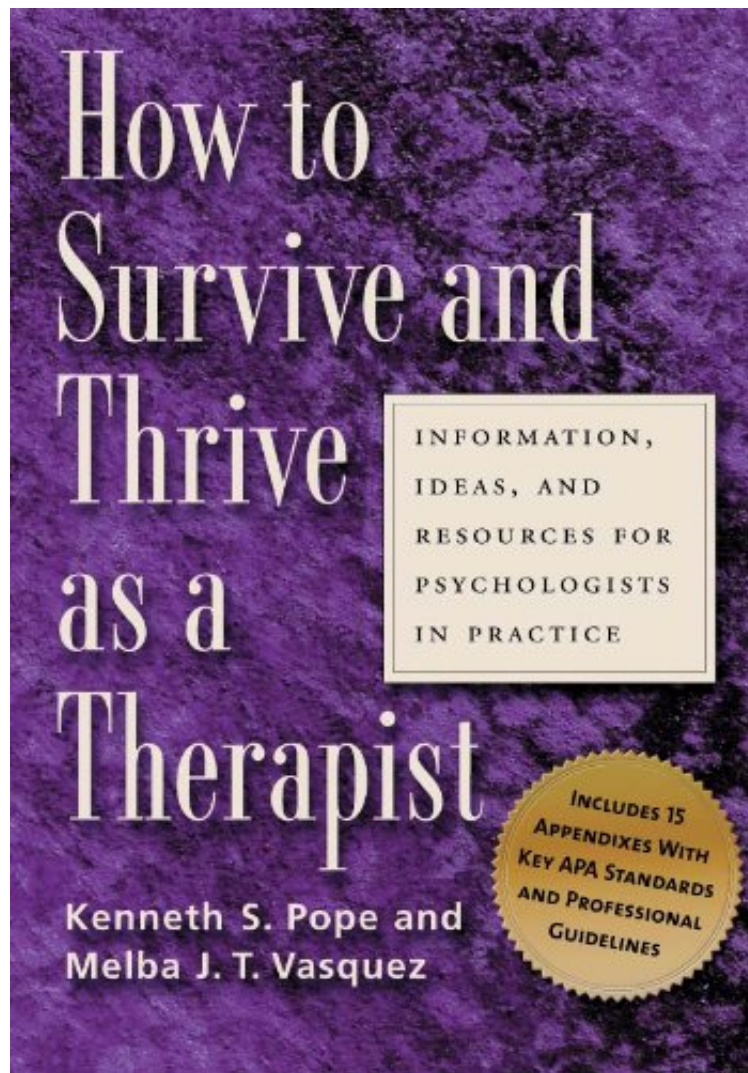


How to Survive and Thrive as a Therapist: Information, Ideas, and Resources for Psychologists in Practice

Kenneth S. Pope, Melba J. T. Vasquez
ebooks | Download PDF | *ePub | DOC | audiobook



#1370783 in eBooks 2005-01-15 2013-06-17 File Name: B00D2DL3IK | File size: 15.Mb

Kenneth S. Pope, Melba J. T. Vasquez : How to Survive and Thrive as a Therapist: Information, Ideas, and Resources for Psychologists in Practice before purchasing it in order to gauge whether or not it would be worth my time, and all praised How to Survive and Thrive as a Therapist: Information, Ideas, and Resources for Psychologists in Practice:

1 of 1 people found the following review helpful. One is able to jump to different sections that are relevant to their current circumstances and each section can be easily grasped by Marin How to Survive and Thrive as a Therapist (2005)

