

BEYOND BURNOUT: A BIOPSYCHOSOCIAL FRAMEWORK FOR RECOGNITION, PREVENTION, AND RECOVERY

Presenter: Jay Trambadia, PsyD, ABPP

**Friday, February 12, 2027 ♦ 12:00pm – 3:00pm (ET)
Zoom Webinar**

Burnout can affect mental healthcare professionals across the professional lifespan, beginning during graduate training and continuing through clinical practice, supervision, teaching, research, and leadership. Although burnout is frequently framed as an individual failure of resilience or self-care, research indicates that it develops through a dynamic interaction among biological stress responses, psychological vulnerabilities and resources, interpersonal relationships, cultural experiences, and organizational conditions. This webinar presents a biopsychosocial framework for recognizing, understanding, preventing, and addressing burnout among graduate students and psychology professionals. Participants will examine the biological consequences of prolonged stress; psychological contributors such as perfectionism, values conflict, coping patterns, and diminished control; and social and systemic contributors such as workload, supervisory relationships, institutional climate, identity-based stress, and insufficient organizational support. Attention will be given to distinguishing burnout from depression, compassion fatigue, and stress.

Through polls, case examples, guided self-reflection, small-group exercises, and action planning, participants will practice identifying burnout presentations and selecting interventions at the individual, relational, and organizational levels. Cultural and individual diversity will be integrated throughout the program. The presentation connects psychological science with clinical practice and graduate education, preparing psychologists and trainees to recognize burnout-related impairment, support ethical professional functioning, and develop sustainable, evidence-based approaches to well-being.

Level of Curriculum Content: Intermediate

ABOUT THE PRESENTER

Jay Trambadia, Psy.D. is a licensed, board-certified clinical psychologist based in Atlanta, GA. His work spans clinical health psychology, consultation, teaching, and organizational wellness, with an emphasis on behavior change, stress management, burnout, and professional effectiveness. He practices as a health psychologist within a large healthcare system, helping patients address lifestyle and biopsychosocial concerns related to nutrition, exercise, sleep, pain, and substance use. He leads a Clinical Health Psychology Forum that supports continuing education, case consultation, and psychologists pursuing board certification. He also developed a psychology department providing consultation-liaison services for patients and providers within a large hospital cancer center.

Dr. Trambadia earned his bachelor's degree from the University of Georgia and his doctorate in clinical psychology from Nova Southeastern University. He completed a fellowship at Duke University Medical Center, where his training focused on pain management, palliative care, and biofeedback, alongside teaching, consultation, and supervision in clinical health psychology. In addition to his clinical work, Dr. Trambadia has consulted with corporations, nonprofit organizations, healthcare centers, professional sports leagues, and government agencies. His work addresses leadership effectiveness, team dynamics, workplace stress, and wellness. He also supports professional and amateur athletes with mental health and adjustment concerns, and serves as a community football coach in Cobb County, Georgia.

PROGRAM OBJECTIVES

By the end of this presentation, participants will be able to:

- Differentiate burnout from acute stress, depression, and compassion fatigue using established conceptual and clinical features
- Explain at least three biological processes associated with chronic stress and burnout, including autonomic nervous system activation, sleep disruption, inflammation, and cumulative physiological burn
- Analyze how psychological factors, including perfectionism, cognitive appraisal, emotional regulation, coping patterns, and professional identity may increase or decrease vulnerability to burnout
- Evaluate how interpersonal, cultural, educational, and organizational conditions contribute to burnout among psychology trainees and professionals
- Identify biological, psychological, behavioral, relational, and occupational manifestations of burnout and their potential effects on professional functioning, clinical judgment, ethical practice, and quality of care
- Develop a multilevel burnout-prevention and recovery plan that integrates evidence-informed individual, relational, supervisory, and organizational interventions

