

## Building Your Ideal Private Practice A Guide For Therapists And Other Healing Professionals

In Creativity as Co-Therapist, experienced psychotherapist and creativity expert, Lisa Mitchell, bridges the gap between theoretical knowledge and therapeutic application by teaching psychotherapists of all backgrounds to see therapy as their art form. Readers are guided through the five stages of the creative process to help them understand the complexities of approaching their work creatively and to effectively identify areas in which they tend to get stuck when working with clients. Along the way workbook assignments, case studies, personal stories, and hands-on art directives will inspire the reader to think outside the box and build the creative muscles that hold the key to enlivening their work.

Twenty years ago, a therapist could hang up a shingle, make some networking calls, and begin to create a steady stream of referrals. Since then, private practice has changed dramatically. Now therapists everywhere are struggling just to keep their practices going. The need has never been greater for sound business tools for building and marketing a therapy practice. How to Build a Thriving Fee-for-Service Practice is essential reading for newly licensed therapists, seasoned professionals, and others wanting to prepare practitioners for success. How to Build a Thriving Fee-for-Service Practice guides you from your ideal practice vision through the "how-to" steps to succeed. You will learn that a private practice is, in effect, a small business. Chapters contain solid training to help you not only to survive, but also to thrive in a highly competitive market place. Examples, worksheets, business forms, flow charts, paper and pen exercises, and even assignments in the "real world," expose you to essential materials and ideas. Coverage includes surveying the needs of one's community, capitalizing on unusual market niches, marketing ideas to build one's practice, creating brochures, widening one's scope and expertise through public speaking, seminars, workshops, and writing, analyzing financial data and projections, tracking client information, and more. \* Contains foreword by American Psychological Association President Dr. Patrick DeLeon \* Provides a crash course in business management for therapists \* Includes examples, worksheets, business forms, and exercises for bypassing restrictions of managed care \* Suitable for newly licensed therapists and seasoned professionals Written by a licensed therapist with over 19 years of experience in private practice, this book is a much-needed reference for mental health practitioners pursuing fee-for-service practice. Learn solid training to not only survive, but thrive, in private practice today Go from your ideal practice vision through the "how-to" steps to succeed. Mobilize yourself into action! Market your clinical specialty to attract more cash clients Learn how to set realistic practice goals, and track your progress Repair your autonomy, income and career satisfaction Learn how to communicate the value of your services to the public Learn how to give powerful workshops and speaking engagements and write effective community articles Turn your specialty into a market niche Use the media as a vehicle to give psychology away and gain visibility Learn the skills that have never been taught in graduate school—until now Lay the foundation for your practice that builds momentum Attract new clients through seminars, speaking engagements and published articles Build a dynamic referral base Re-ignite the passion for your career and love what you do for a living Make your practice adaptive, challenging and enjoyable for the rest of your career

Hunt, a psychologist in private practice, outlines strategies that will help mental health professionals establish and maintain their private practices. She guides readers through fundamental issues, from choosing an office to dealing with insurance carriers. The strategies presented involve reducing overhead, streamlining procedures, and implementing efficient client policies. Annotations: 2004 Book News, Inc. Portland, OR (booknews.com) Struggling with depression, anxiety, illness, an eating disorder, a difficult relationship, fear, self-hatred, addiction or anger? Renowned Buddhist leader Tullitrim Allione explains that the harder we fight our demons, the stronger they become. Offering Eastern answers to Western needs, Tullitrim seamlessly weaves traditions from Tibet and the Western world to offer a new and unique answer to the problems that plague us: that rather than attempt to purge them, we need to reverse our approach and nurture our demons. This powerful five-step practice forms a strategy for transforming negative emotions, relationships, fears, illness and self-defeating patterns. This will help you cope with the inner enemies that undermine our best intentions.

The Complete Guide to Building Your Mental Health Practice

Private Practice Made Simple

Thursday is the New Friday

Get the Guy

A Handbook for Building Skills

A Step-By-Step Guide for Mental Health Counselors

The Official Pocket Guide to Starting Your Solo Private Practice

Learn Secrets of the Male Mind to Find the Man You Want and the Love You Deserve

*Running your own private practice takes more than an advanced degree, memberships in professional psychology organizations, and the ability to be a good therapist. And while your continuing education and training may be useful, setting up and managing a successful practice is a matter of business and organizational know-how as much as professional proficiency. If you're opening your own private practice or want to run your existing practice more efficiently, Private Practice Made Simple is your detailed guide. This book offers tips on everything from getting client referrals and creating a positive and comfortable office atmosphere to building a strong and thriving therapy practice that can serve both you and your clients. You'll learn how to attract clients as a new therapist and how to manage your practice as it grows. This complete tool kit will help you: Find an office and set up a treatment room Establish headchee-free routines for organizing client information and forms Decide on a fee and manage your finances Prevent burnout by maintaining a healthy work-life balance*

