

The Home to Work Transition

Private practice can blur the boundaries between your home and work lives. It's a good idea to have a firm ritual that helps you to mark the transition from the casual atmosphere of home to the more formal role of the clinician.

Some clinicians make the commute to work a part of the ritual. They make a point of listening to classical music in the car, or getting off the bus a stop early and walking the rest of the way to the office, or stopping off at a coffee shop to read the paper, or deliberately setting aside the concerns of home and contemplating the people booked for the coming day.

Some clinicians have specific rituals upon arriving at the office. They meditate for ten minutes, or do diaphragmatic breathing or stretching, or carefully remove coat and walking shoes. Some clear the desk completely, or place the first client's file neatly to one side, or listen to any voice mail that has arrived.

Take some time to consider the rituals that help you prepare your mind for the tasks of the clinician. What has helped you in the past? What have you found yourself doing that has not helped?

Consider making a commitment to yourself to make a specific helpful ritual a part of your daily workday for one week. At the end of the week, evaluate the results and decide whether to continue the ritual.

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