ONE LAST THING  SELF-CARE, HEALTH, AND HAPPINESS TIPS

BEING A GOOD BOSS...
TO YOURSELF

KEEPING PROFESSIONAL ISOLATION AT BAY WHEN YOU WORK IN PRIVATE PRACTICE

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At one time or another, I think we all dream about the day we can move into private practice, where we can set our own hours and be our own boss. We find a suitable office space, furnish it the way we like, get our website up and running, and open our doors for business.

But one thing we may not adequately plan for is the loss of day-to-day interactions with co-workers, quick debriefs with a colleague after a difficult session, and the feeling we are not in this work alone. When we work in private practice, we need to find replacements for those daily interactions with colleagues. And it’s more important than you might think when you first open your private practice doors.

We have all heard about the detrimental effects of loneliness and social isolation on general health and well-being. Working in isolation can also have a negative effect on us and our clients, and it can be especially problematic when dealing with ethical dilemmas.

A critical part of being your own boss in private practice is keeping professional isolation at bay. After all, you have a responsibility to maintain a healthy, happy work environment for your star employee — you. By establishing relationships with a clinical supervisor, a few trusted colleagues, and a peer supervision group, you’ll have accessible resources in place when you find yourself in need of support.

Many options are available to connect both personally and professionally. On the personal front, you might get involved in your community with schools, local clubs, activities, and theatre, etc.

On the professional front, seeking regular supervision, organizing and/or joining peer supervision groups, signing up for chat rooms on topics you are interested in, and taking advantage of BCACC workshops, counsellor cafes, and training sessions are all ways to connect professionally and avoid the pitfalls of working in isolation.

Volunteering with the BCACC also offers excellent opportunities for meeting other professionals. Keep an eye out for recruitment communications from Head Office advertising opportunities to join a committee or task force.

Soon BCACC members will have the opportunity to join any number of association-wide networks of RCCs who have opted to participate based on a common interest (e.g., Somatic Therapy) or characteristic (e.g., new RCCs). One of the core purposes of these “communities of practice” is networking opportunities.

You might also plan to attend the BCACC conference in fall 2019. We are building in lots of opportunities for networking during the conference.

Being in private practice comes with many responsibilities, including staying connected with supervisors and colleagues and avoiding the pitfalls of working in isolation. So be a good boss — make professional and personal social interaction a priority.