

## FACING BURNOUT WITH EMOTIONAL INTELLIGENCE

**Dr. Relly Nadler, MCC, BCC,**

Burnout is a big and burgeoning problem in the United States. According to a recent Mayo Clinic report, it affects 28% of the general working population. Among physicians, the rate is markedly higher, ranging from 44% to 54% in most studies. Burnout is now categorized as a “syndrome” resulting from “chronic workplace stress that has not been successfully managed,” according to the World Health Organization’s International Disease Classification (ICD-11). This presentation will focus on what burnout syndrome is, what Emotional Intelligence (EI) is, and how EI and neuroscience strategies can help prevent burnout.

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### Objectives:

1. Define how burnout affects physicians and healthcare workers.
  2. Describe the consequences of burnout.
  3. Explain the role of emotional intelligence in burnout.
  4. Identify three strategies to combat burnout.
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**Relly Nadler, Psy.D.** is a Licensed Psychologist, Marriage Family and Child Therapist. He received a Ph.D from the University of Northern Colorado in 1988, an M.A. in Confluent Education from the University of California at Santa Barbara in 1980, and a B.A. in Psychology from the University of Hartford in 1974. He has become a world-class executive coach, corporate trainer and author, and is the president and CEO of True North Leadership Inc., an executive and organizational development firm. Dr. Nadler brings his expertise in Emotional Intelligence leadership to all his keynotes, consulting, coaching, and training. He has designed and delivered many programs for preventing burnout for clients such as McGill University. He has also conducted multi-day executive boot camps for high achievers in Fortune 500 companies. His most recent book is *Physician Burnout: A Malignant Disease* employing Emotional Intelligence strategies for healthcare.

Santa Barbara Cottage Hospital  
Psychiatry and Addiction Medicine  
Department invites you to attend  
its December 2019 presentation.

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**Wednesday, December 11, 2019**

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**Noon to 1:30 PM**

No meals or breaks provided.

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**Santa Barbara Cottage Hospital  
Amphitheatre**

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## CONTINUING EDUCATION

Physicians: Please note that Psychiatric Grand Rounds is no longer able to offer CMEs because of changes to the CME requirements.

- Course meets the qualifications for 1 hour of continuing education (CE) credit for LMFTs, LCSWs, LPCCs, and LEPs as required by the California Board of Behavioral Sciences.
- Santa Barbara Cottage Hospital is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs (provider # 57341) and Santa Barbara Cottage Hospital maintains responsibility for the program/course and its content.
- Course approved by the California Board of Registered Nursing, Provider #00252 for 1 contact hour.
- No RSVP or advance registration is required. Registration for course attendees requesting continuing education credit will take place prior to the start of the course.

- **Continuing Education:** Attendance for the full hour is required to receive credit. CE credit is not offered for meals or breaks.

**Fees:** There is no charge to Cottage Health employees. There is a \$15 fee to Non-Cottage attendees who wish to receive continuing education credit.

**Certificates:** Cottage Health employees will complete evaluations in HealthStream. Non-Cottage attendees will receive certificates within 10 business days of returning the evaluation and paying the \$15 fee. Detailed instructions will be provided at registration.

- Grievances may be addressed directly to the Education Department.
- If you are in need of special accommodation please contact the Education Department at (805) 569-7325.

Learn more about our Psychiatry and Addiction Medicine services at:

[cottagehealth.org/mentalhealth](http://cottagehealth.org/mentalhealth)

### Program Coordinators

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### Target Audience:

Counselors

Psychotherapists

Psychologists

Social Workers

Nurse Practitioners

Marriage & Family Therapists

Addiction Counselors

Nurses

Clinical Nurse Specialists

Pharmacists

Occupational Therapists &

Occupational Therapy Assistants

Other Mental Health

Professionals