



DMT in Private Practice

Day 1: Where to begin?

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Land Acknowledgement

This workshop is being facilitated and attended across Turtle Island. As many of us here today are settlers, immigrants or descendants of them, it is our responsibility to pay respect to the original caretakers of this land, and acknowledge our colonial history and the impact that it has had on the Indigenous people of Turtle Island.

Today we want to move beyond the standard land acknowledgement, and invite you to reflect more deeply on the land that you live on.

We invite you to:

- share in the chat or through a movement/gesture an acknowledgement or expression of gratitude to the Indigenous people whose land you live on
- share in the chat an action you are taking to contribute to decolonization
- take this time to look up which Indigenous people's traditional territory you live on (<https://native-land.ca/>) and commit to learning more



Workshop Outline



Day 1: Where to begin?

1. What is DMT to you?
2. How do you feel about starting your practice? Addressing your fears
3. Developing your elevator pitch
4. Areas of focus
5. Marketing
6. Finding your ideal client
7. Business planning
8. Business organization
9. Q&A



Workshop Outline

Day 2: The Nitty-gritty of your practice!

1. Starting out
2. Safety
3. Therapeutic Contracts
4. Ethical Use of Touch
5. Note-taking
6. Space
7. Integrating DMT and talk therapy
8. Support and self-care



Group Agreement



- ❓ Respecting confidentiality
- ❓ Speaking from the I
- ❓ Taking care of yourself emotionally and physically
- ❓ Practice active listening
- ❓ Communicate with compassion
- ❓ Participate and take risks
- ❓ Accepting of all gender expressions, disability, generation, class, race, ethnicity, religion, and other intersections of identity
- ❓ Recognize that harm, distress and discomfort may happen unintentionally, disclose to a group facilitator when appropriate

What does DMT mean to you?

When defining DMT to others, drawing from why it is important to you helps to clarify your purpose and intention

What do you love about DMT? Why is it meaningful? Why did you choose it?

Experiential

Spend time embodying and moving in response to what DMT means to you. Notice what words you associate with the felt sense of it.

Share your experience with a partner.





How do you feel about starting your practice?

What are your fears or worries about starting your practice?

Where do you hold them in your body?

Spend time embodying the fear, then explore the embodied antidote. What does this fear need?

Connect with your embodied resources (connection to the earth/ground, your strength, your center, felt senses, etc.)

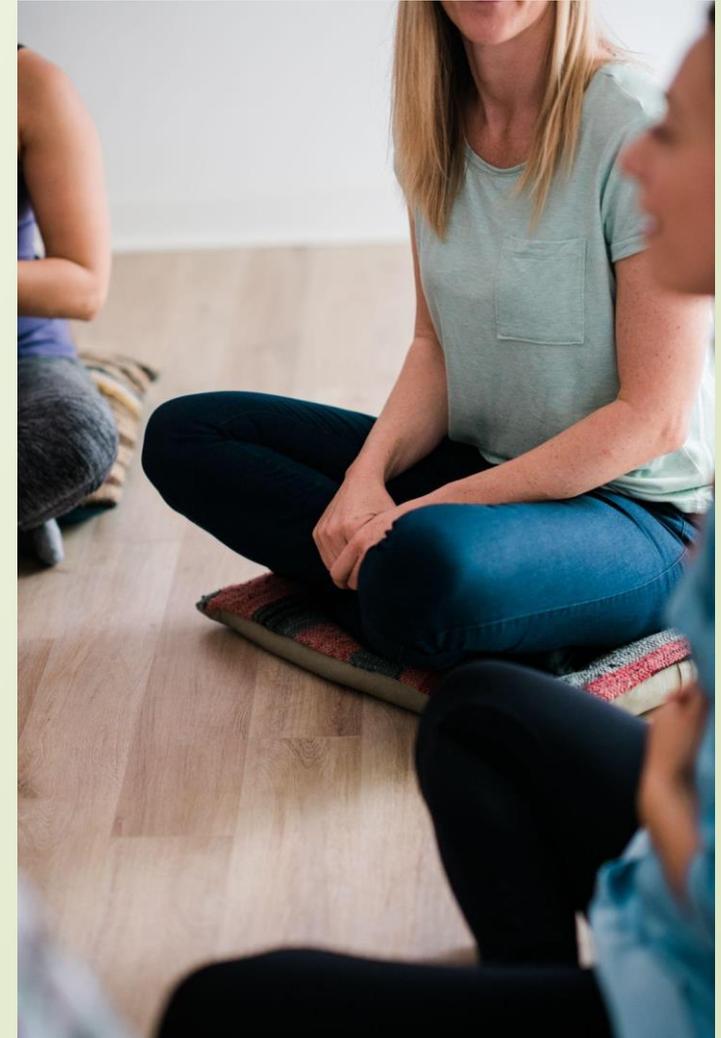
Share your fear and the antidote with your partner.

