

Preventing Burnout & Promoting Flourishing: The Role of Relational Character Strengths

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Therapy and Spiritual Care in a Shattered World:

Transforming the Community of Healers

HOW ARE PSYCHOTHERAPISTS DOING?

Forbes

HEALTHCARE • CORONAVIRUS

We Need To Talk About Another Pandemic Mental Health Crisis: Therapist Burnout

Jessica Gold Contributor

I write about mental health, the media, and everything in between.

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Jan 19, 2021, 01:51pm EST

The New York Times

‘Nobody Has Openings’: Mental Health Providers Struggle to Meet Demand

With anxiety and depression on the rise during the pandemic, it has been challenging for people to get the help they need.



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Home // Monitor on Psychology // 2022 // 01 // Burnout and stress are everywhere

2022 TRENDS-REPORT

Burnout and stress are everywhere

Burnout and stress are at all-time highs across professions, and among already strained health care workers, they are exacerbated by the politicization of mask-wearing and other unrelenting stressors

By Ashley Abramson

Date created: January 1, 2022

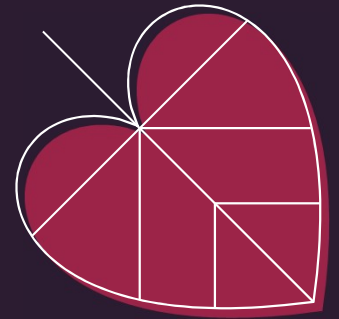
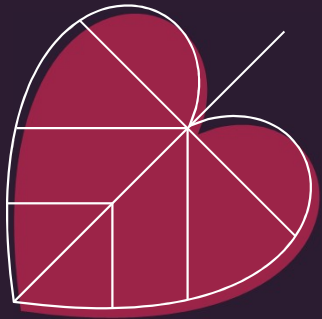
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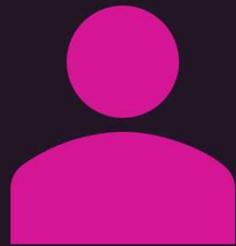
TIRED AND NOT FEELING LIKE MYSELF

- Meta –analysis (O’Conner, 2018)
9,409 Therapists
 - *40 % emotionally exhaustion*
 - *22 % depersonalization*
 - *19 % low efficacy*
- Therapist associated with poor client outcomes
(Delgaddillo, et al., 2017)



“YOU SHOULD TAKE TIME FOR SELF
CARE”

“SELF CARE”....WHAT?



What is self care?



What is community care?



WHAT IS THE DIFFERENCE
BETWEEN LIVING LIFE AND
SELF CARE?

NEEDS, INTENTIONS, PURPOSE, AND STRUCTURE



WHAT ARE YOUR
NEEDS



WHAT ARE YOUR
INTENTIONS



WHAT IS THE
GOAL



WHAT
STRUCTURES DO
YOU NEED

WHAT DOES IT MEAN TO FLOURISH?



- *Subjective well-being and eudaimonic well-being (Vanderweele, 2017)*
 - (a) happiness and life satisfaction (b) *mental & physical health* (c) meaning & purpose (d) character & virtue (e) close social relationships
- *Not the opposite of Burnout*

QUALITATIVE FINDINGS: FREELY-PORTER ET AL (UNDER REVIEW)

- “Flourishing involves appreciating and persisting through the full range of human emotional experience, which facilitates intrapersonal growth and meaning-making.”
- Flourishing is pursued through the ongoing effort to express one’s fullest, authentic self, which involves reflecting upon one’s values and seeking insight about how one can meaningfully connect with the world.
- “Negotiating basic needs and systemic barriers lays the groundwork for being able to define one’s values within their sociocultural context.”
- “Therapists’ humility and awareness of their own experiences of flourishing allows for a collaborative relationship that supports clients’ processes of flourishing to unfold.”
- “Professional environments promote flourishing for therapists and clients by creating a sense of safety and emphasizing holistic development, in spite of economic constraints.”

THE ROLE OF CHALLENGE

In a recent study, therapists who had, on average, clients with higher severity had better therapy outcomes over time.

612 therapists, 42,690 clients, 324,980 sessions, tracked over 3 years

(Coleman, Owen, & Kopta, under review)

FLOURISHING AND BURNOUT STUDY

- Aim: How does providing mental health treatment influence therapists' flourishing?
- Assess flourishing, humility, and relational virtue
 - Flourishing Index (VanderWeele, 2019)*
 - General Humility Scale (Hill, 2014)
 - Relational Virtue (Davis, 2019)
- Participants record responses to: “In your own words, please describe aspects of the past week, which contributed to your sense of fulfillment and/or frustration in your clinical work?”

STUDY DEMOGRAPHICS

N = 81

Age = 33.24

Gender = 62 women/ 14 men/ 3 Non-binary/ 1 Gender queer

Race-ethnicity = 68% White/ 8.5% Latinx/
73% Asian / 3.6 % Black / 1.2% Multiracial

Majority in Private Practice

EARLY TRENDS

Flourishing is positively associated with therapists' relational virtues (e.g., gratitude, humility) ($r = .47$)

When I am more content in all areas of my life and physically/mentally healthy, I

- *Am curious about others and cultural difference*
- *Look at other perspectives during a disagreement*
- *Need less extrinsic motivation (e.g., attention; recognition)*
- *Have a more accurate perspective of who I am (the positive and negative)*

FLOURISHING PSYCHOTHERAPY SESSIONS

- What do flourishing therapy sessions sound like?
- How does a flourishing therapy interaction influence client outcomes?
- Can flourishing sessions predict therapist burnout, gratitude, and relational virtues?



GRATITUDE

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