

POSITIVE PEER PARTNERING FOR PSYCHOLOGISTS

Diane Bridgeman, Ph.D. 2/07

The thought behind this concept is to encourage psychologists to engage in a collaborative, informal connection with 1 or 2 other colleagues for purposes of:

Maintaining – mind/body wellness

Reducing – levels of stress

Enhancing – healthy self-care

Collaborating – due diligence regarding our client services & ethical responsibilities

Practicing Prevention – to assure healthiness with respect to self, others & clients

Please consider identifying and then checking in with one or two colleagues about developing such an informal arrangement. Be flexible, creative, develop together guidelines that will help to structure and honor healthy mind and body care for you and your professional efforts. Consider how often to connect, what setting, perhaps over a walk, lunch, stretch class, yoga class, or sharing joyful moments over tea, or at times just a telephone check-in.

Try to keep in mind a strength-based approach such as a resilience model of emphasizing one's healthy attributes to help cope, to prevent major challenges from being so intense and as a strategy for maintaining wellness.

It can be helpful to remind each other to explore both personal and professional issues and keep in mind the various developmental phases we all traverse, and to share what works best at various stages as well as resources, books, and workshops that can support this approach.

Remind each other of our CPA professional organization's CLASP program & web site to refer to in maintaining wellness, or if stuck, or to offer your services as a CLASP provider.

Refer to the APA public service program materials such as "Road to Resilience" and "Mind/Body Connection", among others as helpful resources.

Ways to remind ourselves of the value of prevention in terms of personal and professional health:

PREPARE - for challenges in advance by employing the above concept where possible.

PERFORM - health keeping strategies (mental and physical) on a regular, structured basis for venting, collaborating and congeniality.

PROACTIVE – employ an individual assessment periodically and reach for assistance when needed as an indication of wisdom, maturity, and as an investment for self, family, and profession.

