



## Private Practice May Newsletter - please distribute for us?

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To CCPA Communications | Communications de l'ACCP <communications@ccpa-accp.ca>



### May Newsletter: The Thread That Holds Us

There is something quietly complex about being a private practitioner in Canada. Each practice is built in relative isolation, shaped by geography, regulation, modality, and personal philosophy.

Yet, there is a shared undercurrent that links all of this work together. This chapter was formed to hold that connection in place and give it structure and voice.

### The Paradox of Independence and Belonging

Private practice asks for autonomy. It also quietly asks for resilience in the absence of built-in community. This creates a paradox where clinicians are both deeply self-directed and, at times, professionally alone. The chapter exists inside that tension, not to remove it, but to make it more livable and more relational.

Across the country, members are navigating similar questions.  
How to sustain energy in the work.  
How to grow without losing clinical integrity.

How to stay connected while operating independently.  
These are not small questions, and they are not solved in isolation.

### **What Actually Brings Us Together**

It is tempting to assume that modality or specialization will unify practitioners.  
Evidence within the chapter suggests otherwise.  
Engagement has been strongest where there is space for real conversation rather than technical alignment, such as in Pulse sessions and informal exchanges across members.

The emerging pattern is this.  
What brings private practitioners together is not how we work.  
It is what we are carrying while we work.

There is a shared experience of holding responsibility without immediate consultation.  
There is a shared experience of managing both clinical depth and business reality.  
There is a shared experience of wanting to do this work well, and not always having a place to say that out loud.

### **A Working Hypothesis**

If there is a "thing" that will bring this chapter into greater cohesion, it will not be imposed.  
It will emerge from repeated, small moments of recognition between members.  
It will come from noticing that someone else is asking a similar question, or holding a similar tension.

This is consistent with what has already been observed.  
Membership engagement increases when interactions feel human, specific, and grounded in lived practice rather than in abstract discussion  
The system responds to relational authenticity, not just information exchange.

### **An Invitation to Shape This Together**

This month, the focus is simple.  
Not a polished insight.  
Not a perfect answer.

Instead, a question.

What is one moment in your private practice that made you pause recently.  
A moment that felt uncertain, meaningful, frustrating, or quietly satisfying.

Bring that moment into the conversation.  
Not as a case study.  
Not as a performance.  
Just as it is.

This is how a dispersed group becomes a community.  
Not through agreement, but through shared visibility.

You can add your voice here:

<https://members.ccpa-accp.ca/sharingnetwork/workspace/view/679>

### **Closing Reflection**

The chapter was designed to be a forum for exchange, support, and collective development. That mandate is already in motion.

What remains is the human layer.  
The willingness to show up in small, real ways.

That is where cohesion will be built.  
And it will be built together.

From the Private Practice Board

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