



Working with Career Stress and Burnout Through an Integrative Lens

Presented by: Jesse Strigler, LMHC

Delivery method: On-Demand

Instruction level: Intermediate

Sponsored by: NCS Pearson, Inc.

Course Description

This session examines burnout and career stress as complex concerns that affect individuals across diverse ages, backgrounds, and professions. Participants explore how integrative clinical frameworks conceptualize job stress and burnout and how approaches such as CBT, ACT, and psychodynamic theory can help clinicians support clients experiencing these challenges. The session also examines burnout among professionals in helping roles, including factors that contribute to occupational stress as well as strategies that support resilience, boundaries, self-awareness, and professional well-being.

Learner Outcomes

After completing this learning track, participants will be able to:

1. Identify the key signs, symptoms, and contributing factors associated with career stress and burnout in clients and helping professionals.
2. Compare how CBT, ACT, mindfulness-based approaches, and other integrative frameworks conceptualize and address career-related stress and burnout.
3. Apply integrative clinical strategies to support coping, resilience, and psychological wellness in individuals experiencing career stress and burnout.

Time-Ordered Agenda

10 minutes	Overview of career stress and burnout, including definitions, prevalence, and impact on clients and helping professionals.
15 minutes	Understanding burnout through an integrative lens: CBT, ACT, mindfulness-based, and psychodynamic perspectives.
15 minutes	Case examples and clinical application: assessing burnout, understanding client values, and identifying intervention strategies.
10 minutes	Burnout within helping professions: professional risk factors, self-care, boundaries, and resilience.
10 minutes	Questions, discussion, and practical takeaways for clinical practice.

About the Presenter

Jesse Strigler, LMHC, is a Licensed Mental Health Counselor in private practice working with individuals and couples experiencing anxiety, depression, life transitions, relationship concerns, career stress, and burnout. Career stress and burnout have been among the most common concerns Jesse has addressed throughout his clinical work. Jesse has supervised therapists in training and served as an adjunct faculty member at Yeshiva University, where he taught Basic Principles of Counseling from an integrative clinical perspective. Outside of work, Jesse enjoys playing pickleball and spending time with family.

Disclosure

Financial: Jesse Strigler will receive an honorarium for this presentation.

Non-financial: There is no relevant non-financial relationship to disclose.

NCS Pearson Inc., the sponsor of this learning track, develops and distributes assessments and intervention tools for speech-language pathologists, occupational therapists, and psychologists. This webinar will include information that pertains to effective and appropriate use and interpretation of the Maslach Burnout Inventory (MBI) and no other assessment will be discussed during this presentation.

References

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