



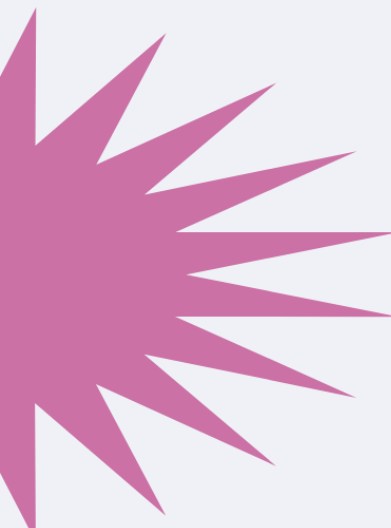
**Therapy  
with Jenny**

BARNET, LONDON AND ONLINE



# TACKLING OVERTHINKING A ONE-WEEK GUIDE FOR NEW THERAPISTS

# WELCOME TO YOUR 7-STEP GUIDE



As a newly-qualified therapist, you might feel a sense of pressure to be perfect, often questioning if you're truly ready to help your clients. Imagine Sarah, a young therapist who, despite receiving great feedback from me, her supervisor, couldn't shake the feeling that she wasn't skilled enough. She'd replay client sessions, wondering if she missed something crucial or if her advice was truly valuable. Overthinking plagued her, and the constant self-doubt made her second-guess every decision. *Does this resonate with you?*

It's common for new therapists to feel like they're not measuring up, despite professional training and hours invested in voluntary work to hone their skills. The truth is, overthinking is often rooted in the belief that we're not good enough.

This guide is designed to help you manage the doubts that come with being new to the field, shifting from rumination to productive action.

Let's get started...



# MONDAY

## Identify Your Triggers for Overthinking

### MORNING

Write down all the recurring thoughts that come up when you're working with clients or reflecting on your therapy sessions (For example, "Did I say the right thing?" or "Am I providing enough value?").

### AFTERNOON

Take a moment to notice when overthinking strikes the most (before or after client sessions? After supervision? Which type of client makes you question this more?).

### EVENING

Sort these thoughts into two columns: (1) Things I Can Control (e.g., preparation, self-care) and (2) Things I Can't (e.g., client responses, outcomes). Shift your focus toward what you can control.

Tom, a newly qualified therapist, constantly feared that his clients would eventually "find him out." But after reflecting on his past progress and seeking regular feedback, his confidence grew, and his practice began to flourish.

# TUESDAY

## Let Go of Past Mistakes

### MORNING

If you're ruminating over a client session, ask yourself, "Will this matter in a month?" If not, it's time to let it go. If you can't shake the thought, write it down on a piece of paper, fold the paper and throw it in the bin.

### AFTERNOON

Take action instead of overanalyzing. If you feel a session didn't go well, use it as a learning opportunity. Consider seeking feedback or planning adjustments for future sessions.

### EVENING

Reflect on a past session where you felt unsure, but the client still made progress. Remind yourself: growth happens when you act, not when you worry.

# WEDNESDAY

## Combat 'Imposter Syndrome'

### MORNING

Write down three strengths you bring to your practice. Focus on what makes you a unique and capable therapist.

### AFTERNOON

When feelings of self-doubt emerge, reframe: Instead of "I'm not good enough," say "I am learning and growing as a therapist every day."

### EVENING

Read or listen to an interview with a successful therapist who has struggled with imposter syndrome. You're not alone!

Jane, a newly qualified therapist, believed she wasn't "experienced enough" to help her clients. After working on recognizing her strengths and reframing negative thoughts, she became more confident and started seeing real progress with her clients

# THURSDAY

## Overcome Decision Paralysis

### MORNING

If you're stuck on making a decision (e.g., how to approach a difficult case), set a time limit to decide. Don't let the question take up endless mental space.

### AFTERNOON

Ask yourself, "Will this decision matter in five days, five months, or five years?" If the answer is no, move forward with a choice that feels right.

### EVENING

Consult with a more experienced colleague or supervisor for advice, but remember: no decision is perfect. Action leads to clarity.

# FRIDAY

## Manage Anxiety & Fear of the Future

### MORNING

Practice mindfulness to ground yourself before your sessions, focusing on the present moment, not on fears of what might go wrong

### AFTERNOON

Break down your larger fears (e.g., "I won't succeed as a therapist") into smaller, actionable steps. Example: "Step 1: Book a supervision session. Step 2: Review client feedback."

### EVENING

Journal about your past successes, big or small, as a reminder that you've handled challenges before and you will continue to grow.

# SATURDAY

## Set Boundaries Between Work and Personal Life

### MORNING

Start your day with a grounding activity that isn't related to work (e.g., a walk or a mindfulness exercise).

### AFTERNOON

If work thoughts creep into your personal time, tell yourself, "I'm off the clock right now. I'll address this tomorrow."

### EVENING

Establish a ritual to signal the end of your workday (e.g., reading, exercising, or spending time with loved ones, changing into relaxing clothes etc).



# SUNDAY

## Shift to a Long-Term Growth Mindset

### MORNING

Reflect on which strategies helped you this week. What practices will you continue to use in the future?

### AFTERNOON

Replace rumination with goal-setting. Instead of overthinking a situation, set clear, achievable professional goals for the upcoming months.

### EVENING

Celebrate your progress, no matter how small. Recognize that overthinking is often a form of avoidance—action leads to real change.

Ella, another new therapist, hesitated to take on more clients due to fear of not being able to manage her caseload. After working through her fears and setting clear boundaries, she felt more in control and started growing her practice successfully.

# FINAL THOUGHTS

**Remember, the goal isn't to stop thinking; it's to stop letting unproductive thoughts hold you back. Overthinking can keep you in a loop of inaction, but taking small steps every day will help you move forward. Start with one of these strategies today and gradually build your confidence.**



## OTHER WAYS TO WORK WITH ME

### THERAPY MENTORING

**I support therapy trainees and qualified therapists in 1:1 sessions to build a sustainable, thriving private practice of their dreams to create financial stability and long-term career satisfaction.**

### SUPERVISION

**I have worked with many trainees, newly-qualified and experienced counsellors and therapists based in schools, colleges and private practice. I have supported supervisees from their first client sessions to qualification, setting up their own private practice and beyond. Some of my supervisees have passed their academic essays and case studies with distinctions, and I am very proud of their achievements.**



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