



## **B. Selected References for Minimizing Staff Burnout**

### **I. Burnout: Symptoms, Antecedents and Assessment**

***Assessing Stress in Teachers: Depressive symptoms scales and neutral self-reports of the work environment.***

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***A review and an integration of research on job burnout.***

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***Crisis in education - stress and burnout in the American teacher.***

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***Do you have teacher burnout.***

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***Health care worker burnout, what it is, what to do about it.***

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***Job burnout***

C. Maslach, W.B. Schaufeli,, M.P. Leiter. *Annual Review of Psychology*. Vol.52, 2000, pp.397-422.

***Job burnout and the helping professional.***

B. A. Potter. *Clinical Gerontologist*, 1983 Winter, v2 (n2):63-65.

***Phases of burnout: Development in concepts and applications.***

R.T. Golembiewski & R.F. Munzenrider (1988). New York: Praeger.

***Preventing Burnout and Building Engagement: A Complete Program for Organizational Renewal.***

Leiter M.P., Malach C (2000). San Francisco: Jossey-Bass.

***Professional Burnout in Human Service Organizations.***

C. Cherniss (1980). New York: Praeger.

***Professional Burnout in medicine and the helping professions.***

R. G. Stevenson, 1989. *Loss, Grief & Care*, 1989, v3 (n1-2):33-38.

***Professional burnout: Recent developments in theory and research.***

W.B. Schaufeli, C. Maslach, & T. Marek (Eds.) (1993). Taylor & Francis. Washington DC.

***Professionals under stress - A review of burnout among the helping professions with implications for school psychologists.***

E.S. Huebner (1993). *Psychology In The Schools*, 30, 40-49.

***Role fatigue.***

A. Barbour, Z.T. Moreno. *Group Psychotherapy, Psychodrama & Sociometry*, 1980, v33:185-190.

***The Stresses of Supervising Counselors.***

(Book chapter) In *The stresses of counseling in action*. Counseling in action. W. Dryden, Ed. Sage Publications, Inc. England. 1995. Pp 167-183. M. Carroll

***Therapist burnout: A self psychology and system perspective***

W.N. Grosch, & D.C. Oleson (1995). In: *Innovations in Clinical Practice: A Sourcebook*, 14, 439-454.

***When Helping Starts to Hurt: A New Look at Burnout Among Psychotherapists.***

W.N. Grosch & D.C. Oleson. W.W. Norton & Co., Inc; New York, NY. 1994.

### **II. Burnout: Interventions and Prevention**

***An examination of critical incident stress debriefing for emergency service providers.***

Rogers, O (1992). Unpublished doctoral dissertation, University of Maryland.

- Beyond burnout : helping teachers, nurses, therapists, and lawyers recover from stress and disillusionment.***  
C. Cherniss. New York: Routledge, 1995.
- Broadening the scope of worksite stress programs: A guiding framework.***  
C.A. Henley & M. Van Ryn (1990). *American Journal of Health Promotion*, 4, 413-420.
- Burnout: From tedium to personal growth.***  
A. Pines, E. Aronson & D. Kafry. New York: The Free Press, 1981.
- Burnout in the helping professions: Mutual aid groups as self-help.***  
F. Spicuzza & M.W. de Voe (1982). *Personnel & Guidance Journal*, 61, 95-99.
- Career Burnout: causes and Cures.***  
A. Pines & E. Aronson (1988). Free Press: New York, NY.
- Controlling work stress: Effective human resources and management strategies.***  
M.T. Matteson, & J.M. Ivancevich (1987). Jossey-Bass, Inc.: San Francisco, CA.
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B. E. Gilliland; R.K. James. (1988) Brooks/Cole Publishing Co. Pacific Grove, CA
- Critical incident stress debriefing: Helping the helpers.***  
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A.M. Richardsen & R.J. Burke (1995). *International Journal of Stress Management*, 2, 31-43.
- Partners in Encouragement: An alternative to teacher burnout.***  
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- Social support and stress: perspectives and processes.***  
J.A.M. Winnubst, B.P. Buunk, & F.H.G. Marcelissen. In: *Handbook of Life Stress, Cognition and Health*. S. Fisher & J. Reason (Eds.) (1988). John Wiley & Sons: Chichester, England. 511-528.
- Staff burnout in human service organizations.***  
C. Cherniss. New York: Praeger Publishers, 1980.
- Stress management for health care professionals.***  
S.H. Appelbaum. Rockville, MD: Aspen Systems Corp., 1981.
- Take this job and love it : how to change your work without changing your job.***  
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- Teachers managing stress and preventing burnout : The professional health solution.***  
Y. Gold & R.A. Roth (1993). Falmer Press, London; Washington, D.C.
- Understanding and Preventing burn-out.***  
C. Zastrow. *British Journal of Social Work*, 1984, v14 (n2):141-155.

### III. Brief Research Syntheses Available from the ERIC Clearinghouses.

The following is a brief sampling of ERIC Digests (research syntheses) related to Staff Burnout and Burnout Interventions. They are available in libraries, over the Internet, or directly from the Educational Resources Information Center (ERIC) by phone, 1-800-LET-ERIC.

For information on searching for and accessing ERIC documents over the Internet, see the Internet Resources section of this introductory packet.

1995	<a href="http://ericae.net/edo/ED414521.htm">http://ericae.net/edo/ED414521.htm</a>	Stress in the Workplace
1991	<a href="http://ericae.net/edo/ED340812.htm">http://ericae.net/edo/ED340812.htm</a>	Urban School Restructuring and Teacher Burnout
1989	<a href="http://ericae.net/edo/ED308657.htm">http://ericae.net/edo/ED308657.htm</a>	Fourteen Tips to Help Special Educators Deal with Stress
1987	<a href="http://ericae.net/edo/ED291017.htm">http://ericae.net/edo/ED291017.htm</a>	Understanding and Managing Stress in the Academic World
1984	<a href="http://ericae.net/edo/ED259449.htm">http://ericae.net/edo/ED259449.htm</a>	Motivating Teachers for Excellence
1980	<a href="http://ericae.net/edo/ED327296.htm">http://ericae.net/edo/ED327296.htm</a>	Staff "Burnout" in Child Care Settings