Systematic Review of the Psychological and professional Injuries Faced by Psychotherapists during Therapy Sessions

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ARTICLE INFO

ABSTRACT

This article systematically reviews the psychological and professional injuries psychotherapists experience during therapy sessions. A comprehensive search was conducted across databases such as PubMed, PsycINFO, Scopus, and Noormags to identify relevant studies. The findings revealed that psychotherapists are exposed to significant risks, including burnout, occupational stress, secondary trauma, and empathy fatigue, all of which can severely impact their mental health, job satisfaction, and professional performance. These risks are influenced by various factors, such as the type of clients they work with, the severity of mental health issues presented by clients, and the duration of therapy sessions. Effective mitigation strategies, such as developing structured self-care programs, promoting psychological exercises, and fostering a supportive organizational culture, were highlighted as essential. Additionally, providing professional counseling, reducing workloads, and enhancing work-life balance are key measures to address these challenges. Further research is crucial to explore innovative and effective strategies for reducing these occupational hazards and improving psychotherapists' well-being.

Introduction

Psychotherapists play a vital role in the mental health of society. This profession requires direct engagement with clients' emotional and psychological issues, which can impose significant psychological burden on psychotherapists. While extensive research has been conducted on the benefits of psychotherapy for clients, the harms and professional risks faced by psychotherapists during therapy sessions have not been adequately addressed..

Therapist harm, therapist burnout, and secondary trauma are among the issues that can negatively impact psychotherapists' mental health and professional performance. Burnout, a state of physical, emotional, and mental exhaustion due to prolonged involvement in emotionally demanding situations, is common in such high-stress professions. It manifests through emotional exhaustion, depersonalization, and a reduced sense of personal accomplishment(1). Secondary trauma, also known as secondary stress or vicarious trauma, refers to the emotional and psychological impact experienced by individuals indirectly exposed to others' traumatic experiences, often leading to symptoms similar to post-traumatic stress disorder (PTSD) (Figley, 1995).

These injuries not only affect psychotherapists' mental health but may also reduce the quality of psychotherapy services provided to clients.

Psychotherapists play a crucial role in maintaining the mental health of society. The profession is associated with numerous challenges arising from direct contact with clients' emotional and psychological problems. The psychological

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pressures experienced as a psychotherapist can lead to empathy fatigue and secondary trauma stress. These injuries not only negatively impact the psychotherapists' mental and psychological health but can also lead to disorders such as stress, emotional depletion, depression, isolation, disruption in human relationships, physical separation, and even suicide(2)

Research has shown that more than two-thirds of mental health counselors report high levels of empathy fatigue and burnout(3). Similarly, nearly 90% of psychotherapists believe that their emotional problems are directly related to their professional role(2).

Multiple studies indicate that those working in hazardous environments such as correctional facilities and psychiatric hospital wards are typically exposed to numerous primary and secondary traumas and likely experience high rates of trauma stress, often leading to reduced income and productivity(4).

A study by Meldrum, King, and Spohn (2002) in Australia indicated that 27% of psychotherapists working with trauma survivors experienced severe stress from this work. Overall, 54.8% were stressed at the time of the study, and 35.1% were emotionally depleted. In another study, 17.7% suffered from secondary trauma stress disorder, and 18% were on the verge of diagnosis. In a study on rural mental health professionals, the prevalence rate of secondary trauma stress disorder was 24.1%, with 21.4% being on the verge of diagnosis. In a study of trauma workers in Oklahoma City (5), 64.7% showed degrees of PTSD severity, measured by the Frederick reaction index (6). Among the results, 44.1% of counselors showed "presence of a case." Most (73.5%) were at moderate risk (23.5%), high risk (29.4%), or very high risk (20.6%) for compassion fatigue, as measured by the compassion fatigue test for psychotherapists(7). Additionally, most (76.5%) counselors were at moderate risk (35.3%), high risk (26.5%), or very high risk (14.7%) for fatigue, using the same compassion fatigue test. Similarly, in a study (8) on Northridge earthquake mental health workers, 60.5% met PTSD criteria.

