



# CPCD

The Collaborative for Professional Clinical Development

## POSSIBLE SELF EXERCISE:

Encouraging the (CLINICIAN) OR client to enter new and previously unknown context broadens his or her repertoire of possible visions of themselves and may promote change. Similar effects can probably be achieved using imaginative techniques (Lazarus [1984](#)), consisting, for example, in mental preparation for performing a new role in life.

We imagine what the imagined best clinical person and your ideal practice:

1. What are the qualities?
2. What makes up the very best clinical skills?
3. What is the best environment to create?
4. What is the compensation?
5. What are the education certifications?
6. Where are you located?
7. How many clients are seen per day or per week?
8. Self- hours per week?
9. Self- Care activities?
10. What type of supervision is needed?
11. How close are you to this ideal? In time? In location? In skills?

What is attainable in the real world?

1. How many qualities do we have now?
2. What are our current skills?
3. Current compensation?
4. Current education level and certifications or trainings?
5. Current location?
6. Difficult case load weekly?
  - a. Current caseload of clients dealing with extreme trauma?
  - b. Current case load with high levels of transference and countertransference?
  - c. Suicidal ideation?
  - d. High acuity and risk?

\*Current percentage of difficult cases per week (total cases - difficult case (a+b+c+d) per week divided by total cases per week and multiply by 100)