*Private Practice Essentials is an innovative, practical guide and workbook for creating business and clinical success in your counseling and therapy practice. You'll be guided through numerous exercises that provide a solid and personalized plan with realistic and attainable goals. It's like having a professional business consultant right at your fingertips. 75+ reproducible worksheets, forms and exercises \* Networking & Marketing Strategies \* Tips to Improve Financial Success \* Budgeting Tools \* Clinical Intake and Business Forms \* Business Plan Templates \* Diversification Strategies*

*Using his distinctive and empowering coaching style, internationally-known business coach and entrepreneur's best friend, Brandon Seigel, takes private practice entrepreneurs on a journey to unlocking key strategies for surviving—and thriving—in today's business environment. Much has changed in the world over the past several years, as businesses, and private practices in particular, have become increasingly regulated. In The Private Practice Survival Guide, Seigel unveils the "big picture" on how to create and scale ethical and prosperous business models, to overcome the current barriers hindering success. From defining a private practice vision to developing a bulletproof business foundation to staying compliant in a challenging infrastructure, Seigel covers ten core competencies that every entrepreneur must implement, when strategically building a private practice. Utilizing real-life stories and experiences, Seigel showcases common challenges and pitfalls that can quickly derail a private practice that lacks proper planning, metrics, and strategy. He covers the essential how-to questions, when identifying the necessary steps to creating a practice that delivers greatness and financial viability! For those already in practice, and worried about profitability at a time where competition is increasing, Seigel offers some of the most leading and creative strategies to tap into a new age of innovation and deliver proven results.*

*Most dating books tell you what you should do, but not how to do it. In his book, Get the Guy, Matthew Hussey—relationship expert, matchmaker, and star of the reality show Ready for Love—reveals the secrets of the male mind and the fundamentals of dating and mating for a proven, revolutionary approach to help women to find lasting love. Matthew Hussey has coached thousands of high-profile CEOs, showing them how to develop confidence and build relationships that translate into professional success. Many of Matthew's male clients pressed him for advice on how to apply his winning strategies not to just get the job, but how to get the girl. As his reputation grew, Hussey was approached by more and more women, eager to hear what he had learned about the male perspective on love and romance. From landing a first date to establishing emotional intimacy, playful flirtation to red-hot bedroom tips, Matthew's insightfulness, irreverence, and warmth makes Get the Guy: Learn Secrets of the Male Mind to Find the Man You Want and the Love You Deserve a one-of-a-kind relationship guide and the handbook for every woman who wants to get the guy she's been waiting for.*

Practice Success

A Journey to Unlock Your Freedom to Success

Poundcake & Private Practice

From Start to Strong

Using Your Expertise to Build a Business That Makes a Difference

How Leading Companies Win by Hiring, Coaching and Keeping the Best People

Secrets Shared in Private Practice

Unleash Your Inner Company distills John Chisholm's four decades of successful entrepreneurship in Silicon Valley into ten steps to discover, launch, and scale the ideal business for you. You will learn how to: • Mobilize your passions and perseverance to reinforce each other and achieve your goals • Discover unsatisfied human and customer needs in those areas where you have natural advantages • Match those needs with your resources and strengths (your "STARS") to assess which needs fit you best • Improve those fits by acquiring and developing the right resources and strengths; differentiate yourself by being not better, but different, from competitors, even well-established ones • Innovate by combining things you already know in novel ways • Partner with firms and individuals so you and your business can focus on what you do best • Evaluate your options and choose the best one for you • Launch and scale up your successful business, uniquely tailored to you and your strengths. Along the way, you will discover: • That you have many more resources and advantages for success than you realize • How and when to choose a co-founder and team members • How to avoid competitors, and thus gain time and space to get established • How to find, nurture, and ride positive feedback loops within yourself, with your team members, and among your customers • How to build and maintain your self-confidence despite setbacks • If, when, and how to raise money • How to evolve and scale your business, no matter how modest, into a large enterprise, if you so desire • When to comply with, or circumvent, or oppose regulations that impede the formation or growth of your business • What you can learn from Apple, Google, Facebook, and Uber. You will learn from the author's mistakes—as many as he was able to squeeze into the 400 pages of this book—so you don't make the same ones. Regardless of your background, location, interests, and passions, the timeless and universal insights, principles, anecdotes, and exercises of Unleash Your Inner Company will inspire and guide you from your first steps, through every kind of obstacle, to the ultimate success of your venture.

