

Wellbeing and Connection from a Clinical Practice Perspective

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As I reflect on what makes my work as a clinical psychologist worthwhile, human connection stands out as one of the most rewarding parts of my work. Whether I'm working with individual clients, co-facilitating groups, or collaborating and consulting with colleagues, I am always struck by the impact of support and connections on our wellbeing.

I am continuously in awe of the power of the therapeutic group. How many times I have seen group members share their innermost experiences, the parts of themselves they are unhappy with, their difficulties and struggles, and receive all of this with supportive nods and comments and no sign of judgment or rejection. How freeing that can be. Through the group environment we can acknowledge that we are all imperfect human beings doing our best in this imperfect world, and that's okay.

Growing up as a member of a large extended Franco-Manitoban family, I realize that deep connections outlast physical distance and time spent apart. Sometimes I don't see a cousin for months or even years as some of them have moved across Canada and even to different continents. But each time we do see each other, we know that we have a lifelong connection and bond. The same can be said about my grad school colleagues. Regardless of how long it has been since I have last seen them, I know the next time I do see any of them, there will be warmth and happiness in my heart. And whether connections and re-connections are brief or long, they do play such an integral role in our overall wellbeing. It might sound cliché, but humans are social animals.