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Angelika Kutz

Double Bind- Communication as a Cause of Burnout

A Proposal for a Theory on the
Effects of Toxic Communication in
Organisations

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What You Can Find In this *essential*

- Possible explanations why more and more employees are becoming physically, mentally or psycho-somatically ill, or why more and more employees are leaving their workplace unnerved.
- Assumptions as to how toxic paradoxical Double Bind-Communication can affect employees and the company and endanger the existence of both.
- The scientific basis for this.