PROGRAM AGENDA

12:00pm – 12:10pm	Welcome and orientation
12:10pm – 12:30pm	What burnout is and is not
12:30pm – 12:55pm	The biology of burnout
12:55pm – 1:20pm	Psychological pathways
1:20pm – 1:35pm	Social, cultural, and systemic contributors
1:35pm – 2:00pm	Recognizing burnout in training and practice
2:00pm – 2:25pm	Individual and relational interventions
2:25pm – 2:50pm	Supervisory and organizational interventions
2:50pm – 3:00pm	Integration and action planning

For additional information on continuing education workshops and policies, please visit our website at <https://psychology.nova.edu/ce>

CONTINUING EDUCATION INFORMATION

Psychologists: Nova Southeastern University's College of Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. Nova Southeastern University maintains responsibility for this program and its content.

Clinical social workers, mental health counselors, and marriage and family therapists: Nova Southeastern University's College of Psychology is approved by the state of Florida's Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling to offer continuing education. Provider number: BAP# 330, Exp. 03/31/27.

School psychologists: Nova Southeastern University's College of Psychology is approved by the state of Florida's Board of Medical Therapies/Psychology, Office of School Psychology, to offer continuing education. Provider number: SCE# 11, Exp. 11/30/27.

Nova Southeastern University's College of Psychology is approved by the National Association of School Psychologists to offer continuing education for school psychologists. Nova Southeastern University maintains responsibility for this program and its content. Provider# 1024

Professional counselors: Nova Southeastern University's College of Psychology has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 4548. Programs that do not qualify for NBCC credit are clearly identified. Nova Southeastern University's College of Psychology is solely responsible for all aspects of the programs.

All mental health professionals will receive three (3) continuing education credits for the workshop. Full attendance is required. No partial credit will be awarded. Check your licensing state's rules and regulations for more information regarding your continuing education requirements.

Nova Southeastern University is committed to making its programs accessible to all prospective attendees. Let us know if you have specific requirements due to a disability.

ABOUT THE SPONSOR

Nova Southeastern University's College of Psychology is dedicated to providing high-quality training, education, research, and service its students and to the community. The college offers two American Psychological Association (APA)-accredited doctoral programs (Ph.D. and Psy.D. in Clinical Psychology); a specialist and a doctoral program in school psychology; master's degree programs in counseling clinical mental health counseling, school counseling, substance abuse counseling, and applied behavioral analysis), forensic psychology, experimental psychology, and general psychology; and bachelor's degree programs in psychology and behavioral neuroscience. The College of Psychology has two APA-accredited doctoral internship programs, the South Florida Consortium Internship Program and the Psychology Services Center Internship Program.

NOTICES OF ACCREDITATION, MEMBERSHIP, AND NONDISCRIMINATION

Nova Southeastern University is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools (1866 Southern Lane, Decatur, Georgia 30033-4097; Telephone number 404-679-4501) to award bachelor's, master's, educational specialist, and doctoral degrees. The university is chartered by the State of Florida. The College of Psychology Doctor of Philosophy (Ph.D.) program is accredited by the Commission on Accreditation of the American Psychological Association. The College of Psychology Doctor of Psychology (Psy.D.) program is accredited by the Commission on Accreditation of the American Psychological Association. The College of Psychology has two APA accredited doctoral internship programs, the South Florida Consortium Internship Program and the Psychology Services Center Internship Program. Questions related to the programs' accredited status should be directed to the Commission on Accreditation: Office of Program Consultation and Accreditation, American Psychological Association, 750 1st Street, NE, Washington, D.C., 20002-4242, Phone: (202) 336-5979, Email: apaaccred@apa.org, Web: www.apa.org/ed/accreditation. The college's master's degree program in school counseling and specialist program in school psychology are approved by the Florida Department of Education. In addition, the specialist and doctoral programs in school psychology hold the designation of National Recognition by the National Association of School Psychologists (NASP).

Nova Southeastern University admits students of any race, color, sex, age, nondisqualifying disability, religion or creed, sexual orientation, or national or ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school, and does not discriminate in administration of its educational policies, admissions policies, scholarship and loan programs, and athletic and other school-administered programs.