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Svolgere un lavoro "emotivo" può richiedere molte risorse ad un operatore e lo può mettere maggiormente a rischio di "bruciarsi" e di conoscere, quindi, la sindrome del Burnout. Le cause ed i successivi sintomi di questa patologia possono essere gestiti con una serie di strategie preventive che permettono all'operatore di mantenere la "giusta" distanza dal suo utente ed operare con la lucidità indispensabile per compiere il suo intervento. Lo stesso discorso si può fare per le situazioni di Burnout conclamato, per le quali sono opportuni interventi di natura clinica, tesi al contenimento delle problematiche dell'operatore ed al ripristino di un adeguato equilibrio socio-emotivo.



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