

*Experiences about EBOP Project in Centro de Apoyo al Profesorado de Retiro.
Madrid. 2001-2004.*

It was a very interesting experience to work in a European Project during three years. It was a very good opportunity to exchange information with colleagues from other countries, in this case with Austria, Hungary and Luxembourg. All of us were working on a project about Burn-Out prevention among teachers. This is a very fashionable subject in Spain. Years ago, this theme was a “tabu”. Most teachers knew that something wrong happened with them because of their job, but nobody recognised that this problem was a real illness.

After working on this project for three years. The words and concepts of “Burn out” (quemado) became more and more usual and more common among teachers. At this moment, most of the teachers know what is about and what are its causes, its consequences and its prevention.

In 2001, at the beginning of the project, in Madrid, there were no courses or activities focused on this point. After these three years, some in-service teacher training centres are planning different activities about “Burn Out Prevention”. In our Institution, we have been planning for these three years different courses, seminars, modules, etc., to disseminate the “Burn-out prevention” among teachers and the Administration.

Among our teachers, there is a general idea about what is “Burn-Out” and what to do to prevent it. And one of the most important objectives is that teachers recognise their degree of Burn out. This is the first step to prevent it. Before that, most of them thought that they were depressed and they did not know what was happening with them. They felt miserable, but they did not know the real reason. After these three years working on this theme, they know a lot about Burn-Out and how to avoid it.

The Institutions need to work deeper about this illness. They must introduce some changes in the Educational System to improve the teacher’s health and to recognise the Burn-out like a real professional illness.

The Centro de Profesores de Retiro has opened a path, with this project, and we hope this path can get wider, deeper and longer in the future.