

How to Manage PRIVATE PRACTICE BURNOUT *For Therapists*



1. Recognize the therapist burn out warning signs

- Emotional and physical exhaustion
- Difficulty concentrating on tasks and during client sessions
- Detachment or depersonalization from clients
- Always feeling tired and never fully recharged

2. Take time to recharge

- Take a day trip and connect with nature
- Book a weekend getaway with loved ones or as a solo self-care trip (*think spa or retreats)
- Enjoy a staycation, sleep in, and order in

3. Assess what is & isn't crucial for running your business

- Review what you can outsource to buy back time
- Is this a time to refer some clients out and take the extra hour to yourself?
- Take a social media business break — let your audience know you are refocusing on self-care

4. Introduce new modalities to your daily work

- Revisit old modalities you haven't used in a while to reignite passion
- Try a new training to activate the learning part of your brain
- Consider walking therapy as a way to invite vitality and health for you and your client

5. Tap into your professional network for support

- Join a consultation group to feel heard and seen
- Consider and prioritize your own personal therapy
- Engage with online therapy support groups and post on them to receive supportive responses

6. Connect with non-therapist friends!

- Reach out to your support system, friends, and family to share fulfilling experiences
- It can be refreshing to connect with someone who has a completely different lens!

7. Take small steps

- Make a list of what stresses you out and see what you can reduce or reframe
- Make a list of what energizes you and begin to engage with this list daily
- Practice gratitude and begin to shift the lack off into abundance mindset

