Course: starting and managing your private practice in psychology

Address: https://asadis.net/en/course/starting-managing-private-practice-psychology/

Duration: 4h

Type of course: Continuing education

Location: Online course

Individual price: $144.00

Overview:
Most professionals in helping roles will be self-employed at some point in their career. This training is designed to cover the essential topics related to private practice. You will discover what type of entrepreneur you are and how to build on your strengths. This training will also cover the different types of private practice structures so you can evaluate which one is right for you. In addition, basic legal and financial aspects will be presented and explained with concrete examples. This training will then focus on how to manage and administer your private practice, and necessary forms to get started will be put at your disposal. Finally, tips and tricks will be presented so you can maintain a healthy balance while being your own boss.

The main objective is to give you a toolbox to start, maintain, or modify your private practice as needed.
Learning objectives:
1. Determining if starting your own business is for you and finding a suitable personalized formula
2. Defusing typical fears encountered by those wishing to start a private practice
3. Providing practical information about key aspects of starting a private practice

Learning material:
This workshop includes theory as well as clinical examples. It includes videos ranging from 5-15 minutes in length. The PowerPoint of the workshop can be downloaded.

Audience: This training is intended for mental health professionals.

The expert

Dr. Valentina Munoz, psychologist, is a clinical psychologist specializing in cognitive-behavioral therapy (CBT) for treating anxiety and stress-related issues in adults. She earned her PhD in clinical and research psychology from Université de Montréal, Canada, in 2005.

With extensive experience in private practice, Dr. Munoz provides psychotherapy and offers workshops for both the general public and mental health professionals. Her work focuses on anxiety disorders, burnout prevention, resilience, and stress management.

Dr. Munoz spent 10 years at the Douglas Mental Health University Institute, where she treated individuals with severe anxiety disorders and complex co-occurring issues, while also supervising PhD psychology interns. She has also served for many years as an external resource for the Canadian Armed Forces, supporting veterans coping with PTSD.

Valentina Munoz is a licensed member of the Ordre des Psychologues du Québec and is fluent in French, English, and Spanish.

Syllabus

PowerPoint
Presentation
Theme 1: What type of entrepreneur are you?
Self-knowledge (Your strengths, chalenges, and entrepreneurial qualities)
Assessing entrepreneurial and personal profiles
Theme 2: What type of private practice should you choose?
Turnkey office and subletting with colleagues
Solo rental, opening your clinic and practicing at home
Webtherapy
Office search- outdoor and indoor factors
Space and layout of your office
Dress code and key messages
Theme 3: What legal aspects should you consider?
Different business legal structures
Company name and trademark
Insurance, membership and key messages about legal issues
Theme 4: What about your finances?
Private vs public fees
Fees and revenues of a private practice
Taxes and finances takeways
Handout - Forms
Theme 5: How to manage the administrative side?
Forms and progress notes
Managing the practice

Referrals
Websites and key messages of administration
Theme 6: How to manage my daily practice
First contact and managing appointments
First session, session structure and general record keeping tips
Theme 7: How to maintain a healthy balance
Self-assertion
Boundaries and anticipating challenges
Tips and tricks about balance
Conclusion

Evaluation:
To validate the achievement of the learning objectives, a final evaluation in the form of true/false questions is required. It must be completed in order to obtain the certificate of completion.
In addition, an optional self-assessment is offered at the beginning and end of the course, allowing you to measure your progress on the targeted skills.
These evaluations are not graded and are intended primarily to support your professional reflection.

Access timeline: Once registration is confirmed, you (or the learner) may start the training at any time, independently and at your own pace. You can access the training for as long as Asadis as the legal right to diffuse it (typically 10 years).

Questions? Feel free to contact us at *contact@asadis.net*