

## Burnout in Board-Certified Behavior Analysts

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**Abstract :** Burnout is a pervasive challenge among board-certified behavior analysts (BCBAs) working with individuals with developmental disabilities. Addressing burnout is essential for maintaining the well-being of practitioners and the quality of care provided to clients. Developing effective strategies and interventions to mitigate burnout is imperative. This paper offers a comprehensive review of the history of burnout, examines current research within applied behavior analysis (ABA), and explores existing theories and factors contributing to burnout among BCBAs. The necessity of addressing burnout through targeted interventions, including self-advocacy strategies, will be highlighted to emphasize the importance of supporting BCBAs in their professional roles.

**Keywords :** burnout, applied behavior analysis, board-certified behavior analysts, self-advocacy

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