



**Vistas**  
psychotherapy & wellness

---

## Self-Care for the Critic-Weary Clinician

---

**\*\*When you work in a vacuum, the Inner Critic becomes the loudest voice in the room.**

Here is how to build a “buffer” to protect your professional well-being.\*\*

---

### Build a “Glimmers” Folder

The Inner Critic has a negativity bias — it remembers the one session that felt clunky but forgets the six months of steady progress.

**The Practice:** Keep a digital or physical folder of “clinical glimmers.” This isn’t for ego; it’s for data. Include a thank-you note from a client, a supervisor’s specific praise, or your own note about a moment where you felt a true *click* of attunement.

---

### Practice “Clinical Outsourcing”

The critic thrives on the idea that you are the only variable in the room.

**The Practice:** Explicitly name the other factors at play: systemic barriers, the client's stage of change, and the biological reality of trauma. By mapping the external pressures, you move the "blame" off your shoulders and back onto the complex ecosystem where it belongs.

---

## The "Close of Day" Ritual

Because therapists don't have a "finished product" to put on a shelf, the work tends to follow us home in the form of rumination.

**The Practice:** Create a physical boundary. This could be changing your clothes as soon as you get home, a specific five-minute "commute playlist," or even a literal visualization of locking the office door on the day's sessions. Tell your critic: *"The shift is over. We will look at the ethics of that session again tomorrow at 9:00 AM."*

---

## Embrace "Good Enough" Therapy

Borrowing from Winnicott's "Good Enough Mother," we must embrace the "Good Enough Therapist."

**The Practice:** Perfectionism is a defense mechanism against the fear of being "found out." Choosing to be *good enough* is an act of radical self-compassion. It allows you to be a human being who is allowed to have an off-day, a slow session, or a moment of uncertainty.

---