

**Bridging the Gap:
New and
Established Clinician
Perspectives in
Dialogue**

18th Annual State of NH Suicide Prevention Conference

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Session Overview

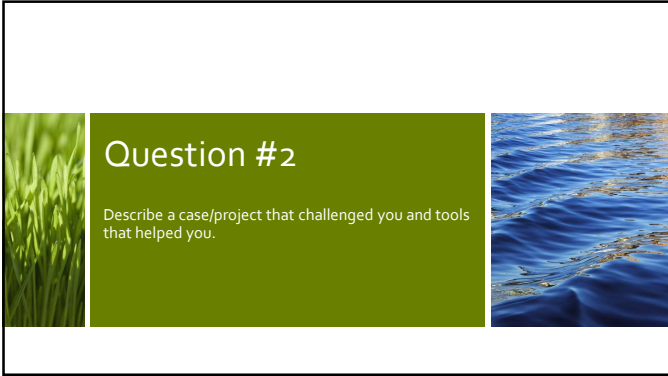
- Learn experiences of existing, established mental health professionals and early-career young adult professionals.
- Understand the role of mentoring
- Learn ways to integrate new and existing ideas, strategies to reduce workplace tension, and finding one's voice in the workplace
- Topic areas (adapted from Dr. Ali Mattu's "The 6 Most Important Lessons New Therapists Need to Learn When Beginning a Career in Mental Health"):
 - Getting direct feedback
 - Taking on a case/project that scares/challenges you
 - Owning your ignorance
 - You are not a savior
 - Know your blind spots
 - Practicing good boundaries

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Question #1

What are ways that you receive, solicit direct feedback? How has Covid hindered/helped this? Role of technology?

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Question #2

Describe a case/project that challenged you and tools that helped you.

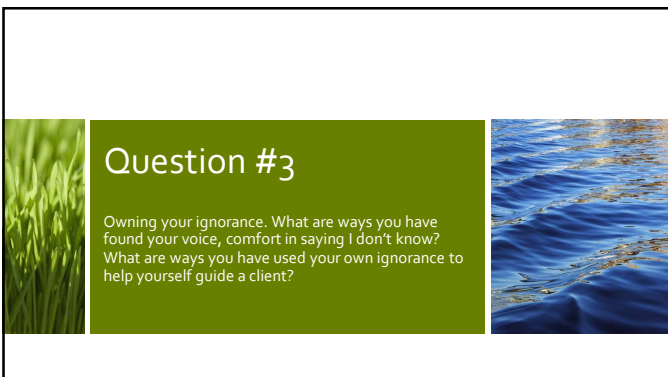
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Question #3

Owning your ignorance. What are ways you have found your voice, comfort in saying I don't know?
What are ways you have used your own ignorance to help yourself guide a client?

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Question #3

Owning your ignorance. What are ways you have found your voice, comfort in saying I don't know?
What are ways you have used your own ignorance to help yourself guide a client?


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10-15 Minute Break

- During the break, please chat in questions, things you would like to share with the audience


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Question #4

You are not a savior. Can you share a case where you felt like you had to "fix", struggled with wanting to save?




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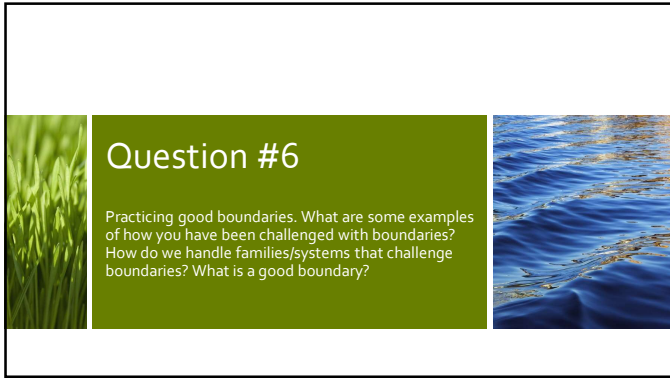


Question #5

Knowing your blind spots. How do you help yourself before you help others? What are ways the workplace helps or hinders this? How do you discover your blind spots? Ways to improve?



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Question #6

Practicing good boundaries. What are some examples of how you have been challenged with boundaries? How do we handle families/systems that challenge boundaries? What is a good boundary?

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Thank you! Questions?

Contact Information:

Diane Vaccarello	Workshop facilitator	diane@bedfordfamilytherapy.com
Candice Porter	Panelist	Candice.porter@connorsclimb.org
Krystal Bloom	Panelist	krystal@connorsclimb.org
Emily Blood (intern)	Panelist	Emily.blood@unh.edu
DT Bruno	Panelist	brunod@gmhc.org
Adam Lemay	Panelist	jemaya@gmhc.org
Ashley Woods	Interpreter	ashleygwoods@gmail.com
Mary Forsythe-Taber	Workshop moderator	mft@mih4u.org

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