

PRIVATE PRACTICE MADE SIMPLE

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

RANDY J. PATERSON, PHD

Everything you wished you'd learned about...

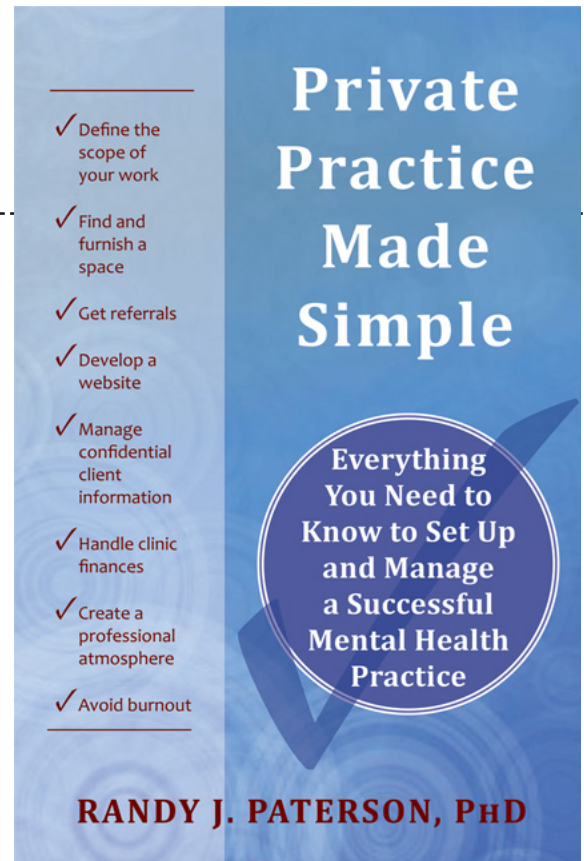
- Renting an office
- Managing clients
- Handling confidential client information
- Maintaining a professional, comfortable office atmosphere
- Getting referrals
- Creating a website
- Managing finances
- Bonding with clients
- Setting goals with clients in therapy
- Coping with personal "burnout"

A complete, practical guide to starting and maintaining a successful mental health therapy and coaching practice.

About 34 percent of the more than 93,000 practicing psychologists in the United States and the 15,000 in Canada are self-employed, mainly as private practitioners and independent consultants (Bureau of Labor Statistics).

The most successful psychologists aren't necessarily the grad school standouts or the ones who are most intuitive to their clients' needs. And creating an effective therapy practice is, in many ways, simpler than the actual work of becoming a therapist—but it can also seem a lot more complicated.

To build a successful practice, it's essential to have the know-how to get clients, keep them, and build a strong and thriving business. **Private Practice Made Simple** provides therapists entering private practice with a complete toolkit for getting started, complete with guidance for renting an office, managing clients, handling confidential client information, maintaining a professional yet comfortable office atmosphere, getting referrals, creating a website, managing finances, and more.



FOR MORE INFORMATION, CONTACT
Jessica Dore

jessica.dore@newharbinger.com
510-594-6124

PRIVATE PRACTICE MADE SIMPLE

EVERYTHING YOU NEED TO KNOW TO SET UP AND MANAGE A SUCCESSFUL MENTAL HEALTH PRACTICE

Randy J. Paterson, PhD

June 2011 / 978-1-60882-023-8 / \$39.95 / 6 x 9 / 280 pages



newharbingerpublications, inc. | 800-748-6273 | newharbinger.com

PRIVATE PRACTICE MADE SIMPLE

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

RANDY J. PATERSON, PHD

About the Author



Randy J. Paterson, PhD is a clinical psychologist and coordinator of Changeways, a widely known depression treatment program at Vancouver Hospital and Health Sciences Centre. He is also adjunct assistant professor at the department of psychology at University of British Columbia. In addition to *Private Practice Made Simple*, he is the author of *The Assertiveness Workbook* and *Your Depression Map*.

Excerpt

Here's the big secret: No one really teaches you how to manage a mental health or counseling practice. As clinicians we stumble through our careers, gradually picking up shortcuts and strategies that make our lives (or those of our clients) a lot easier. Many of these useful ideas aren't rocket science and could have been taught to us in an afternoon if anyone had thought about it. That's what this book is for: it's nothing more than a collection of useful basic tips.

I attended a graduate program in clinical psychology that was aggressively research oriented. The course work emphasized research strategies. When treatment came up, it was in the form of outcome trials. We would learn all the details of the study design, the treatments applied (or not) to various groups of subjects, and the results obtained. We spent hours analyzing the type 1 error rate (per contrast, per time, per study?). Only two things were missed:

- How to conduct treatment
- How to practice in the field we were there to learn

Trivial, really.

I once walked unnoticed behind two faculty members who were discussing one of the perennial complaints of students: that our clinical psychology program wasn't training us to be clinical psychologists. "It's ridiculous," said one. "They can learn that in their spare time." The other nodded vigorously in agreement. The faint clattering sounds behind them were the scales falling from my eyes.

Our program did have one nod to clinical practice. It was called the "Proseminar in Clinical Psychology," and it was obvious that no one knew what it should be about. Bewildered adjunct faculty members were hauled in to brief the students on the world beyond the university gates. They talked about the client populations they saw, the tests they used, and the structure of their facilities' psychology departments—and then glanced nervously over at the instructor, who would shrug and smile.

We loved that class. It always ended early and, given that it was scheduled for midafternoon, allowed the clinical students to flee the building for the graduate student pub and get to know one another. Several marriages and quite a number of more temporary arrangements were attributable to those late afternoons at The Grad. But I don't think we learned much about running a practice.

When, after many years in hospital settings, I cut the apron strings and set out on my own, I quickly discovered the gaps in my training. I made mistake after mistake and began collecting advice from others. Even when I worked in institutional settings, my practice had always included teaching, and I eventually began offering professional workshops on private-practice management. I collected more ideas from my attendees. This book is the result. The emphasis of the book is on quick and easy strategies that can save a lot of headaches. To supplement the contents, a set of additional downloadable forms and sample sheets is available at no charge online at my clinic's website, www.changeways.com, and at www.20238.nhpubs.com. I suggest that you take a minute to visit either site now and bookmark it or write down the URL and keep it handy for future reference.

-Randy J. Paterson, *Private Practice Made Simple*

FOR MORE INFORMATION, CONTACT

Jessica Dore

jessica.dore@newharbinger.com

510-594-6124

PRIVATE PRACTICE MADE SIMPLE

EVERYTHING YOU NEED TO KNOW TO SET UP AND MANAGE A SUCCESSFUL MENTAL HEALTH PRACTICE

Randy J. Paterson, PhD

June 2011 / 978-1-60882-023-8 / \$39.95 / 6 x 9 / 280 pages



newharbingerpublications, inc. | 800-748-6273 | newharbinger.com