



Checklist: How ABA Clinics and Supervisors Can Help Prevent Burnout in BCBAs and RBTs

- Reduce BCBA workload.
- Provide resources for self-care.
- Minimize tedious or administrative tasks.
- Foster a positive work environment and community.
- Give BCBAs a sense of control over their hours.
- Consider workload and emotionally challenging cases.
- Encourage personal coping strategies for stress management.
- Reflect on and advocate for workload and systemic changes.
- Implement effective workload management strategies.
- Foster a supportive working environment and recognize good work.
- Offer resources for training and professional development.
- Provide regular supervision and support.
- Streamline organizational processes.
- Implement workplace policies to promote self-care.
- Consider hiring more staff to meet demand.
- Encourage staff to model self-care.

Remember that addressing burnout should be proactive and include both individual-level and systemic interventions.

Reduce turnover and increase retention using one comprehensive software cloud.

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