Developing your Elevator Pitch

Drawing from your experience of what DMT means to you, write down a short (30 seconds or less) elevator pitch.

Practice sharing your pitch to a partner, listen to your partner's feedback and try again!

Your elevator pitch may change depending on what your area of focus is and who you are talking to!



BIO BREAK!





Areas of Focus



Visit www.menti.com and use the code **8543 7881** to type in your answers to the question “What populations/communities/areas are you interested in working in?”

As you look at the word map, notice what draws you in, what lights you up, what scares you. They may not be the areas of focus you wrote down initially. Make note of these.

What skills/knowledge do you have already that you bring to your therapy practice? What areas would you like to develop further? Write these down.

Share 3 skills and areas of growth with your group.



Marketing

Things to consider

- Websites (some version of elevator pitch/what is DMT, areas of focus, blog
ex. www.moving-together.ca, www.ayanadmt.com/)
- Listings: psychology today, professional association websites
- Printed materials: brochures or posters, postcards (if you have a space where they will be seen, like a waiting room), business cards (supports professionalism)
- Free events/groups (specific to your practice)
- Connecting with like-minded organizations, people to host you
- Finding your “biggest fan” to spread via word of mouth/their platform
- List serves (specific to a community or modality, local)

Finding your **ideal client**

Take a moment to imagine your ideal client. What do you notice about them?

Write a few sentences about who your ideal client(s) is/are, connecting to your area of focus. When creating your marketing material, consider catering it to your ideal client.

Determining if a client is a good fit:

- consultation call or visit, 20-30 minutes
- screening for diagnosis, history and risk to know if they are within your scope of practice, skill-set, personal capacity
- trusting your body, what does your gut/heart say?
- if in doubt, ask your supervisor!





Business Plan



Determining fees:

- Consider your costs/expenses (<https://www.heytyffany.com/fwcalculator/>)
- Research standard professional fees or look at other therapists in your area
- Consider how much experience you have, what trainings you have done
- City-rural differences
- Sliding scale or not (how do you want to do it: set number of slots for low income? Or negotiated with each client?) Boundary issues can come up when you are offering sliding scale (client telling you they are paying full fees for other practitioners, or going on vacations a lot etc).



Business plan continued...

- Reviewing your fee yearly or at a set time, building that into your contract/agreement with client.
- Allowing a payment plan, but keeping your rate set at a certain price
- Raising fees based on inflation yearly (giving enough time, notice, conversation about your fees, in order to be ethical)

Various organizations in your community can help you to write a Business Plan (in BC its Community Futures) that are government or Chamber of Commerce sponsored. Keep an eye out for support.



General Business Organization Considerations

- ❑ Payments/receipts/invoicing (ensuring confidentiality/security)
- ❑ Contracts
- ❑ Tracking monthly income and expenses
- ❑ Scheduling (ensuring confidentiality)
- ❑ Note-taking
- ❑ Health information protection (PIPEDA/PHIPA)
- ❑ Programs that do it for you: Owl (video platforms, scheduling, receipts/invoices, PHIPA compliant, note systems etc), Jane, Doxy, etc.

Q&A





? Day 2: Sunday Sept 12, 2021

? The Nitty-gritty of your practice!