This review article aims to systematically examine the harms faced by psychotherapists during therapy sessions. Given the importance of this topic, the goal is to provide a comprehensive review and analysis of the psychological as well as professional injuries of psychotherapists during therapy sessions. Through comprehensive searches in various databases, relevant articles will

be selected, and significant data will be extracted and analyzed. This review can help identify factors influencing these harms and provide preventive and therapeutic solutions. This article attempts to present a comprehensive picture of the injuries psychotherapists face during therapy sessions by systematically reviewing existing articles and emphasizing the importance of developing self-care programs and organizational support to reduce these injuries.

The primary objective of this systematic review is to examine and analyze the psychological as well as professional injuries experienced by psychotherapists during therapy sessions. Specifically, this review aims to identify the various occupational risks such as burnout, secondary trauma, and empathy fatigue that significantly impact the mental health and professional performance of psychotherapists. Additionally, the review seeks to explore the factors that contribute to these injuries, including the type and severity of clients' psychological issues and the duration of therapy sessions. Ultimately, this review aims to provide a comprehensive understanding of the extent and nature of these injuries and to highlight the importance of developing and implementing effective self-care programs plus organizational support systems to mitigate these risks.

Materials and methods
Sample and Procedure

This research is a systematic review of the existing literature on the harms experienced by psychotherapists during therapy sessions. Standard systematic review methods were employed to collect, select, and analyze articles to ensure all study stages are repeatable and valid. According to Sohrabi (9), the increasing speed of knowledge production in various fields today necessitates review studies. In review studies, the latest scientific information in a specific field is critiqued and evaluated. Thus, this study, based on the systematic review method, aims to explore the harms faced by psychotherapists during therapy sessions.

The information sources for article collection included PubMed, PsycINFO, Scopus, and Noormags databases. Comprehensive searches were conducted using keywords such as "Therapist harm," "Psychotherapy," "Counselor injury," "Therapist burnout," "Mental health professional risks," and "Session-related harm." Selected articles were reviewed based on specified inclusion and exclusion criteria, quality assessment, and data

extraction.

Articles were selected based on inclusion and exclusion criteria. The inclusion criteria comprised articles examining the psychological and professional harms experienced by psychotherapists during therapy sessions, published in English and Persian. Considering the changes in the field of psychology, more emphasis was placed on issues from the past decade. Hence, the most recent articles from the last ten years were utilized. The exclusion criteria included articles focusing on the psychological harms of psychotherapists rather than clients, as well as duplicate or inaccessible articles.

The article selection process began with the review of titles and abstracts. Then, the full texts of selected articles were reviewed, and articles meeting the inclusion criteria were included in the study. This process was conducted independently by two researchers to ensure accuracy and reliability of article selection.

Key information from the selected articles was organized into tables, including the author and year of publication, study type, sample, tools and methods for measuring harms, main results, and key findings. The quality of the selected articles was assessed using valid tools such as Rayan. Extracted data were analyzed using qualitative analysis methods, identifying patterns, common themes, and key differences in the results, which were presented in text, tables, and charts.

Searches were conducted in international databases such as PubMed, PsycINFO, Scopus, and the Noormags domestic database using keywords such as "Therapist harm," "Psychotherapy," "Counselor injury," "Therapist burnout," "Mental health professional risks," and "Session-related harm" for the past decade. The inclusion criterion for each document was the presence of keywords in the title, keywords, or text of the research, indicating its relevance to the research topic. Note that the retrieved sources were evaluated using search strategies (AND, NOT, OR) in international studies as follows:

- "Therapist harm" AND "Psychotherapy" NOT "Client injury"
- "Counselor injury" OR "Therapist burnout"
- "Mental health professional risks" AND "Psychologists"

After retrieval, studies were assessed using the PRISMA flowchart. Initially, 78 studies were removed based on weak relevance, followed by review of 243 abstracts, resulting in 222 exclusions. Full texts of 21 remaining studies were reviewed, and 8 were excluded due to weak relevance or validity issues. Finally, 13 relevant and valid studies were selected for analysis. The evaluation process of the studies is illustrated in the flowchart below:

