

The Work to Home Transition

Just as you might benefit from having a ritual to prepare yourself for your clinical day, it can be a good idea to have another ritual to set your clinical role aside and prepare for life at home.

Some clinicians park the car at home and sit there breathing for a few minutes before facing the demands of a busy family. Some go straight to the closet and change clothes. Some wash their face, consciously washing away the persona of the therapist as they do so. Some take the dog for a walk or get on the carpet with the cat.

Take some time to consider the rituals that might help you to let go of the demands and expectations of clinical work and to relax into a more casual home style. What has helped you in the past? What have you found yourself doing that has not helped?

Consider making a commitment to practice a specific helpful ritual as part of your work-to-home transition for one week. At the end of the week, evaluate the results and decide whether to continue the ritual.