



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

Kenneth S. Pope, Melba J. T. Vasquez

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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:

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.

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