- Total retrieved sources: 321
- Number of screened abstracts: 243
- Number of content-reviewed studies: 21
- Number of final selected studies: 13
- Number of studies excluded due to irrelevant titles: 78
- Number of studies excluded due to unsuitable abstracts: 222
- Number of studies excluded due to unsuitable content: 8

Figure 1 displays the step-by-step process of excluding and selecting the sources, along with precise statistics (Figure 1).
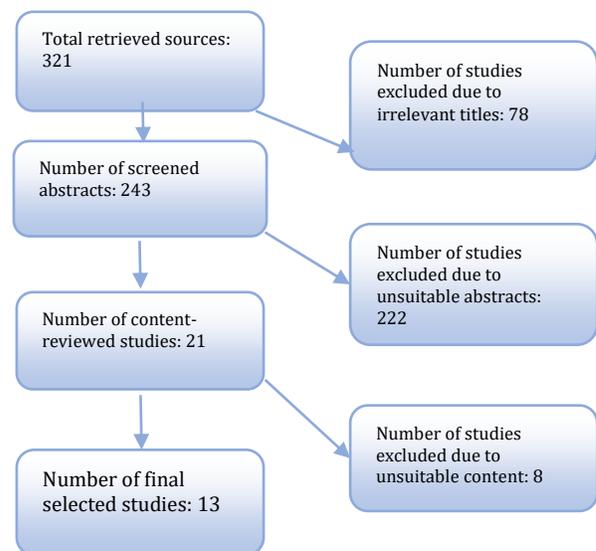
Figure 1: Summary of the Retrieval and Selection Process of Sources

Qualitative content analysis was employed for document analysis. This method is one of the most suitable for systematically analyzing documents and extracting desired concepts from them. The researchers first evaluated and selected the studies, then examined the selected documents according to their relevance to the research problem. Next, they coded the related sections during the study and compiled all codes into a single file. Afterward, the researcher reviewed the codes, eliminated duplicate codes, and grouped similar codes under a single category. By categorizing and consolidating similar subcategories, the researcher identified themes related to the necessities and consequences of fostering a spirit of inquiry.

In this review study, 13 articles, books, and

dissertations related to the topic of occupational burnout in psychotherapists were examined. Among these 13 sources, 3 specifically focused on occupational burnout and its related factors in professional psychotherapists (Tables 1 and 2).

Research Tools

Key information from the selected articles, including author, study type, sample, tools, and key findings, was organized into tables. The quality of the articles was assessed using tools such as Rayan, a specialized software designed for systematic reviews. Rayyan helps in managing and analyzing literature from databases like PubMed, PsycINFO, and Scopus.

To ensure accuracy, two independent reviewers reviewed the articles. Discrepancies were resolved through discussion, and the kappa statistic (0.81) indicated a high level of agreement between reviewers. Based on this, all studies were validated for final analysis.

Table 1: Kappa Statistic for Agreement Between Reviewers

Kappa Statistic Value	Agreement Status	Description
Less than 0	Poor	Very low agreement
0.0 - 0.20	Slight	Slight agreement
0.21 - 0.40	Fair	Moderate agreement
0.41 - 0.60	Good	Good agreement
0.61 - 0.80	Substantial	Substantial agreement
0.81 - 0.90	Very High	Very high agreement
0.91 - 1.0	Excellent	Excellent agreement
0.81 (81%)	Very High	Indicates very high agreement between reviewers

This table indicates that the kappa statistic of 0.81, or 81%, represents a very high level of agreement between the two reviewers in this study.

Results

In this review study, 13 articles, books, and dissetations related to the topic of occupational burnout in psychotherapists were examined. Among these 13 articles, 3 focused on occupational burnout and its related factors in professional psychotherapists (Tables 1 - 2). In 4 other studies, the impact of personality factors and communication styles on occupational burnout was explored (Tables 3 - 4). The remaining three articles addressed psychological and social issues related to occupational burnout in psychotherapists (Tables 5 -6).

