

5 PIECES OF ADVICE FOR NEW CLINICIANS

BUILD TRUST WITH YOUR CLIENTS

When treating a child, start by developing a trustworthy therapeutic relationship. You can play games with kids, ask casual, fun questions about their likes and dislikes, and give them your undivided attention and interest.



DON'T BE AFRAID TO WORK WITH PARENTS

Involving parents and family members in a child's therapy session can have a significant impact on their treatment. It's okay to have difficult conversations with family members, but it's important not to get defensive if parents are questioning your authority or credibility. Provide parents with psycho-education about trauma because what may seem like common sense to a clinician, may not be well-known to parents.



BE FLEXIBLE WITH YOUR TREATMENTS

Don't force a specific treatment too hard. Listen to what the client wants to say, check-in with them, see how they receive information and determine whether the treatment you initially planned for will work for this individual or family.



TAKE TIME FOR YOURSELF

Have a support system for yourself and set good work boundaries. Allow yourself a day or two off for fun activities that might relieve any stress or anxiety.



SOLICIT FEEDBACK

Remember to use your supervisor as a resource!



Advice from **Nicole LaPlena**, a fourth year graduate clinical psychology Ph.D. student.



Roadmap to Resilience:
Supporting Children Experiencing Stress and Trauma

