Call for Submissions - 2027 AFCC CA Annual Conference : Entry # 343

Title of Your Presentation

Burnout Is Not a Badge of Honor: Protecting Decision Quality in High-Conflict Family Law Practice

Preferred Length of Presentation

90 Minute Workshop

Presentation Abstract

Healthcare professionals are not the only workforce experiencing chronic cognitive overload and emotional fatigue. Family law professionals routinely operate in high-conflict environments where sustained stress, trauma exposure, ethical pressure, and emotionally charged decision-making can impair communication, judgment, and professional functioning. This workshop introduces the REST Framework, a practical model developed from high-pressure medical environments to help professionals recognize early indicators of overload before errors, reactivity, and burnout escalate. Attendees will explore how chronic stress affects cognition, emotional regulation, conflict management, and decision quality in family law settings involving children and families. Participants will leave with practical strategies to support clearer thinking, healthier professional boundaries, improved communication, and more sustainable practice within emotionally demanding systems.

One-Page Outline of Proposal

- One-page-outline.docx

Learning Objective #1

Identify early indicators of cognitive overload and burnout that may affect communication, judgment, and professional functioning in family law practice.

Learning Objective #2

Describe how chronic stress and emotional fatigue influence decision-making, conflict escalation, and interpersonal interactions in high-conflict family systems.

Learning Objective #3

Apply practical REST Framework strategies to support clearer thinking, emotional regulation, and sustainable professional performance in family law settings.

Learning Objective #4

Discuss how professional wellness and cognitive sustainability may support healthier outcomes for children and families involved in high-conflict cases.

Citation #1

West, C. P., Dyrbye, L. N., Sinsky, C., Trockel, M., Tutty, M., Nedelec, L., Carlasare, L. E., & Shanafelt, T. D. (2020). Resilience and burnout among physicians and the general US working population. JAMA Network Open, 3(7), e209385.

Citation #2

National Academies of Sciences, Engineering, and Medicine. (2019). Taking Action Against Clinician Burnout: A Systems Approach to Professional Well-Being. Washington, DC: The National Academies Press.

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Citation #3

Katz, E., & Haldar, A. (2023). Secondary traumatic stress and burnout in family law and child-serving professionals: Implications for decision-making and professional sustainability. Family Court Review, 61(2), 245-259.

Citation #4

Maslach, C., & Leiter, M. P. (2022). The burnout challenge: Managing people's relationships with their jobs. Harvard University Press.

Number of Presenters

One

Presenter #1

Dr. Renee Sunday, M.D.

Professional Designation (#1)

M.D., Board-Certified Anesthesiologist

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100-Word Biography of Presenter #1

Dr. Renee Sunday, M.D., is a Board-Certified Anesthesiologist with more than 26 years of experience managing high-pressure medical environments where decision clarity and sustained performance are critical. She is the creator of the REST Framework, an evidence-informed model designed to help professionals recognize early indicators of cognitive overload, stress, and burnout before they impact communication, judgment, and workplace functioning. Dr. Sunday is also a Certified Behavioral Specialist, Certified Scrum Master, AI integration strategist, and international speaker who works with organizations on workforce well-being, leadership performance, and sustainable professional practice across healthcare, education, and corporate settings.

Resume or CV of Presenter #1

- Dr.-Renee-Sunday-CV-Full-2026.pdf

Reference #1

Venise White

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Notes

Admin Notification (ID: 5f458bd3c01c8)

added May 21, 2026 at 4:18 am

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