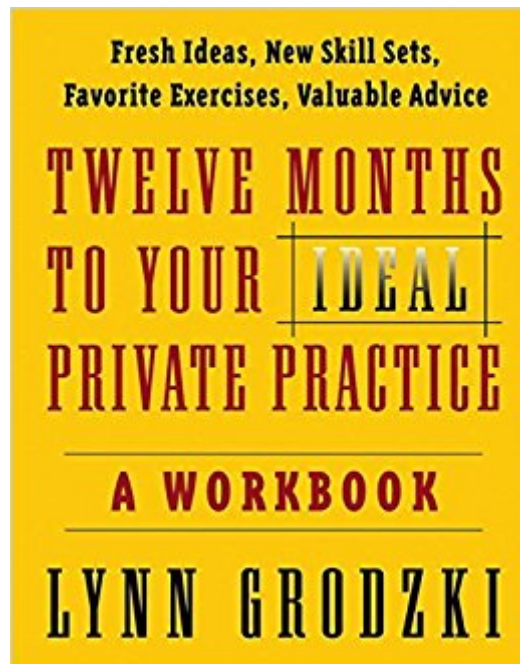


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# Twelve Months To Your Ideal Private Practice: A Workbook (Norton Professional Books (Paperback))



## Synopsis

Many therapists suffer from a psychic split about their work in private practice: they loved being therapists, but hate being in business. This book, based in part on Lynn Grodzki's book *Building Your Ideal Private Practice*, is a year-long, progressive practice-building program offering therapists an abundance of information, ideas, and strategies for working successfully in private practice. Whereas *Building Your Ideal Private Practice* was a comprehensive guide to practice building, this workbook is a month-by-month coaching program, giving readers the experience of being coached for a year. This book will help you answer some key questions about your private practice: How can I work as hard as I need make enough money and maintain a quality personal life? What does it take to build a profitable business without expending so much personal effort? How can I be as successful as I want to be, and feel rested and healthy? Is it possible to be a therapist in private practice and have an easier life? How can I use a simple business model to build and expand my private practice? You can begin to use this book in any month, or review and re-use the book year after year as your annual coaching program. In keeping with the Private Practice Success T business model, the first four months of the workbook focus on aspects of preparation, the second four months highlight building blocks, and the final four months craft the finishing touches. Each month offers a progressive series of assessments, written exercises, and skill sets, helping readers to identify action steps to take and follow that month with fieldwork suggestions.

## Book Information

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## Customer Reviews

I have her earlier book, "Building Your Ideal Private Practice," which I love. This workbook reviews some of that but goes much further and offers many new ideas and some cutting edge concepts. Its very useful for those of us in private practice who need marketing and business help from someone who has been there, done that. Lynn is a therapist and business coach, so she is in a perfect place to help the rest of us. I went to one of her workshops, and then got this workbook. This workbook is very well organized, takes you through a plan month by month, adds a lot of concepts. I especially loved the last sections, that looked at a developmental model for understanding the evolution of your practice over time.

This workbook takes the licensed therapist through a structured examination of what s/he wants for his/her practice, what is and is not working, and how to reach his/her practice goals. While there are many good ideas in this book, it is important to remember that it is a workbook - i.e. you need to put pen to paper to best take advantage of all this great book has to offer. If you have a practice that is stalling, stagnant, or just not where you want it to be, this book will offer you the opportunity to gain insight as to what's going on and what changes to make. -Cris Walker Roskelley, MFT, Author of "On the Road to Becoming a Successful Marriage and Family Therapist: An Insider's Handbook From Graduate School Through Licensure... and Beyond!"

This book is more emotionally derived rather than business driven. Although there are many ideas and concepts laid out by the author, the book is missing basic business theory. Much of the thought is on how you feel about money, time and your personal worth. Given the general understanding that most therapists do not have a business background, the title twelve months to your private practice should restate the book as "can you accept money for your work". Suggestions to beef up the book would include some basic profit/loss ratios, how to create a business plan and accounting practices for the new business owner. The book is well written IF you want a how do you feel style of non-fiction

very useful in starting a new practice; because it is a workbook, you do not just "read" it. it requires you to think about what you want for your practice, set a plan, and make it work!

I purchased this book as a companion to another book that Lynn Grodski wrote, Building Your Ideal Private Practice. I enjoyed the ability to brainstorm with this book, write things out and just put it all

down on paper. I like workbooks anyway, but the author did an outstanding job on this one. What I liked about it most was that it came from a counseling perspective rather than a retail business or something else. The counseling perspective makes all the difference as it feels as though she is talking directly to you as a counselor. I recommend this book highly!

This was exactly what I needed. It gave me realistic expectations for how to get things rolling and on how to figure out the taxes in a business and how many clients are realistic for this type of business. Once I had this info, it gave me a better starting point to go from. I now think that I will be able to get my business up to part-time to full-time practice. I would recommend this book to healers and psychics as well. Since their work is closely linked to healing and will give you realistic expectation on how many clients you really can see in a week so you can reduce your chances of burn out.

Just got this publication today, and gave a cursory review. This is the practical application companion to Lynn Grodzkis "Building Your Ideal Private Practice". This book contains a developmental series of exercises and activities to conduct on a monthly basis in succession to assist private practitioners in developing their private practice ... which, up to this point, I have found very difficult.

Very usefull inspirational info for those in or starting a private practice. Must read for those looking for direction on having a successful practice.

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