First, Table 2 reports a comparison of various studies regarding work-related burnout in psychotherapists and its associated factors. Then, Table 3 reviews different studies related to the impact of work-life balance and self-compassion on occupational burnout. Table 4 compares various studies on the influence of personality factors and communication styles on occupational burnout. In Table 5, the positive and negative effects of personal disclosure by psychotherapists and its impact on the therapeutic relationship are presented. Finally, Tables 5 and 6 review different studies on the impacts of the COVID-19 pandemic and early experiences of shame and security on occupational burnout in psychotherapists.

This review study aims to provide a comprehensive overview of the existing research to better understand occupational burnout in psychotherapists and the factors influencing it, as well as to offer strategies for preventing and reducing this burnout.

Table 2. Studies related to occupational burnout in psychotherapists

No.	Researcher(s)	Title, Population, Location, and Year of Publication	Data Collection Tools	Key Findings of the Studies
1	Lau and Lee(10)	Burnout in Professional Psychotherapists: Its Association with Self-Help, Work-Life Balance, and Psychological Stress, 2021 Online Survey, 106	Online Survey	Work-related burnout increases with psychological stress and decreases with self-compassion and work-life balance. Work-life balance was identified as the strongest predictor of work-related burnout.

		Psychotherapists from East Midlands, UK, 2021		
2	Simionato (11)	Burnout as an Ethical Issue in Psychotherapy Literature Review and Narrative Analysis, 2022	Literature Review and Narrative Analysis	Work-related burnout can lead to broad ethical issues, reducing clinical efficiency and potentially deviating from the professional path.
3	Zarzycka et al. (12)	Therapeutic Relationship and Burnout in Psychotherapists: A Structural Equation Modeling Approach Questionnaire, 101 Humanistic-Experiential Psychotherapists, 2021	Questionnaire	The depth and quality of the therapeutic relationship have a negative correlation with work-related burnout. Relationship depth is the primary predictor of psychological well-being.
4	Knox (13)	Introduction: The Effects of Psychotherapy on the Psychotherapist Qualitative Interviews, Case Studies, and Literature Review	Qualitative Interviews, Case Studies, and Literature Review	This introduction provides an overview of the series of articles exploring how providing therapy affects therapists personally and professionally. It highlights various perspectives, including those of doctoral students, early career professionals, and experienced therapists, discussing how their personal and professional lives are impacted by their work. The introduction also touches on themes of growth, emotional transformation, and the broader implications of providing therapy.

Table 3: The Impact of Work-Life Balance and Self-Compassion on Occupational Burnout

No.	Researcher(s)	Title, Population, Location, and Year of Publication	Data Collection Tools	Key Findings of the Studies
1	Schaffler et al. (14)	Prevalence of Mental Health Symptoms and Potential Risk Factors Among Austrian Psychotherapists Cross-Sectional Analysis, 502 Psychotherapists, Austria, 2023	Cross-Sectional Analysis	Mental health symptoms in psychotherapists are associated with lower income, less physical activity, and a smaller patient load. Physical activity was identified as an important protective factor.
2	Heinonen et al. (15)	Quality of Life of Psychotherapy Trainees: Patterns and Correlations Comprehensive Questionnaire, 1214 International Psychotherapy Trainees, 2021	Comprehensive Questionnaire	High life stress is linked to economic insecurity, self-centeredness, relationship anxiety, and childhood hardships. Higher satisfaction is associated with a warm and open interpersonal style, marriage, sufficient economic facilities, and material and emotional security in childhood.
3	Van Hoy et al. (16)	Subjective Well-Being Among Psychotherapists During the Coronavirus Disease Pandemic: A Cross-Cultural Survey from 12 European Countries	Satisfaction with Life Scale (SWLS), International Positive and Negative Affect Schedule Short Form (I-PANAS-SF), General Self-Efficacy Scale, Multidimensional Scale of Perceived Social Support	Cognitive well-being (satisfaction with life) was more dependent on country-level factors compared to affective well-being. Higher affective well-being was associated with being female, older age, higher weekly workload, and lower COVID-19-related distress. Self-efficacy and social support explained affective well-being, including their main effects and the moderating effect of self-efficacy.