Expert advice for building your private practice The "business" of practice as a mental health professional is as skill that is seldom taught in school and requires thoughtful guidance and professional mentorship from those who have already succeeded. Containing the collective wisdom and secrets of many expert practitioners, this helpful resource provides useful insights for setting up, managing, and marketing your practice, including timely advice on being a successful provider in the digital age—from Internet marketing to building your online presence. Designed for private practices of any size and at any stage of development, this practical guide looks at: Creating your dream niche practice Choosing the right technological tools and resources to simplify and streamline your job Leveraging the Internet to market your practice Developing a practice outside of managed care Transitioning to executive coaching Ethical and legal aspects of private practice Full of action-oriented ideas, tips, and techniques, Getting Better at Private Practice provides both early career and seasoned mental health professionals with the knowledge and tools they need to establish, develop, and position their practice so that it is financially successful and life-enriching over the longterm.

Create your own schedule, maximize your leisure time, and work less while making more by following the revolutionary—yet realistic—four-day work week outlined in this groundbreaking book. In Thursday is the New Friday, author Joe Sanok offers the exercises, tools, and training that have helped thousands of professionals—from authors and scholars to business leaders and innovators—create the schedule they want, resulting in less work, greater income, and more time for what they most desire. Outlining the exact same strategies Joe used to go from working 60-hour weeks in the beginning of his career to now working 4 or less days a week, Thursday is the New Friday will help you: Understand how you too can apply these principles and customize them for your own situation to be more productive at work while enjoying more leisure time. Discard unnecessary tasks and learn efficiencies that would not have been discovered otherwise. Find inspiration in the stories and testimonials from Joe's clients and colleagues who have implemented his methodology into their own work lives with incredible results. Understand the psychological research behind the principles of the four-day workweek and why we are actually more productive with one less workday. Most importantly, Thursday is the New Friday empowers you with a practical, evidence-based methodology to create your own work schedule and dedicate more of your precious personal time to pursuing your hobbies and spending time with your family and friends.

An invaluable tool for clinicians and students, Becoming an Emotionally Focused Therapist: The Workbook takes the reader on an adventure – the quest to become a competent, confident, and passionate couple and family therapist. In an accessible resource for training and supervision, seven expert therapists lead the reader through the nine essential steps of EFT with explicit intervention strategies. Suitable as a companion volume to The Practice of Emotionally Focused Couple Therapy, 2nd Ed. or as a stand-alone learning tool, the workbook provides an easy road-map to mastering the art of EFT with exercises, review sheets and practice models. Unprecedented in its novel and interactive approach, this is a must-have for all therapists searching for lasting and efficient results in couple therapy.

Group Play Therapy

The Practitioner's Guide to the Art of Psychotherapy

Upgrading (revised PHP edition)

A Practical Guide for Mental Health Clinicians

Use Passion and Perseverance to Build Your Ideal Business

Becoming an Emotionally Focused Couple Therapist

INSPIRED

Ready, Set, Treat!

As a helping professional who has dreamed of ditching your agency gig to become your own boss? If you are a therapist and are considering making the leap to owning your own private practice, this handbook is a must-have. Other practice building books out there tend to focus on attracting your ideal clientele, and not on logistics like, "How do I register my business?" or, "How do I set up a secure email account?" "Best Practice" gets down to the nitty gritty of what you really need to know to run your business. From establishing your business entity, to building a website, to setting up an office and more, this handbook will be your road map to creating your successful business. Step-by-step checklists and templates for creating forms are included to save you headaches, frustration, and precious time. The learning curve for business ownership is a steep one. "Best Practice" will take the guesswork out of practice start-up, so that you can focus on helping your clients. It outlines every real-world detail you will need to know throughout this exciting journey. The Future of Nursing explores how nurses' roles, responsibilities, and education should change significantly to meet the increased demand for care that will be created by health care reform and to advance improvements in America's increasingly complex health system. At more than 3 million in number, nurses make up the single largest segment of the health care work force. They also spend the greatest amount of time in delivering patient care as a profession. Nurses therefore have valuable insights and unique abilities to contribute as partners with other health care professionals in improving the quality and safety of care as envisioned in the Affordable Care Act (ACA) enacted this year. Nurses should be fully engaged with other health professionals and assume leadership roles in redesigning care in the United States. To ensure its members are well-prepared, the profession should institute residency training for nurses, increase the percentage of nurses who attain a bachelor's degree to 80 percent by 2020, and double the number who pursue doctorates. Furthermore, regulatory and institutional obstacles -- including limits on nurses' scope of practice -- should be removed so that the health system can reap the full benefit of nurses' training, skills, and knowledge in patient care. In this book, the Institute of Medicine makes recommendations for an action-oriented blueprint for the future of nursing.

