

Clinician Know Thyself

[Decrease Overload Before It Happens!]

These are questions we must all ask ourselves and assess on a regular basis:

- What is the nature of your practice setting and situation? Is it appropriate for the clients that you work with?
- What is your current stress and workload? How are you handling your stress and workload?
- Do you have consultation and support in place? [Once a month is recommended for a full caseload on average.] Do you have legal assistance if needed?
- How comfortable are you working with various populations? What triggers [fears, annoyances, expectations] do you have with each group?
- Are you aware of your own transference and “counter” transference issues?
- How do you manage these issues? What warning systems do you have in place?
- What is the availability for consultation [personal and professional]?
- What level of commitment can you work within? At what point do you begin to feel too stretched?
- What options do you have if a client is struggling? Resources for help?
- What options do you have if you are struggling?

Of course, there are no correct answers to the questions above. Your answers to these questions will give you clear insight into how you are running your practice and thus running your professional life. We must follow our own advice and be sure that we have sufficient boundaries established and support systems in place.