Table 4: The Impact of Personality Factors and Communication Styles on Occupational Burnout

No.	Researcher(s)	Title, Population, Location, and Year of Publication	Data Collection Tools	Key Findings of the Studies
1	Berg et al. (17)	Therapist Self-Disclosure and the Problem of Shared Decision-Making Comprehensive Questionnaire, 1214	Comprehensive Questionnaire	Therapist's self-disclosure has various positive effects, including increased communication and trust between the therapist and client, and enhanced mutual understanding in the therapeutic process.

No.	Researcher(s)	Title, Population, Location, and Year of Publication	Data Collection Tools	Key Findings of the Studies
2	Peter and Böbel (18)	Significant Differences in Personality Styles of Securely and Insecurely Attached Psychotherapists Online Survey, 430 Psychotherapist Psychologists from DACH Countries, 2021	Online Survey	Psychotherapists with insecure attachment are more likely to exhibit personalities such as paranoid, borderline, dependent, and depressive. Secure attachment may help improve the efficiency of psychotherapy.
3	Van Hoy and Rzeszutek (16)	Trajectories of Burnout and Psychological Well-being Among Psychotherapists During the Covid-19 Pandemic: Results of a 1-Year Prospective Study	Maslach Burnout Inventory-Human Service Survey, Satisfaction with Life Scale, General Self-Efficacy Scale, Multidimensional Scale of Perceived Social Support, Sociodemographic and work-related factors questionnaire, Covid-19-related distress questionnaire	This study tracked changes in burnout and subjective well-being (SWB) among 207 Polish psychotherapists over one year. Various trajectories in burnout and SWB were associated with social support, self-efficacy, and sociodemographic and work-related factors. However, no significant relationship was found between Covid-19-related distress and the trajectories of burnout or SWB. The study emphasizes the need for customized intervention programs to reduce burnout and enhance well-being in psychotherapists.

Table 5: The Effects of the COVID-19 Pandemic and Early Experiences of Shame and Security on Occupational Burnout

No.	Researcher(s)	Title, Population, Location, and Year of Publication	Data Collection Tools	Key Findings of the Studies
1	Van Hoy and Rzeszutek (16)	Mental Well-Being Among Psychotherapists During the COVID-19 Pandemic Cross-Cultural Survey, 12 European Countries, 2022	Cross-Cultural Survey	Cognitive well-being was more dependent on the country than emotional components. Higher emotional well-being was associated with being female, older age, higher weekly workload, and reduced stress related to COVID-19.
2	Ghasemi et al. (19)	The Role of Early Experiences of Shame and Security and Compassion Fatigue in Psychotherapists Structural Equation Analysis, 2021	Structural Equation Analysis	Early memories of love and security had a negative and significant relationship with compassion fatigue, both directly and indirectly through compassion for others. The resulting model from the study presented a good fit.
3	Schaffler et al. (20)	Mental Health in Austrian Psychotherapists During the COVID-19 Pandemic	WHO-5, PHQ-2, GAD-2, ISI-2, PSS-10	Psychotherapists showed lower odds for exceeding cut-offs for clinically relevant depressive, anxiety, insomnia, and stress symptoms compared to the general population. Further studies should elucidate the protective factors underlying these findings.

Additionally, based on existing sources, we review the psychological and professional challenges that psychotherapists encounter, as identified in different studies. The demands of their profession expose them to significant risks such as burnout, secondary trauma, and ethical dilemmas, which can adversely impact their mental health and professional performance. These challenges are influenced by factors including work-life balance, the severity of clients' mental health issues, and individual personality traits. The following table categorizes these challenges into psychological and professional domains to provide a clearer understanding of the issues at hand.