is a guide and resource book written by Kenneth S. Pope and Melba J. T. Vasquez. The goal of the text is to provide information for new therapists that are seeking to open their own private practice. Several of the things that stood out to me while reading this work include the format of the book, the style of how it is written, and the audience that it was meant to be written for. To begin with, the format of the book is outlined in such a way that it can be conveniently glanced at. One is able to jump to different sections that are relevant to their current circumstances and each section can be easily grasped if one chooses to speed read them. That is certainly one of the things that I appreciated about the book. An aspect of the formatting that surprised me was the sheer length of the appendix in comparison to the small portion of the book that included the actual chapters. I don't think that such a resource is unhelpful, but the introduction in the book did not seem to clearly convey that the text was more of a conglomerate of important forms and helpful lists rather than a guide. Had I not flipped through the entirety of the text before opening it to its first page, I believe I would have been confused about where it was heading. The frequent use of listing brings me to my observations of the style that the authors chose to use. The book is written in a very systematic and to linear manner. I am not a systematic or linear thinker, which is probably why this was one of the first things that I noticed. I find that those two patterns of thinking often complement therapist who has cognitive behavioral therapy at their core philosophy. Thus, I think people who regularly practice things like CBT and solution-focused therapy will thrive while reading this book. On the other hand, I fear that those who do not find themselves to fit into such groups will feel discouraged, stressed, and overwhelmed. One example of this that I experienced can be found Chapter 3 which discusses strategies for self-care. To begin with, I believe that the phrase "strategies for self-care" sounds deadened or stressful to many artistic minded and abstract thinkers. For me personally, the word strategizing sounds like yet another task that I have to do rather than an invitation to relaxation and self-care. It is true that this is mainly a language preference or semantics issue, but one that is worth mentioning. On a positive note, I must include that the language the writers employed was refreshingly accessible and, at times, quite amusing. The text has been referred to by some reviewers as one that explains business to those who may not know business. I think that this is true considering both the humor found in the book and its readily available collection of lists and bulleted points. I can imagine that a significant number of those in the field of therapy might find business planning and legal guidelines to be dry. In my reading of this, I found the language used to be accessible without being patronizing or watered down; it is written to feel as if you are meeting up with a good friend in business management to discuss opening up a practice at a cafe while swapping stories and light-hearted remarks. If there was anything that I thought was the one of the most attractive aspects of this book, it would be that it is well written enough to cater to those who are passionate about running a business and those are not. Finally, after reading the book it is very clear to me that the audience the two authors were trying to reach was a very specific: new therapists that were seeking to open their own private practice. With that said, I think that the book also caters to practitioners who have been the head of their own practices for years due to the practical and simplified organization of essential business needs that seasoned therapists might have become complacent with. The beauty of this resource is that it truly is made for people opening a business that, as a general rule in their field, tend to avoid business culture. I am sure that that is invaluable to many. However, this book makes the assumption that every practicing psychologist is, will, or desires to have a private practice. Working as a practicing psychologist is not synonymous with owning a practice. I was frustrated in perceiving that the authors were making it look like this was the case. I also came away with the impression that being a private practitioner was somehow seen as more admirable or valuable work simply because of the business success that it could provide. Over all, I understand that the intended audience for this book is a smaller pool and the title of the text leads you to believe. If that is the goal of the writers, then that is fine, but I think it needs to be made clear through the title and the initial content. In closing, I would recommend this book to a very specific population with some reservations. While the writing style is praiseworthy for its accessibility and ease, I believe the formatting and intentions of the book require some prefacing that the authors do not provide. I also feel that the text could have been expanded in a way that would relate appropriately to those who are not linear thinkers or are coming from a different philosophical standpoint. If you are traditional practitioner desiring to open a private practice and you tend to view counseling from a more CBT, solution-focused, or behavioral theoretical framework, then this would be an excellent resource.

1 of 1 people found the following review helpful. Great advice for therapists. By dvanderkodde@kuyper.edu Great book with lots of extremely practical information. I will definitely keep and use this book frequently.

1 of 1 people found the following review helpful. Five Stars By sangjoo Ahn wonderful great book!!! wonderful delivery within 2 days. Awsome!!!

This book is a nuts-and-bolts guide to starting, growing, or improving a psychotherapy practice. Graduate psychology programs offer a wealth of information on honing one's therapeutic skills, but often provide little information on the "how to's" of practice: creating a successful business plan; tailoring your practice to suit your needs, talents, and values; marketing your services; finding an office that works for you and your clients; developing forms, policies, and procedures; finding the right attorney and professional liability insurance; responding to licensing, malpractice, or ethics complaints; using computers safely, efficiently, and effectively; and taking care of yourself so you can provide the best possible service to your clients. All of these topics are covered in this book. Both psychologists just starting

out and seasoned practitioners who want to expand, restructure, or enrich their practices will appreciate the authors' wit and wisdom. In addition to the 15 chapters, the book contains 15 appendices that make key APA professional standards and guidelines and other resources available for consultation in one handy source.