



### ***My Life in the Professional Mixture***

I am a “seasoned” professional which means my CV is pages too long and also, well, that I’ve been around a while. And yes, I might have wisdom of experience which hilariously translates into excruciating awareness of how much I don’t know.

What I do know is this. Throughout my professional life I have generally had more than one job, often several. And while sometimes overwhelming, I have persistently enjoyed the balance of working for myself and also, amongst others.

My clinical practice of psychotherapy is at the soul of all that I do and where hourly, I get to practice empathy, compassion, presence, attunement, mindfulness, creativity, spontaneity, humor, within deep human connection of supporting client empowerment, self-determination, and embodied connection to the self, among other things. In my practice, I have found immense joy and rich satisfaction in my own opening to all that clients bring, including; grief, fear, shame, and anger, even when directed towards me (and which I have learned to de-personalize by respecting client autonomy and the right to one’s own personal narrative).

Still, as we are all attachment-seeking creatures, I seem to be an organizational-seeking human. Since the beginning of my career, while maintaining a private practice, I have always also been an employee somewhere. Like many, I started as a counseling agency practitioner, moving up the ranks to supervisor, manager and clinical director. After getting my doctorate (while raising young children, working in a practice and directing an agency), I also began teaching, adding a fourth job to the other three. Was it for the money? Partly. My dissertation studied the negative effects of practitioners relying on their patients for their income and likely, I was influenced by the results of this study. The fact that I derived income elsewhere meant I was relatively un-impacted by clients canceling, vacationing, or ending treatment, and I could readily support whatever decisions suited their interests, not mine. In agencies, I enjoyed collaborative, creative projects and the magnitude of serving large numbers of underserved in ways I couldn’t otherwise have accomplished. I have also greatly appreciated collegiality and opportunities to consult with other professionals with expertise beyond my limited repertoire. As an MA in Clinical Psychology Program Chair and educator, I have had incredible opportunities to develop programs, and train future practitioners. The sheer delight of contributing to the expansion of minds within the learning experience, is compounded by knowing those students will be delivering what they have learned in the classroom to countless others for generations to come.

My clinical practice of psychotherapy is for me, an infinite wellspring of continual learning while engaging in the complexity of interpersonal relationship and human imagination. It has shaped much of what I know and all that I do. I have been fortunate to have had extraordinary

professional opportunities alongside and beyond the consultation room. This “professional mixer” has sustained a life balance for me, personally and professionally, enhancing my relationships, and engendering my own creativity as a practitioner, writer and presenter, while being blessed with profound multi-faceted opportunities to touch many lives in multiple ways and, being equally touched by them.

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