Table 6: Summary of Psychological and Professional Challenges Identified in Psychotherapists

Challenges	Study/Source
Burnout due to psychological stress	Lau and Lee (10)
Decreased psychological well-being related to work-life balance	Lau and Lee(10)
Secondary trauma and compassion fatigue due to early experiences of shame and security	Ghasemi et al. (19)
Affective well-being affected by individual-level and country-level factors during the COVID-19 pandemic	Van Hoy and Rzeszutek (16)

Psychological Challenges	Mental health symptoms like anxiety, depression, and insomnia during the COVID-19 pandemic	Schaffler et al. (20)
	Relationship anxiety and stress linked to personal life and professional work	Heinonen et al. (15)
	Compassion fatigue exacerbated by psychological demands and poor work-life balance	Ghasemi et al. (19)
	Ethical dilemmas and reduced clinical efficiency due to burnout	Simionato (11)
	Impact of therapeutic relationship quality on burnout	Zarzycka et al., (12)
	Work-related burnout influenced by the severity of clients' mental health issues	Lau and Lee(10); Knox (13)
Professional Challenges	Personality factors such as insecure attachment affecting professional performance	Peter and Böbel (18)
	Occupational stress due to client type, session duration, and workload	Van Hoy and Rzeszutek (16)
	Impact of self-disclosure on communication and mutual understanding in therapy	Berg et al. (17)
	Influence of economic insecurity and professional demands on quality of life	Heinonen et al. (15)
	Reduced emotional well-being and professional satisfaction during the COVID-19 pandemic	Van Hoy and Rzeszutek (16)

Discussion

The findings of this study clearly indicate that psychotherapists are exposed to multiple occupational hazards, including burnout, job stress, secondary trauma, and compassion fatigue. These hazards can have serious impacts on their mental health and professional performance. Specifically, the results demonstrate that various factors, such as the type of clients, the severity of clients' psychological issues, and the duration of therapy sessions, can influence the extent of these hazards experienced by psychotherapists.

Approximately 23% of the reviewed studies focused specifically on occupational burnout and its related factors in psychotherapists, highlighting the prevalence and significance of burnout within the profession. Work-life balance and self-compassion emerged as the strongest predictors of reduced burnout, underscoring their importance in mitigating this risk. Enhancing these factors could significantly improve the mental well-being of psychotherapists, emphasizing the need for targeted interventions.

The analysis suggests that the development and implementation of self-care programs and organizational support can help mitigate these hazards. Self-care programs may include psychological exercises, recreational and physical activities, and supportive sessions with colleagues. Organizational support could involve providing professional counseling, reducing workload, as well as creating a supportive and respectful work environment.

In addition, around 31% of the studies explored the impact of personality factors and communication styles on occupational burnout. This indicates that while internal factors such as self-compassion are crucial, external factors such as communication styles and personality traits also play a significant role. Addressing these factors through personal development and training could further reduce burnout risks.

Similar research has emphasized that burnout in psychotherapists can lead to physical and mental health problems and reduce their clinical effectiveness. Therefore, exploring preventive and intervention strategies to mitigate these hazards is crucial. These strategies could include stress management techniques, training in coping skills, and mindfulness-based methods. Self-compassion also acts as a mediator in the relationship between work-life balance and emotional exhaustion, suggesting that psychotherapists with higher levels of self-compassion are less likely to experience occupational burnout. Thus, enhancing self-compassion through specialized training and workshops can help reduce burnout and improve the mental health of psychotherapists.

Furthermore, the findings show that psychotherapists working in outpatient settings and those with less professional experience are more prone to psychological hazards. This indicates that paying attention to the work experience and working conditions of psychotherapists can help reduce occupational hazards. Implementing educational and supportive programs for novice psychotherapists and improving working conditions in outpatient settings can enhance their mental health.

Additionally, 23% of the studies addressed broader psychological and social issues, including the effects of the COVID-19 pandemic and early experiences of shame and security. These studies underscore the importance of considering external stressors and life experiences in understanding

and addressing occupational burnout. Protective factors such as physical activity and adequate income were identified as essential in mitigating the negative effects of these stressors.