Broaden your professional horizons, expand the scope of your practice, and create new revenue streams You are uniquely gifted in your ability to ease suffering and enhance quality of life. You help solve profound human problems and restore hope. Now, The Million Dollar Private Practice reveals how you can leverage your distinctive talents and expertise to dramatically expand your professional and financial horizons. Building upon the premise that the key to building a million-dollar practice is expanding your services from "one to one" to "one to many," renowned private practice development consultant David Steele reveals his time-tested strategies for transforming the ways you think and work. You'll discover how to: Choose your niche and "own" it Develop business models custom-tailored to your unique talents and goals Create new systems, products, and services that make a considerable difference in your clients' lives Make "intangible" services tangible through branding and packaging Create value through referral systems, affiliate programs, and joint ventures Use creative marketing strategies designed for private practice professionals Develop sales and enrollment strategies that dramatically boost your client base Recruit, organize, motivate, and manage staff needed to build and run a million-dollar practice Demonstrating that profits need not be the enemy of ideals, this insightful guide to professional development is an important resource for psychotherapists, family and marriage therapists, social workers, and all private practice professionals seeking creative ways to attract new clients and build their businesses.

This guide book is filled with practical advice to help you curb your obsessions and build boundaries between your work, your job, and your life. In her workshops on healing and creative process, Marlee Grace helps people acknowledge their blocks and address them by setting distinct parameters that change their behavior. Now, she brings her methods and ideas to the wider world, offering all of us concrete ways to break free from our devices and focus on what's really important—our own aliveness. Part workbook, part advice manual, part love letter, How to Not Always Be Working ventures into the space where phone meets life, helping readers to define their work—what they do out of sense of purpose; their job—what they do to make money; and their breaks—what they do to recharge, and to feel connected to themselves and the people who matter to them. Grace addresses complex issues such as what to do if your work and your job are connected, provides insights to help you figure out how much is too much, and offers suggestions for making the best use of your time. Essential for everyone who feels overwhelmed and anxious about our hyper-connected world—whether you're a corporate lawyer, a student, a sales person, or a yoga instructor—How to Not Always Be Working includes practical suggestions and thoughtful musings that prompt you to honestly examine your behavior—how you burn yourself out and why you're doing it. A creative manifesto for living better, it shows you how to carve sacred space in your life. From business anecdotes about fulfilling orders to more personal stories about Grace's recovery from divorce and addiction, this book is full of wisdom and resilience, with plenty of discussion about ritual and routine as ways to create effective and positive creative life change.

Creativity as Co-Therapist

Everything You Need to Know about Starting Your Successful Private Therapy Practice

The Overlooked Ways Demographics, PPOs, Taxes and Retirement Are Linked to This Critical Decision

10 Steps to Start Your Own Business

Counseling for Maternal and Newborn Health Care

Integrating the Healing Side with the Business Side of Psychotherapy

Best Practice

Pursuing Private Practice

*Are you a healthcare professional looking to start your own private practice? Do you need a guide with easy-to-follow steps to help you along the way? This is your resource! Starting a private practice can be overwhelming, but this book will show you how it's done. While you might get impatient at times, keep the end results in mind: working your own hours, having an overflow of clients, and gaining increased financial success. It takes time to build a practice, and sometimes you need to take it one step at a time. This book shows you exactly how to achieve your business goals. The end is worth it—your own successful business with YOU as your own boss. Jennifer McGurk has written a book for all of us wanting to know more about the ins and outs of private practice. She incorporates her own business savvy tips throughout the book, letting her readers know all about her own experience. A must-read for any dietitian, therapist, or counseling professional!*

