

WORKSHEETS

Module 6: Overcoming isolation

We all thrive with a little support!



1) What is your name?

2) Make sure you are doing at least 2 of the following items twice a week
If you're not doing these yet, consider them as great opportunities to connect with and feel supported by other professionals.

- Start peer supervision group
- Talk about your cases with therapists you know
- Standing dinner date with another therapists where you talk about your cases
- Clinical supervisor

