
LEARNING TOGETHER IN EUROPE

**MENTAL HEALTH
BURNOUT & RESILIENCE**

THE CHANGING WORLD OF WORK
AND ITS CONSEQUENCES FOR
MENTAL HEALTH

TOWARDS BETTER COPING, MORE
RESILIENCE AND A PREVENTIVE
ORGANIZATIONAL APPROACH

A THREE-DAY WORKSHOP

VENICE, ITALY

JUNE 6 – 9, 2012



WHY YOU SHOULD ATTEND

- ✓ Meet European colleagues in a beautiful setting
- ✓ Get inspired and inspire others
- ✓ Compare different occupational health systems
- ✓ Receive state of the art information and hands-on-advice on mental health, burnout and resilience
- ✓ Meet experts in the field of mental health
- ✓ Gain new perspectives and innovative ideas
- ✓ European accreditation for twenty CME points

- ✓ Opportunity to bring your partner and combine learning with a cultural visit

INTRODUCTION

Mental health problems are prevalent in all European countries. Common mental disorders like strain, surmenage and burnout are often work-related. Return to work after a period of mental illness is not easy and sometimes complicated by more severe psychiatric disorders.

In this workshop the mechanisms and symptoms of mental health problems are elucidated; early detection and treatment will be discussed. Focus is put on both the individual approach and the organizational aspects. Better coping and improved resilience will lead to more engagement and a better work performance. Return-to-work programs will lead to better management of mental health induced absenteeism.

PROGRAM OUTLINE

Wednesday June 6th

17.00 - 18.00 hours

Late afternoon opening session:

Welcome, who is who, introduction to the program and learning objectives

Dr Paul Smits, Drs Jacqueline Gerritsen

18.00 - 19.00 hours

Short break, snack

19.00 - 20.30 hours

Introductory lecture: The changing world of work and its consequences; mental health problems in Europe

Thursday June 7th

Morning session:

Workshop: overview - by participants - of the main mental health problems in their home countries; what approaches are chosen to deal with these issues?

Afternoon session:

Introductory lecture:

Strain and burnout: symptoms, diagnosis and treatment, early detection, coping and resilience

Prevention: individual and organizational approach, return-to-work programs

Evening: Workshop Dinner

Friday June 8th

Morning session:

Workshop: in small groups the concepts of resilience and engagement are clarified and applied to everyday practice; attention is given to models for analysis and possible approaches for prevention

Afternoon session

Introductory lecture:

The Healthy Organisation:

Advising management on prevention of mental health induced absenteeism and on creating a caring working environment
European guidelines and examples of good practice

Evening: Leisure time

Saturday June 9th

Morning session:

Workshop: Plenary presentations on The Way Forward: what will you do differently next week?

- 1) Individual level
- 2) Organizational level

12.00 hours

Evaluation and completion of the three-day workshop

Afternoon

Opportunities for a cultural or leisure program in or around Venice



CME CREDITS

Full participation will be rewarded with a certificate with value of **20** European CME credits (ECMECs).

WORKSHOP FACILITATORS

- ✓ Jacqueline Gerritsen
- ✓ Paul Smits
- ✓ International and Italian experts are asked to join and lecture.

WORKSHOP FEE

Registration fee:

Booked before March 31, 2012: € 1195,-

Booked from March 31, 2012: € 1295,-

Including:

- workshop, workshop material
- coffee/tea during breaks
- lunch on Thursday and Friday
- workshop dinner on Thursday

PACKAGE DEAL

Booked before March 31, 2012: € 1495,-

Booked from March 31, 2012: € 1595,-

Including:

- workshop fees (see above).
- 4 night stay in single room (private bathroom with shower).
- breakfast.

PARTNER DEAL

Want to combine this workshop with a get-away with your partner or friend?

Price for one person extra € 200,-

Including:

- 4 night stay in double room (private bathroom with shower)
- breakfast.

Optional: Workshop dinner: € 100,-



REGISTRATION & INFORMATION

Please send an e-mail to info@efoh.eu or complete and submit the contact form on the EFOH website www.efoh.eu

YOUR ACCOMMODATION

Instituto Cannossiano San Trovato,
Dorsoduro, Venice



www.romite1323.com

(see tripadvisor.com for reviews)

European Forum on Occupational Health

Van Galenlaan 30
3941 VD Doorn
The Netherlands

T +31343414407
M +31611461592
info@efoh.eu
www.efoh.eu



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European Forum on Occupational Health