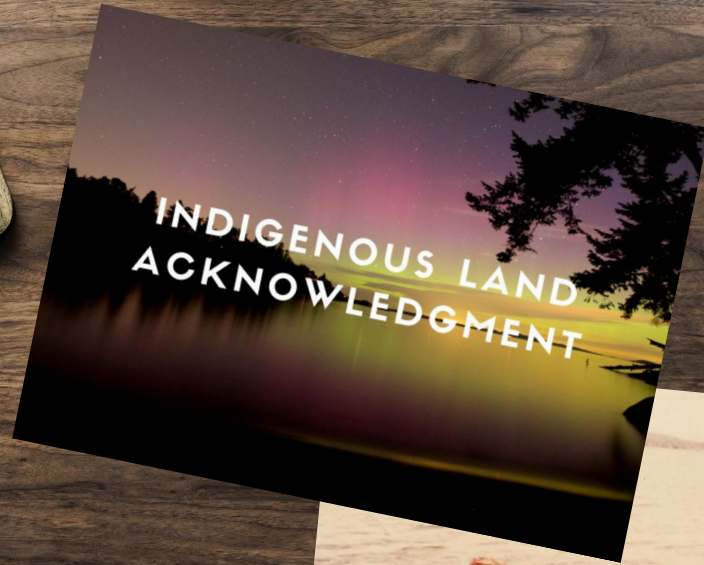


# Fostering RESILIENCE, Avoiding BURN OUT







01.20.21



*The title track from the original release of the Hennie Bekker album "Spring Rain" (1992), the first release in Bekker's "Kaleidoscope" series. The other four albums in the series "Summer Breeze," "Autumn Magic," "Winter Reflections," and "Christmas Spirit" would follow this album's success. This album was released with different cover art in the late 90s. A later version with remixes of some of the songs was released by EMI/Bekker in 2003.*

*Buy or stream the album:*

*On iTunes at: <https://itunes.apple.com/album/kaleid...>*

*On Amazon.com at: <https://www.amazon.com/gp/product/B00...>*

*Visit Hennie Bekker's Official Website at: <http://henniebekker.com>*

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- Distinguish between resilience factors and burnout symptoms;
- identify healthy ongoing practices in the profession for sustainability; and
- validate the positive impact of boundary setting.



# What other words do you use to describe BURNOUT?







**RAY GOTTESMAN, LSWIC**





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*RESOURCES & REFERENCES:*

RAY GOTTESMAN PSYCHOTHERAPY

<https://www.raygottesman.com/>

KEVIN WANG, MD

<http://www.swedishfirsthill.org/kevin-wang-md>



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Thank You!



Northwest (HHS Region 10)

MHTTC

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Funded by Substance Abuse and Mental Health Services Administration