

JOURNEY MENTAL HEALTH CENTER PRESENTS:

Cont. Ed: Ethics and Boundaries Stress and Burnout

Presented by Dr. David Mays,
M.D., Ph.D

Date: Tuesday, February 14, 2023

Time: 10:00 am – 12:00 pm

Presenter: Dr. David Mays, M.D.,
Ph.D

Venue: Zoom

Cost: \$70

2.0 CE Hours (NBCC/ACEP
Approved #6760)

Stress and anxiety are the leading mental health problems in the United States. They are fueling a public health crisis by contributing to infectious disease epidemics, addiction, overdose, and suicide. Mental health professionals face a growing threat of burnout, which impairs clinician effectiveness and interferes with quality of life. All professional mental health organizations have ethical guidelines that warn professionals of the impairments that ensue when they are practicing beyond their stress tolerance and urge members to self-monitor for signs of burnout.

This presentation will provide a detailed look at the physiology of stress and how it affects our well-being and the well-being of our clients. Six aspects of burnout will be described and suggestions for reducing the impact of stress will be given.

Training Objectives:

At the end of this workshop, participants will be able to:

- 1) Breakdown the physical effects of stress
- 2) List the ways in which low socioeconomic status and income inequality lead to poor health
- 3) Analyze the 6 dimensions of burnout
- 4) Reflect on ways that we may be able to increase our control over parts of our work situation

Outline:

- Professional ethical codes related to stress and burnout
- What we know about stress
- The relevance of income inequality and social media
- Burnout
- Reducing stress: getting control

2.0 CE NBCC/ACEP HOURS *

*Journey Mental Health Center has been approved by NBCC as an Approved Continuing Education Provider, ACEP

No. 6760. Programs that do not qualify for NBCC credits are clearly identified.

Journey Mental Health Center is solely responsible for all aspects of this program.

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Dr. David Mays, M.D., Ph.D., is a licensed physician in the state of Wisconsin, where he is a clinical adjunct assistant professor in the University of Wisconsin Department

of Psychiatry. He is Board Certified by the American Board of Psychiatry and Neurology and is a Distinguished Life Fellow of the American Psychiatric Association. He is also a member of the Wisconsin Psychiatric Association. Dr. Mays has received the Distinguished Service Award from the Alliance on Mental Illness in Dane County, the Exemplary Psychiatrist Award from the National Alliance on Mental Illness, the Exceptional Performance Award from the Wisconsin Health and Family Services, the Outstanding Professional Award from the Wisconsin Association on Alcohol and Other Drug Abuse, and the Outstanding Mental Health Professional Award from the Wisconsin National Alliance on Mental Illness.

