

TIPS FOR STARTING A PRIVATE PRACTICE

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EXPERIENCE

I highly suggest gaining experience in multiple therapeutic environments. I learned so much working in a hospital. I suggest working for a private practice before beginning your own.



BUSINESS PLAN

As therapists we are not trained in how to run a business. It is important that you create a strong business plan for yourself before starting your practice. Have a clear vision with a timeline.



Do Your Research

When deciding where to open your practice do your research about what is already present. If you are planning to work with adults you also have Telehealth on your side. I used borrowed space for my first 3 months of my practice before finding my own space. You can start your practice online before needing to dish out rent!



Paperwork & People

Before starting your practice be clear on the laws in your state. Make sure you have all the necessary paperwork and licensing you need. I suggest finding an accountant who works with small businesses, an LLC or S-Corp, business license, HIPPA compliant paperwork, malpractice insurance etc.



Networking & Community

The best thing I did for my practice was unintentional. I volunteer coached and ran a competitive cheer program in my community. When I opened my practice I had become a trusted person in the community. Many parents recommended me to their friends and family. It also allowed me to learn about the community norms and needs. Moral of the story get involved in the community you plan to open your practice in. Additionally, I recommend reaching out and introducing yourself to local therapists, psychiatrists, schools, doctors, community centers, etc.

Bonus: I always make time to provide free resources, education, talks, etc. in the community.

BUDGET & KNOW YOUR WORTH

Therapists are notoriously bad when it comes to money! Make sure to have a budget that you keep updated and know your worth as a professional!



Helpful Starter List:



- Accountant, NPI #, Business bank account, LLC or S-Corp, Malpractice insurance, etc.
- Practice name, logo, & website
- Consent Forms (HIPPA Compliant)
- Scheduling System (I used goggle calendar until we hired on staff)
- Business email & phone number (I used goggle voice)
- Marketing plan
- Office space