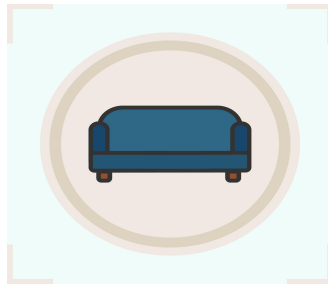


Ready to take the leap and start your own private practice?



I felt a push to write a blog on this topic because within the past couple of months I have had multiple friends and colleagues in the group practice world feel ready to start their own private practice but didn't know exactly where to start.

The journey into starting your own private practice is dear to my heart because I went through it just a couple of years ago, and if I didn't have my support system I know for a fact I wouldn't have taken the leap.

So it made me think, because that is what we do as therapists right? Why is it that as therapists we are quick to give compassion to others but we are not as quick to give compassion to ourselves? That is where I challenge you to begin, identify what your fears are in starting a private practice. What would you say to a close friend who shared the same fears with you? Give that encouragement and support to yourself. Mental health is a growing and needed profession, don't talk yourself out of pursuing your professional goals and dreams!

*"INSTEAD OF WORRYING ABOUT WHAT YOU CANNOT CONTROL, SHIFT YOUR ENERGY TO WHAT YOU CAN
CREATE"*

Next, remind yourself of all the positive reasons to start your own practice. Let me help you identify just a few:

- Freedom! You get to schedule your own clients, create your own intake paperwork, decide as a clinician who you work best with, no more having to deal with office politics.
- Get to be creative again! As adults we don't get as many opportunities to be creative and activating that part of the brain is very important
- Financial reasons
- Explore and identify your niche and specialties as a clinician
- Feel like a better clinician because you are not being forced to see 30-32 clients a week

Yes, it will be a lot of work in the beginning, but remind yourself during these times that once you get organized, and systems put into place it will become more streamlined and easier. If you put in the hard work in the beginning it will pay off, the mental health community is small, so once your name gets out there and client's give positive feedback the referrals will sore!

The most common questions and hesitations I hear:

- How will I get referrals?
- What platform do you use for virtual sessions
- I only want to work with adults
- Should I get paneled with insurance
- What do you do for advertising
- How long was it before you had a full caseload
- When did you start making the transition
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As Maya Angelou said " I've learned that people will forget what you said, people will forget what you did, but people will **never forget how you made them feel.**"

Yes, private practice is a business, but your clients do not need the fanciest office, expensive head shots on your website, or a virtual assistant answering their phone call, they need your empathy, listening ear, and professional guidance. ***"There is beauty in simplicity."***