*"Practical solutions that really work" "Complete road map" "Simple yet powerful!" "I'm working less and making more!" A complete practice building guide, Building Your Ideal Practice In 90 Days provides detailed, step-by-step instructions to help you build the practice of your dreams with less time and money than you ever thought possible. Learn how to build a successful private pay practice and stay competitive in today's changing practice environment. Full of cutting-edge, free and low-cost practice development ideas and resources worth many times the cost of this book! All of the assignments in this book can be completed in just minutes per day, at low or no cost. How much time and money you devote to building your practice is entirely up to you. The most effective techniques for getting clients don't cost anything. Sometimes, less is more! After many years in private practice, burning up thousands of hours and dollars learning what does and doesn't work by trial and error, I became passionate about helping other practitioners have successful and fulfilling practices. This program developed organically in my work as a Mentor Coach helping hundreds of private practitioners design and build their ideal practices, and I sincerely hope it will help you to achieve your personal and professional dreams.*

*Lynn Grodzki will be running a series of workshops in Australia in September. For more information please go to [www.kassanevents.com.au](http://www.kassanevents.com.au)*

*How do today's most successful tech companies—Amazon, Google, Facebook, Netflix, Tesla—design, develop, and deploy the products that have earned the love of literally billions of people around the world? Perhaps surprisingly, they do it very differently than the vast majority of tech companies. In INSPIRED, technology product management thought leader Marty Cagan provides readers with a master class in how to structure and staff a vibrant and successful product organization, and how to discover and deliver technology products that your customers will love—and that will work for your business. With sections on assembling the right people and skillsets, discovering the right product, embracing an effective yet lightweight process, and creating a strong product culture, readers can take the information they learn and immediately leverage it within their own organizations—dramatically improving their own product efforts. Whether you're an early stage startup working to get to product/market fit, or a growth-stage company working to scale your product organization, or a large, long-established company trying to regain your ability to consistently deliver new value for your customers, INSPIRED will take you and your product organization to a new level of customer engagement, consistent innovation, and business success. Filled with the author's own personal stories—and profiles of some of today's most successful product managers and technology-powered product companies, including Adobe, Apple, BBC, Google, Microsoft, and Netflix—INSPIRED will show you how to turn up the dial of your own product efforts, creating technology products your customers love. The first edition of INSPIRED, published ten years ago, established itself as the primary reference for technology product managers, and can be found on the shelves of nearly every successful technology product company worldwide. This thoroughly updated second edition shares the same objective of being the most valuable resource for technology product managers, yet it is completely new—sharing the latest practices and techniques of today's most successful tech companies, and the men and women behind every great product.*

*How to Create Tech Products Customers Love*

The Ethics of Private Practice

Therapy with a Coaching Edge: Partnership, Action, and Possibility in Every Session

A Practical Guide to Having More Fun, Clients, Money, Success, and Fulfillment in Your Private Practice with Less Time and Money Than You Thought Possible

Choosing the Right Practice Location

The Magic of Thinking Big

The Workbook

Great companies don't just depend on strategies—they depend on people. The more great people on your team, the more successful your organization will be. But that's easier said than done. Statistically, half of all employment decisions result in a mishire: The wrong person winds up in the wrong job. But companies that have followed Bradford Smart's advice in Upgrading have boosted their successful hiring rate to 90 percent or better, giving them an unbeatable competitive advantage. Now Smart has fully revised his 1999 management classic to reintroduce the upgrading concept, which works for companies large and small in any industry. The author spells out his practical approach to finding and managing A-level talent—as well as coaching B players to turn them into A players. He provides intriguing case studies drawn from more than four thousand in-depth interviews. As Smart writes in his introduction, "All organizations, all businesses live or die mostly on their talent, and any manager who fails to upgrade is nuts, or a C player. . . . Those who, way deep down, would sooner see an organization die than nudge an incompetent person out of a job should not read this book. . . . Upgrading is for A players and all those aspiring to be A players." On the web: <http://www.upgrading.com/>

What is therapy? What is a therapist? Never enough hours to do the work you need to do? - Hardly enough money to do what you want to do? - Worried if private practice is worth it? Casey Truffo, a marriage/family counselor and business coach for therapists writes, "the biggest shift you must make to build a sustainable practice is to move from being solely a clinician to becoming a confident CEO." This book will help you: \* Finally understand your finances \* Create policies and procedures that will save you time and money \* Attract clients into your practice with more regularity \* Determine the best leveraged-income strategies once your caseload is full \* Guide you to build a solid and thriving business that you actually love! Building Your Ideal Private Practice: A Guide for Therapists and Other Healing ProfessionalsW. W. Norton & Company

All the tips and tools you need to build a successful mental health practice from the ground up Many mental health professionals currently working for group practices, hospitals, and private or government agencies have both the skills and the drive to become solo practitioners. But how and where do you begin? Getting Started in Private Practice is a reliable reference that offers the comprehensive information and armchair motivation you need to establish and build your own practice from the ground up. User-friendly and full of helpful tips, this handy book provides you with tools and techniques for starting and maintaining a thriving private practice, including information on: \* Discovering your ideal practice \* Creating a business plan \* Financing your start-up \* Setting up shop and measuring results \* Minimizing risk \* Managing managed care \* Marketing your practice \* Generating referrals \* Utilizing additional print, Web, and organizational resources From major concerns such as ethics and liability to day-to-day matters like selecting stationery and business cards, Getting Started in Private Practice puts the best solutions at your fingertips. Whether you're a recent graduate or a seasoned pro, this invaluable resource will help you minimize the uncertainty of establishing a solo practice while maximizing the rewards.

