

Throughout my practicum at Youth Villages I will do the following to promote professional self-care.

### **Supervision**

I will seek out support by

- Being involved in regular supervision through group development, group consultation, and individual development weekly.
- Attending additional monthly specialist and East TN Intern Meetings to get additional support and development.

### **Boundaries**

I will maintain a healthy work-life balance by:

- Keeping a caseload of 2 as the normal load up to 3 during transition weeks.
- Not working on Youth Villages paperwork after 11 pm.

### **Growth**

I will promote my professional development by

- Completing trainings on Guidetree
- Reading relevant books such as “Permission to Feel” by Marc Brakett, “What Happened to You?” by Bruce Perry and Oprah Winfrey, and “The Body Keeps the Score” by Bessel van der Kolk.