

# #48: Burnout: Identification, predispositions and solutions

With Professor Gordon Parker



Burnout: Identification, predispositions and solutions is supported by **Heska Australia**. It's time to re-imagine how you run your in-house pathology and radiography. Visit <https://www.heska.com.au/> to discover how.

**Gordon Parker AO** is an Australian psychiatrist who is scientia professor of psychiatry at the University of New South Wales.

Prof Parker's particular focus is on the phenomenology and epidemiology of mood disorders, social psychiatry, and the treatment and management of mood disorders. His research has assisted in modelling psychiatric conditions – depression, bipolar and personality disorders – and examining causes, mechanisms and treatments for mood disorders, together with innovative clinical work. In 2010 he was made an officer of the Order of Australia in recognition of his distinguished service to psychiatry as a clinician and researcher, particularly as a major contributor to the understanding and innovative treatment of mood disorders and as founder and Executive Director of the [Black Dog Institute](#).

The burnout book: **Burnout: A guide to identifying burnout and pathways to recovery.** Gordon Parker, Gabriela Tavella and Kerrie Eyers - <https://bit.ly/2UgfUy6>

Other Books:

- *Bed and Bored*, Lansdowne Press, Melbourne, 1966.
- *The Bonds of Depression*, Angus and Robertson, Sydney, 1978.
- *Parental Overprotection*, Grune and Stratton, NY, 1983.
- *Some Rules for Killing People*, Ellard J (Parker, ed.) Angus and Robertson, 1989.
- *Melancholia: A Disorder of Movement and Mood*, (Parker & Hadzi-Pavlovic, eds) Cambridge University Press, NY, 1996.
- *Dealing with Depression: a common sense guide to mood disorders*, Allen & Unwin, Sydney, 2002.
- *Modelling and Managing the Depressive Disorders*, Parker and Manicavasagar, Cambridge University Press, Cambridge, 2005.
- *Journeys with the Black Dog*, Wigney, Eysers & Parker, Allen & Unwin, Sydney, 2007.
- *Bipolar II Disorder: Modeling, Measuring and Managing*. Cambridge University Press (1st edn, 2008).
- *Mastering Bipolar Disorder*, Eysers and Parker, Allen & Unwin, Sydney, 2008.
- *Navigating Teenage Depression*, Parker and Eysers, Allen & Unwin, Sydney, 2009.
- *Tackling Depression at Work*, Eysers and Parker, Allen & Unwin, Sydney, 2010.
- *Managing Depression Growing Older*, Eysers, Parker and Brodaty, Allen & Unwin, Sydney, 2012.
- *A Piece of My Mind: A Psychiatrist on the Couch*, MacMillan, Sydney, 2012.
- *Bipolar II Disorder: Modelling, Measuring and Managing*. Cambridge University Press (2nd edn), New York, 2012.
- *Overcoming Baby Blues*, Parker, Eysers and Boyce, Allen & Unwin, Sydney 2014.
- *In Two Minds. A Novel*, Ventura Press, Sydney 2017.1510

**More about Prof Parker:** [https://en.wikipedia.org/wiki/Gordon\\_Parker\\_\(psychiatrist\)](https://en.wikipedia.org/wiki/Gordon_Parker_(psychiatrist))