1. Starting out
2. Safety
3. Therapeutic Contracts
4. Ethical Use of Touch
5. Note-taking
6. Working Space
7. Integrating DMT and talk therapy
8. Support and Self-Care



Me: Movement **Experiential**/Warm-Up

Instrumental Music from **David Darling**

Integrating the whole body and linking to our theme: Starting a Practice! Finding your ground, your place to stand and to feel yourself stable and supported from the inside and from the earth, and now opening to follow your authentic impulse in response to the music, with the goal of inviting all of you to participate in your dance creation and in the creation of your practice. Notice if you are binding your flow anywhere in your body or movement and if you wish to release any muscle tension? Notice your body's relationship to space, and inhabiting all the space available to you. Noticing, as you think about starting a practice, if you wish to move forwards or backwards, sideways, in spirals. Do you wish to move with urgency into action or to linger for a while and consider all your options. Again, like yesterday, discovering a Shape or Movement that supports you to feel empowered, capable and response-able, able to cope with whatever your private practice may bring.

Starting Out

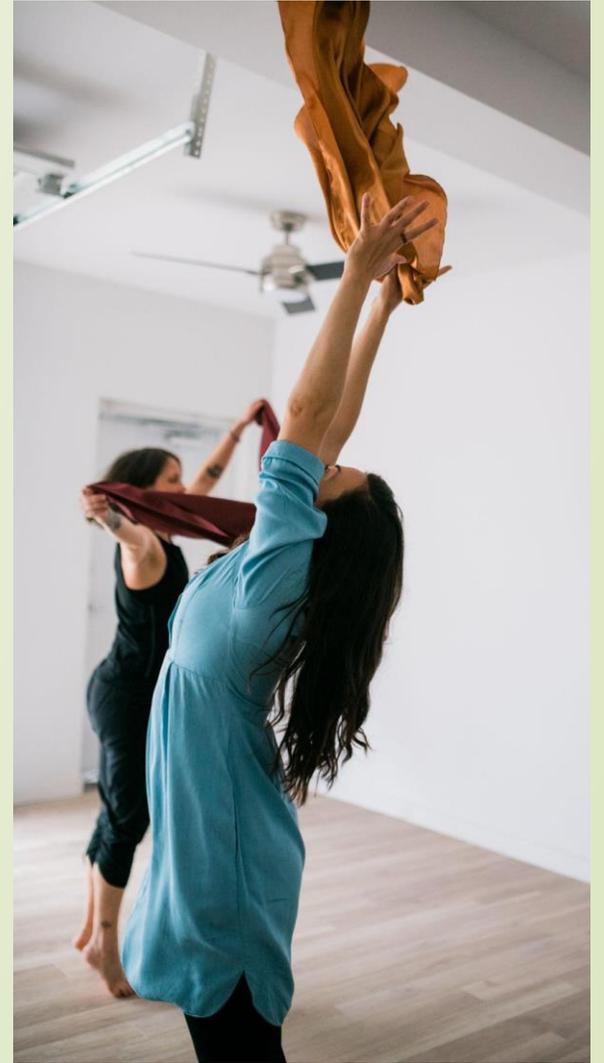
Moving **Step by Step** and knowing mentors and supports are available.

Overall Things to be thinking about:

Enough experience to be in private practice? Scope of practice?

How will you write a Business Plan? Are you an entrepreneur?

Legal structures and considerations? Financing?
Purchases of materials, equipment or services? Are your office forms and systems ready? Are you truly ready?



How much to work?

Our stories to share. What brings you joy and peace and wellbeing?

Realistic expectations of how fast your practice can grow, while keeping your stress levels low.

Full time not so smart starting out unless you already have a waiting list, but even then.....be prepared and keep savings

Having another source of income can be helpful: consider what type of job/income and how this impacts your **energy levels**.





You and your client's Safety

Some considerations:

Are you in a relatively safe part of the city or area? How will your client get to/from your office?

Home office vs. rented or collective office; advantages to both.