Handbook of Private Practice

Private Practice Essentials

Building Your Ideal Private Practice: A Guide for Therapists and Other Healing Professionals

Autplay Therapy for Children and Adolescents on the Autism Spectrum

12 Months to Your Ideal Private Practice

A Dynamic Approach

Be a Wealthy Therapist

The Future of Nursing

*Group Play Therapy presents an updated look at an effective yet underutilized therapeutic intervention. More than just an approach to treating children, group play therapy is a life-span approach, undergirded by solid theory and, in this volume, taking wings through exciting techniques. Drawing on their experiences as clinicians and educators, the authors weave theory and technique together to create a valuable resource for both mental health practitioners and advanced students. Therapists and ultimately their clients will benefit from enhancing their understanding of group play therapy.*

*How to Build Your Ideal Private Practice is the premier resource for mental health clinicians, covering all aspects of developing and maintaining a successful private practice. Written for graduate students considering the career path of private practice, professionals wanting to transition into private practice, and current private practitioners who want to improve their practice, this book combines the overarching concepts needed to take a mental health practice (whether solo or in a group) from inception, through its lifespan. From envisioning your practice, to accounting and bookkeeping, hiring staff, managing the practice, and running the business of the practice, a diverse group of expert authors describe the practical considerations and steps to take to enhance your success. Chapters cover marketing, dealing with insurance and managed care, and how to choose your advisors. Ethics and risk management are integrated throughout the text with a special section also devoted to these issues and strategies. The last section features 26 niche practices in which expert practitioners describe their special area of practice and discuss important issues and aspects of their specialty practice. These areas include assessment and evaluation, specialized psychotherapy services, working with unique populations of clients, and more. Whether read cover-to-cover or used as a reference to repeatedly come back to when a question or challenge arises, this book is full of practical guidance directly geared to psychologists, counselors, social workers, and marriage and family therapists in independent practice.*

*Private practice can be daunting and overwhelming, so this book provides you with a road map for creating, running, optimizing, and enjoying a successful lactation business. Whether you're an IBCLC or aspiring to become one, you'll have the tools and resources you need to make a career from your passion.*

*Everything clinicians need to know about the emotional well-being of kids. With the number and type of mental health issues in kids on the rise, and as more and more clinicians and counselors are being pushed to the front lines of defense, now more than ever there is a need for a comprehensive, practical resource that guides professionals through the complexities of child and adolescent mental health. This practical, comprehensive book answers that call.*

Business Tools for Mental Health Professionals

Streamlining Costs, Procedures, and Policies for Less Stress

Ancient Wisdom for Resolving Inner Conflict

How to Not Always Be Working

Lactation Private Practice

How to Work Fewer Hours, Make More Money, and Spend Time Doing What You Want

Finally, You Can Make a Living While Making a Difference

How to Build Your Ideal Practice in 90 Days

*The timeless and practical advice in The Magic of Thinking Big clearly demonstrates how you can: Sell more Manage better Lead fearlessly Earn more Enjoy a happier, more fulfilling life With applicable and easy-to-implement insights, you'll discover: Why believing you can succeed is essential How to quit making excuses The means to overcoming fear and finding confidence How to develop and use creative thinking and dreaming Why making (and getting) the most of your attitudes is critical How to think right towards others The best ways to make "action" a habit How to find victory in defeat Goals for growth, and How to think like a leader "Believe Big," says Schwartz. "The size of your success is determined by the size of your belief. Think little goals and expect little achievements. Think big goals and win big success. Remember this, too! Big ideas and big plans are often easier -- certainly no more difficult -- than small ideas and small plans."*

