

May 7, 2020

As you know, my family and I are in Connecticut. Before the pandemic, I was the clinical supervisor on a specialized inpatient unit at a hospital. We had a high census with patients from all over the country. There were aspects of my job that I loved, but I was feeling truly limited in the clinical treatment I could provide due to institutional factors. In any case, I gave my notice and my last day was early March. I went from a part time private practice to full time immediately, and then transferred my entire practice to telehealth a week later! I have a dedicated office in my home that I set up over the summer. It is cozy and lovely. I have been very busy with a full caseload with new clients calling daily. I find telehealth much more draining than seeing people in person, although it has gotten easier. I have had to table some trauma work, as it is not necessarily safe or feasible to continue via telehealth. I will say that I appreciate the introduction of telehealth because it can provide some continuity with my college students when they go home (during the pandemic as well as for summer or winter breaks). I likely would not have done this on my own, so I appreciate the versatility of it.

My kids were in school until March 13th, and have been distance learning since then. We just received notice from our Governor on Tuesday that they will not return to school this school year. My husband has been working fewer jobs (hardwood flooring business), only accepting jobs in empty homes or new construction, so he is not exposing himself to anything or anyone.

Regarding COVID-19, I have clients who have tested positive, and clients and friends who have lost loved ones. I hate that this is so hard. On the other hand, I am EXTREMELY grateful that my family remains healthy and safe...we are all over the country, some of us in "hot spots" and essential workers. Of course, I am also very grateful that I have a job that I love and sustains us.

You should know that I really do take Antioch everywhere I go. There are what I refer to as "golden nuggets of wisdom" that came from my professors and experiences there that guide my every day practice and life. There are so many, but one of my favorites is from David Arbeitman during our first year. He said, "I don't live to work. I work to LIVE." I love my work, but this provides me with a valuable perspective and reminds me of what is most important in my life...my family and friends and making memories with them. I hope I can get back to this soon!

Hoping you and your family and our whole Antioch family are staying safe and healthy. Please let everyone know I am thinking of them and wishing them well.

Best,

Laura Hilton, PsyD