In addition, the depth and quality of the therapeutic relationship have been shown to negatively correlate with occupational burnout in psychotherapists. The deeper the connection psychotherapists establish with their clients and the better the quality of therapy they provide, the less they experience burnout. These findings highlight the importance of focusing on communication skills and the quality of therapeutic interactions. Experiences of deep relationships, especially in person-centered therapy, have a positive psychological potential in predicting reduced professional burnout. This implies that psychotherapists should work on strengthening individual skills and fostering positive interactions with clients to achieve better psychological well-being.

There is also a need for further research on effective strategies to cope with these occupational hazards. Such research can identify new methods and improve existing strategies for preventing burnout and other psychological hazards. For example, investigating the impact of mindfulness-based techniques, professional counseling, and social support can lead to the development of more effective solutions.

Studies on individual and professional variables of psychotherapists show that certain personality and job characteristics can increase or decrease psychological hazards. For instance, psychotherapists with higher self-efficacy and adequate social support are less likely to experience burnout. These findings emphasize the importance of considering the individual and social characteristics of psychotherapists.

Ultimately, the findings indicate that supporting work-life balance and self-compassion can effectively prevent burnout in psychotherapists. Therefore, developing educational and supportive programs that enhance these factors can play a significant role in reducing occupational hazards and improving the mental health of psychotherapists.

Overall, this study demonstrates that the occupational hazards faced by psychotherapists during therapy sessions are a serious and important issue that requires more attention. Developing appropriate strategies to prevent and reduce these hazards can help improve the mental health and efficiency of psychotherapists. Focusing on social and individual factors, developing educational and supportive programs, and exploring new methods for dealing with occupational hazards can lead to better psychological and professional outcomes for psychotherapists.

Conclusion

The occupational hazards faced by psychotherapists during therapy sessions are a serious and challenging issue in the field of mental health. This study demonstrated that psychotherapists are significantly exposed to work-related burnout, job stress, secondary trauma, and compassion fatigue, which can have negative impacts on their mental health and professional performance. Various factors, including the type of clients, the severity of clients' psychological issues, and the duration of sessions, influence the extent of these hazards.

The analysis of the findings indicated that developing and implementing self-care programs as well as organizational support could help reduce these hazards. Self-care programs include psychological exercises, recreational and physical activities, and supportive sessions with colleagues. Additionally, organizational support, such as providing career counseling, reducing workload, and creating a supportive and respectful work environment, can enhance the mental well-being of psychotherapists.

Other findings of this study revealed that work-life balance and self-compassion play crucial roles in reducing work-related burnout. Work-life balance was identified as the strongest predictor of work-related burnout, and self-compassion acts as a mediator in the relationship between work-life balance and emotional exhaustion. These findings emphasize the importance of enhancing self-compassion and work-life balance in mitigating burnout and improving the mental health of psychotherapists.

Furthermore, the depth of the therapeutic relationship and the quality of therapy are negatively linked to the burnout of psychotherapists. This means that the deeper the connection psychotherapists establish with their clients and the better the quality of therapy they provide, the less they are exposed to work-related burnout.

The study's results also revealed that psychotherapists who engage in regular physical activity and have adequate income are less prone to psychological hazards. Conversely,

psychotherapists working in outpatient settings with less work experience are more susceptible to psychological hazards.

Overall, this study underscores the need for further research on effective strategies to cope with the occupational risks faced by psychotherapists. Attention to the individual and social characteristics of psychotherapists, the development of educational and supportive programs, and exploring new methods to address occupational hazards can help improve the mental and professional status of psychotherapists.

Finally, the results of this study indicate that the occupational hazards of psychotherapists during therapy sessions are a serious and important issue that requires more attention. Developing appropriate strategies to prevent and mitigate these hazards can enhance the mental health and efficiency of psychotherapists, thereby improving the quality of therapeutic services.

Conflict of interest: Not applicated

Authors' contributions: All authors contributed to the conceptualization and writing of the manuscript.

Consent for publication: Not applicated

Competing interests: The authors declare no competing interests

Availability of data and materials: You can request the study's data from the corresponding author

Funding: Not applicated

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