*Wherever you are on your path as a mental health professional, if you want to have your own private practice, this book is for you. We'll teach you what you need to know to create a thriving business-things you didn't learn in school but are critical for your success. We know, because we've been there. Our practice, Brightside Counseling, started with Mark seeing one client, one day a week. Today, we have dozens of therapists and support staff and serve over 800 clients a month and growing. It wasn't easy, and we made a lot of mistakes along the way. You'll hear the gore and the glory of our story so you can avoid those mistakes and other pitfalls along the way. From getting the education you need to marketing and maintaining your practice, we guide you step by step through lessons that we often had to learn the hard way. The exercises in each chapter help you develop a personalized roadmap for creating the practice of your dreams. Whether you want to stay solo or eventually build a team of dedicated practitioners, we'll help you set up a business that is successful, sustainable, and stands out from the crowd. Our nine steps include: Step 1: Setting GoalsStep 2: Educating YourselfStep 3: Getting LicensedStep 4: Understanding Business ManagementStep 5: Choosing Your SpaceStep 6: Marketing YourselfStep 7: Handling Billing and InsuranceStep 8: Protecting Yourself and Your BusinessStep 9:*

*Growing Your BusinessIADD REVIEW*

*For those who do not know, pound cake is equal parts or equal weight of five major ingredients: Flour, eggs, butter, sugar and vanilla,with several variations at the discretion of the preparer. My great-grandmother's pound cake is quite dense. Only the chosen ones in my family can finish the entire two-inch slice during holidays. I chose this word-phrase to magnify the proposed equal weight I garnered in order to succeed during my first year of private practice. From cover to cover, I will share my five major ingredients.*

*A fool-proof plan to launch your solo private practice with minimal financial investment or risk. We'll be in your back pocket the whole way through, cheering you on and advising you at each step. Our guide is intended for solo licensed clinicians, including (but not limited to) Mental Health Counselors, Social Workers, Occupational Therapists, Physical Therapists, Speech and Language Pathologists, Psychiatric Nurse Practitioners, Psychiatrists, Psychologists, and Dietitians.We are a Licensed Mental Health Counselor and a Licensed and Registered Occupational Therapist with almost 30 years of combined clinical experience, half of which has been spent running our solo practices. We have helped numerous clinicians start their own successful private practices, and are so excited to help you gain independence and achieve financial freedom.*

From Clinician To Confident CEO

Keys to Success for Mental Health Practitioners

Leading Change, Advancing Health

Everything You Need to Know to Set Up and Manage a Successful Mental Health Practice

The Private Practice Survival Guide

Feeding Your Demons

A Workbook

Grow Your Private Practice

Bringing "coaching skills" to a therapy practice and clients. In Therapy with a Coaching Edge, professional practice guru Lynn Grodzki offers a new, paradigm-changing therapy model—adding the leverage and action of a coaching approach to the wisdom and goals of psychotherapy. This book presents a set of powerful coaching strategies that have been adapted and designed specifically for therapy—to provide more reach and range for therapists and counselors while not requiring a wholesale abandonment of therapeutic principles. Using this model, therapists at all levels of experience can promote behavioral change without insisting on homework or rigid protocols. Clients can spot results in each and every therapy session. Resistance to treatment often softens and client retention improves. Grodzki gives new and veteran clinicians the skills to not only improve client outcomes, but also energize themselves as practitioners. Therapists feel empowered as they learn to compelling questions that generate "ah-ha" moments. They help clients go beyond a discussion of symptoms to explore topics of core values. They show clients how to make decisions based on both necessity and a vision of a better future. The model provides readers with just-in-time learning, to identify a skill when it is needed and then immediately apply the steps in a session. Grodzki, an expert psychotherapist and master certified coach, has proven herself to be a trusted voice for therapists through her writing and workshops: she makes the steps to using a coaching approach understandable by offering lively case examples, "your turn" exercises, and sample scripts to give her readers the confidence and context to move forward.

This is a practical must-have A to Z guide for anyone who desires to start and develop a thriving private practice as a metal /behavioral health provider. The author wrote this book with three years of personal experience and trial and error as a licensed marriage family therapist in private practice. This book presents the essence for starting and building a successful practice and covers everything you need to know: business planning, financial budgeting and management, registration for your business, banking matter, marketing and clientele development, insurance credentialing and contracting, service documentation, claim submission, receiving payments from clients, bookkeeping, and business expansion. The author even provide basic template forms you might need such as Informed Consent, Client Information Form, Consent to Treat a Minor, HIPAA Notice of Privacy Practices, Acknowledgement of HIPAA Privacy Notice, Case Conceptualization

