

## Content

### Parental Burnout : Diagnostic and Treatment

#### Module 1 : Understanding and Diagnosing

##### Being a parent in the 21<sup>st</sup> century

There's no doubt that parental exhaustion has existed throughout history. But the developments made throughout the second half of the 20th century have made parenting more complex. In the 21st century, therefore, parents face pressures that are unprecedented!

##### The symptoms of parental burnout

Frequently, with all the issues everybody has to deal with, parenting can be considered stressful. But what are the differences between "ordinary" stress and parental burnout? How do we get from stress to burnout? What are the symptoms of parental burnout? This theoretical content is illustrated by several accounts from burnt-out parents.

##### Diagnosing parental burnout

As a professional, it is imperative that you have a diagnostic tool for parental burnout. This allows you to assess not only the presence of symptoms but also the severity of burnout. You will see first how the Parental Burnout Assessment (PBA) was developed and validated, then how it can help you in your work.

##### Parental burnout etiology

How do certain parents come to exhaust themselves and burn out? At the heart of the etiology of parental burnout is a prolonged imbalance between too many prolonged stressors (or risk factors), and not enough resources with which to address them.

##### Consequences of parental burnout

This disorder is very detrimental not only to the parent themselves but also to the couple and the children. In particular, suicidal thoughts, child neglect, and parental violence lie at the heart of this suffering. The consequences of this issue are illustrated by accounts from both burnt-out parents and children of burnt-out parents.

##### A differential diagnosis for parental burnout

Certainly, parental burnout is a specific issue. Despite sharing certain characteristics with depression or

##### Revealing the diagnosis of parental burnout

Which are the pros and cons of revealing the diagnosis of parental burnout? This is the question that professionals must ask themselves as they support parents going through psychological distress.

## **Preventing parental burnout**

This is of major importance given the parental burnout consequences for the parent, their partner, and their children. For this reason, professionals have a key role to play in identifying the first signs of exhaustion, emotional distancing, and loss of enjoyment in parenthood.

## **Gender and parenting**

Do men and women experience parenthood in the same way? Are both mothers and fathers at risk of suffering burnout in their parenting role? This question of gender is key and unavoidable.

## **The myths surrounding parental burnout**

Unfortunately, it is very easy to have misconceptions about parental burnout! Our research has revealed counter-intuitive evidence on several occasions. So, let's debunk the myths! Les conséquences du burnout parental

## **Module 2 : Treating**

### **Listening and letting the pain out**

Mothers and fathers in parental burnout often have feelings of shame and guilt. Therefore, the first step of any treatment is to let the pain out. For this reason, professionals need active listening skills, which are indispensable. An expert in a person-centered approach will explain this part.

### **Managing the need for physiological recovery**

Some of the integral problems of the burnout process are sleep and diet. How can we address and manage them? Two experts in sleep and diet respectively will give this part of the training. They will explain how nutrition, sleep, and stress are linked, and how to break certain vicious circles.

### **Targeting the risks and resources around which to center the treatment**

Commonly, there are many risks and resource factors. Treating parental burnout involves setting the priorities and the factors around which to center the treatment according to each parent's situation. It is important to understand how to choose them.

### **Treating personal factors**

The gaps between our real selves and our "perfect" selves in parenting, managing stress, and our different identities, are personal factors that play a key role in parental burnout. How do we work on these with parents? An expert in self-compassion will complete this part.

### **Parental cognitions and behavior**

Burnt-out parents often have high standards linked to the concept of positive parenting. Professionals need to support them in nurturing their sense of competence and in making quality time with their children.

### **Family factors**

Often, recovering from parental burnout implies getting more support. What are the ways to best share tasks with the co-parent(s)? How to reach an agreement on educational values? In which forms can family

routines be installed to reduce the mental load? An expert in home organization and mental load performs this part.

### **Environmental factors**

Coming out of isolation as a parent also means making use of social support. Distancing oneself from external social pressures is also a core concept of this treatment.

### **Medical treatment**

Do professionals need to medicate a burnt-out parent? When is there a need for hospitalization? Working in partnership with the medical sector is extremely important.

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