



Tips to thrive for authentic, confident therapists

How to thrive in your career as a therapist

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Why thriving matters

You've studied and worked hard to get here.

You've probably sacrificed time, money, and fun in the passionate pursuit of becoming a therapist.

In order to make all that effort worth it, it's important to find a way to be a therapist in a healthy sustainable way. The other path leads to burnout and disillusionment. It's the opposite of what you dreamed of.

Why do I care whether you thrive?

Thriving therapists enjoy their careers but also do better work, they are able help more clients by staying in the field and they help them more effectively.

Because they remain passionate about learning and improving.

They remain curiously interested in their clients. and the work of therapy

I want that to be what happens for you. If you are doing this course you are already on the right track.



The recipe to thrive

- Work on patterns that interfere with health and create difficulties with over-responsibility, difficulty putting in limits and boundaries with clients, difficulty charging appropriately for your time, self-sacrificing at the cost of leisure and fun etc
- See as few clients as you need to make the living you desire
- Plan for more leave each year than 4 weeks. Therapists need breaks
- Take sick leave when you are sick
- Have fun, be silly, do things you enjoy (life is more than being a therapist)
- Allow yourself adequate rest and relaxation
- Avoid isolating. Develop good peer networks, have regular supervision where you feel safe enough to explore your process and schemas.
- Address any persistent patterns in individual therapy. Therapists commonly struggle to get their own emotional needs met due to a combination of schemas including emotional deprivation, self-sacrifice and unrelenting standards.

Consider your current levels of thriving and consider the items on my list above. What will best meet your needs.

Things I already do that will help me thrive

Things I need to work on/ reduce/ stop doing to thrive.

Choose one thing to work on after the course