You're a counselor or psychotherapist, and you're qualified, insured and have a room. Now, how do you attract clients? Starting your own private practice is exciting and challenging, and this book will motivate and inspire and to take the necessary actions to attract clients and build a successful practice that you can be proud of. Inside you'll learn: How to get started quickly and on a budget, no website necessary How to manage those nagging fears or worries that might hold you back How to be visible and attract clients in a way that feels right for you, no cheesy sales techniques required In this easy to read book, we look at niches "websites" social media "content creation and blogs "mindset" money" Ineviter Syndrome "time management" "networking" "offline" advertising and much more. Written by a counselor, this book offers down to earth practical advice to grow your confidence, so you can grow your private practice into whatever you want it to be. By the end of this book, you'll be ready to love and grow your business like never before. I am on a mission to change the face of therapy. Together we're going to change the way people view our work and shift the public perception of what we do, which will benefit clients, ourselves and the communities around us. WHAT IF PRIVATE PRACTICE FOCUSED ON PREVENTION? People associate counseling with mental health issues, but can you imagine how much better it would be for them to invest in some therapy BEFORE HE got to the point of doctors visits and time off? To get help when they first notice that they have a low mood or are

struggling with an aspect of their life or relationship rather than wait till they reach rock bottom? This isn't a new concept, I think all counselors and psychotherapists want this. So how can we make this happen? Many therapists suffer from a psychic split about their work in private practice: they loved being therapists, but hate being in business.

A Behavioral Play-based Approach

Starting Your Private Practice

Child & Adolescent Mental Health: A Practical, All-in-One Guide

A Toolkit for Creativity and Radical Self-Care

Steps for Building and Maintaining a Successful Mental Health Practice

5 Things I Learned During My First Year  
How to Build a Thriving Fee-for-Service Practice  
The Million Dollar Private Practice

The main aim of this practical Handbook is to strengthen counselling and communication skills of skilled attendants (SAs) and other health providers, helping them to effectively discuss with women, families and communities the key issues surrounding pregnancy, childbirth, postpartum, postnatal and post-abortion care. The MNH Counselling Handbook is chiefly designed to be used by groups of SAs with the help of a facilitator. It can also be used by individual SAs who can get together with colleagues for discussions and activities where needed. It relies on a self-directed learning approach, allowing SAs to work at their own pace, drawing on their past counselling experience. The way it is used will be determined by each country's context, and the SAs' preference. The MNH Counselling Handbook is divided into three main sections. Part 1 is an introduction which describes the aims and objectives and the general layout of the Handbook. Part 2 describes the counselling process and outlines the six key steps to effective counselling. It explores the counselling context and factors that influence this context including the socio-economic, gender, and cultural environment. A series of guiding principles is introduced and specific counselling skills are outlined. Part 3 focuses on different maternal and newborn health topics, including general care in the home during pregnancy; birth and emergency planning; danger signs in pregnancy; post-abortion care; support during labour; postnatal care of the mother and newborn; family planning counselling; breastfeeding; women with HIV/AIDS; death and bereavement; women and violence; linking with the community. Each Session contains specific aims and objectives, clearly outlining the skills that will be developed and corresponding learning outcomes. Practical activities have been designed to encourage reflection, provoke discussions, build skills and ensure the local relevance of information. There is a review at the end of each session to ensure the SAs have understood the key points before they progress to subsequent sessions.

AutPlay Therapy is a behavioral play-based treatment approach to working with children and adolescents with autism spectrum disorder and other developmental disabilities. This innovative new model contains a parent-training component (wherein the therapist trains parents to do directive play therapy interventions in the home) and can be utilized in any setting where children and adolescents with an autism disorder, ADHD, dysregulation issues, or other neurodevelopmental disorders are treated. This comprehensive resource outlines the AutPlay Therapy process and offers a breakdown of treatment phases along with numerous assessment materials and over 30 directive play therapy techniques.

The Ethics of Private Practice helps mental health professionals understand the essential ethical issues related to the many challenges of being in independent practice. Seasoned clinicians Barnett, Zimmerman, and Wallfish offer readers astute insight into building a practice that is designed to minimize unintended ethics violations and reduce associated risks. Each chapter focuses on a major aspect of the business of practice and incorporates relevant standards from the ethics codes of four mental health professions. Topics addressed include planning and successfully managing a practice, documentation and record keeping, dealing with third parties and protecting confidentiality, managing practice finances, staff training and office policies, advertising and marketing a practice, continuing professional development activities, and the closing of a private practice. Full of practical tips that can be readily implemented, this handy guide will be the go-to resource for all mental health clinicians in private practice.

Essentials of Private Practice

Getting Better at Private Practice

Your Step-By-Step Guide to More Ease, More Time Off, and More Profit