Consider being careful while seeing clients while alone in the building; pay attention to your felt sense of safety; have a phone accessible knowing how to quickly get help, text a code word as 'help' for signaling to colleague, partner or family/friends.

Whether or not to have a picture of yourself on your website? Personal data on your website?



Pair Share

Discuss with a partner:

Q. Is there anything else that is on your mind with regard to safety?
What concerns might you have and how do you plan to manage that risk?

Share in the Chat Room as you like once you come back.



Therapeutic Contracts

Sample contracts:

Intake Form(s): Child, Adult and Other

Disclosure Form (client gets a copy and you also keep one)

Agreements Form(s): use of Touch for example

Your forms need to cover the following: informed consent, confidentiality, payment, where to go for making a complaint against you as a therapist (names and contact of Professional Associations), record keeping, client rights, cancellation policy, closure, use of touch

All forms should be kept up to date with government regulations or changes to ethics, laws or bylaws for organizations.



Sharing of Sample Client Intake Forms and Contracts



Hana

Jessica

Ethical Use of Touch and consent

Always important to define and talk about early on in the relationship.

Discussion

- Forms for clients to sign (can be included in client contract or have a separate form for this).
- Consent is an ongoing process and is context dependent. Documenting the consent process is required in your notes.
- Consider **Self-Touch** first as resource.
- “Therapeutic Use of Touch Permission Form” can be found.





Pair Share

Q. What has been your experience of touch in a therapeutic relationship?

- How do you navigate this with clients?
- What is important to you as therapist and from experience as client?

BIO BREAK!





Note-Taking

Note-taking is your life-line! Find a way to make it enjoyable and feel into when best time for writing notes is for you. During the session itself? After? End of your work-day? How is your memory? Consider building in 10 or 15 minutes note break between clients.

Different methods, outlines and systems for notes, and also many considerations **legally. Be informed! Do trainings.**

Additional consideration is our Movement Observation tracking forms integrated into our notes.

Consider who may be reading your notes and are your notes understandable to client, lawyer etc?

Share sample notes for different contexts.





Space

Finding and **renting studios**. Business License and permits for use for dance/noise?

Looking for solid **group practices** to align with and receive referrals from.

Home studios: Life-work boundaries can be tricky. Types of clients you want at your home? Will working from home impact others?

Covid or non-Covid: Thinking “outside the box” by working outdoors, by virtual sessions - know your own boundaries.

Physical aspects of the space: carpet or non-carpet. Room to move? Room for props? Seating? Accessibility? Group vs individual clients? What else is needed? **Ideal...dream.**

Q. Does your space impact your **keeping confidentiality** at all? Blankets, white noise maker options may help.



Integrating DMT and **Talk Therapy**



There are many wonderful ways to bring in a body-centered and movement approach with talk therapy clients. Clients just need to know what you are doing and why and have agreed to it. Describe your ways of working in your Disclosure/Consent form and during your intake process.

In DMT, we are always utilizing talking/narrative and we recognize that talking is a **deeply somatic practice of resonance** into and out of the body. However that said, we DMTs also bring our attention and support our client's attention to their body.

You can always include your felt/embodied response in the process by naming what comes up for you.



Some ideas for integrating....

Some ways of helping clients to focus more into the body and engage their movement expressivity is to help them learn to:

- track and name their sensations
- notice where in their body they are experiencing these sensations or feelings
- evoking internal body-centered imagery
- speaking from/describing felt sense
- encouraging clients to “speak with the support of the body” (embodied speech)
- playing with props and music



Support



Get more support than you think you will need, and set it up ahead of time.

Clinical supervision in place and support from peers.

Check-in calls with and networking with other therapists.

Not letting things build up, attend to things as they arise.

Self-care planning in pairs (keep it present and fresh for you: where will you post your plan?)

Q&A



Closure

Checkin: How do you **feel** now in relation to starting a private practice? What do you notice in your body that has changed since we began?

Let's move and find a **Movement Phrase** that helps you to integrate today, helping you centre yourself in your new knowledge gained.

Share the movement if time allows.

