

Therapists on Vacation

Tipsheet

By Catherine Sullivan, MSW, RSW

1. Tell your clients that you're taking vacation

- This may sound simple but I think that some professionals worry if they tell their clients they're taking time off it will upset them.
- I think that the more lead time and warning you give your clients the more they can prepare.
- You can also incorporate safety planning for when you'll be away into sessions.

2. Don't check your phone, e-mail or social media on vacation

- A vacation is exactly that - a vacation!
- Put an alert on your social media that if you don't respond or post for a while it's because you're on vacation.
- Put an out of office alert on your e-mail and your voicemail for the dates you're away and indicate when people can expect a response.
- Create these boundaries and stick to them! This is good modelling for your clients of how to do this. They need to know that you have boundaries and expect them to be respected.

