

Therapy Unleashed: Guide to Freelancing in the Mental Health Field



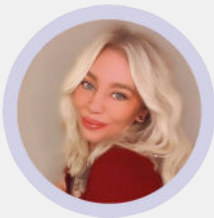
Belongly



As a therapist, you've spent years developing your skills in understanding, guiding, and supporting others. Now, it's time to apply those skills in a new and dynamic way – through freelancing. Imagine a professional life where you have the autonomy to make your own decisions, the flexibility to work from anywhere, and the opportunity to diversify your income. This is the world of freelancing, and it's a world that's open to you.

It's a valid question, and the answer lies in the unique advantages that freelancing offers. Freelancing allows you to take control of your career. You can choose who you work with, set your own schedule, and decide on the services you offer. It provides an opportunity to diversify your income and explore different areas related to your field. It also enables you to build a personal brand that's defined by your unique skills and experiences rather than a job title.

Of course, freelancing also comes with its challenges. But with the right guidance and resources, these challenges can be navigated successfully. That's where this guide comes in. It's designed to provide you with the knowledge and tools you need to launch and grow your freelance career. Ready to take the next step in your professional journey?



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Dani Allen is the Clinical Outreach and Development Manager for [Belongly](#). At [Belongly](#) she is responsible for engaging in outreach and marketing efforts to establish collaborative alliances with mental health practitioners who can gain value from the Belongly community while supporting clinical referrals for therapists and facilitating networking connections. She offers specialized knowledge on mental health subjects and the requirements of therapists and creates valuable downloadable content and resources for existing and prospective members of the [Belongly Community](#).

(Part 1 of 3) The Talented Therapist's Toolbox: Your Freelance Success Checklist

Whichever path of opportunity you choose to embark upon, ensuring your journey towards success is well-prepared and paved with confidence becomes of paramount importance. Before delving into the vast array of options available at your fingertips, we have taken great care to thoughtfully craft a comprehensive checklist that not only alleviates any sense of overwhelm but also provides you with the necessary guidance to navigate your path with ease and assurance.

- ☐ **Service Sculpting: Define Your Freelance Mojo**
Take the time to clearly articulate and define the invaluable services you bring to the table as a skilled freelancer. Craft a compelling narrative that encapsulates your unique expertise and offerings, ensuring potential clients understand the immense value you bring to their projects.
- ☐ **Rate Mastery: Strike the Perfect Pricing Cord**
Immerse yourself in thorough market research, delving into industry standards and analyzing competitor pricing structures. Strive to strike the perfect balance between competitiveness and fairness, setting rates that not only reflect the exceptional quality of your work but also appeal to your target clientele.
- ☐ **Portfolio Power Move: Show Off Your Talent**
Showcase your multifaceted skills, remarkable experiences, and awe-inspiring projects through a captivating portfolio that acts as a gateway into your professional world. Whether it takes the form of an exquisitely designed website, a meticulously crafted LinkedIn profile, or an interactive digital portfolio, make it a visual testament to your prowess and leave a lasting impression on potential clients.
- ☐ **Workspace Wonderland: Where Productivity Makes Magic**
Create a haven of productivity, whether it's a cozy home office adorned with inspirational quotes and natural light or a bustling local coffee shop that fuels your creativity. Pay attention to the ergonomics of your workspace, ensuring it promotes focus, efficiency, and a harmonious work-life balance.

Part 1 Continued

Tool Tornado: Equip Yourself with Empowerment

Arm yourself with the tools of the trade that empower you to deliver exceptional results. Invest in a reliable computer system that can handle the demands of your work, acquire the necessary software applications that streamline your workflow, and stay up to date with emerging technologies and trends that shape your industry. By equipping yourself with the right tools, you position yourself for success and maintain a competitive edge.

Schedule Symphony: Harmonize Your Time

Embrace the liberating freedom that comes with freelancing by strategically planning and organizing your work hours. Leverage your innate autonomy to optimize your productivity levels, capitalize on your most productive periods, and strike a harmonious balance between work and personal commitments. Craft a schedule that not only reflects your professional goals but also nurtures your overall well-being.

Goal Pursuit: Unleash Your Freelance Aspirations

It's time to dream big! As a freelancer, you possess the capacity to shape your own destiny and steer your career toward remarkable heights. Set ambitious, yet achievable, goals that ignite your passion and propel you forward. Whether it's expanding your client base, mastering new skills, or reaching a specific income milestone, let these goals serve as beacons that guide your journey and inspire continuous growth!

(Part 2 of 3) Treasure Trove of Opportunity:

Online Counseling: The Therapy Pioneer

Welcome to the digital age, where therapy is just a click away! Online counseling allows you to reach clients far and wide, right from the comfort of your home.

Skills to Tap Into: Empathy, active listening, communication, and digital literacy.

Where to Begin: Start by exploring online therapy platforms like BetterHelp or Talkspace. You can also consider setting up your private practice online using tools like SimplePractice.

Writing and Blogging: The Therapy Wordsmith

Got a way with words? Use your knowledge and experiences to enlighten, inspire, and support others. Write articles, blog posts, or even a book!

Skills to Tap Into: Writing, storytelling, knowledge in psychology or therapy, and creativity.

Where to Begin: Start a blog using platforms like WordPress or Medium. You can also pitch articles to mental health publications or websites.

Consulting: The Therapy Whisperer

Organizations and individuals need your expertise. As a consultant, you can guide them in creating mentally healthy environments or dealing with mental health issues.

Skills to Tap Into: Problem-solving, strategic thinking, communication, and expertise in mental health.

Where to Begin: Network with colleagues and organizations in your field. LinkedIn is a great platform for this. You can also take courses in consulting to hone your skills.

Part 2 Continued

Teaching and Tutoring: The Therapy Guru

Share your wisdom by teaching psychology or counseling courses online. Or, tutor students who are eager to learn from your experiences.

Skills to Tap Into: Teaching, communication, patience, and expertise in your field.

Where to Begin: Platforms like Coursera or Udemy allow you to create and sell your own courses. For tutoring, consider websites like Wyzant or Tutor.com.

Public Speaking: The Therapy Rockstar

Take the stage and share your insights at conferences, seminars, or webinars. Your voice can make a difference in the mental health community.

Skills to Tap Into: Public speaking, storytelling, subject matter expertise, and charisma.

Where to Begin: Start by speaking at local events or webinars. Toastmasters International can help you improve your public speaking skills.

Creating Online Courses: The Therapy Architect

Create an online course to share your knowledge on a larger scale. It's like being a teacher, but with a wider and more diverse classroom.

Skills to Tap Into: Teaching, digital literacy, creativity, and expertise in your field.

Where to Begin: Platforms like Teachable or Udemy are great for creating and selling your own courses.

Part 2 Continued

Podcasting: The Therapy DJ

Start a podcast on mental health topics. It's like having your own radio show, but with the freedom to choose your topics and guests.

Skills to Tap Into: Communication, storytelling, digital literacy, and a passion for mental health topics.

Where to Begin: Podcast hosting platforms like Anchor or Podbean can help you get started. You can also join podcasting communities for networking and support.

Life Coaching: The Therapy Navigator

Life coaching is like being a personal GPS for your clients, guiding them through life's twists and turns. It's less about past traumas and more about future goals.

Skills to Tap Into: Active listening, goal-setting, motivation, and communication.

Where to Begin: Consider getting certified from an accredited coaching program like the International Coach Federation (ICF). Networking on platforms like LinkedIn can also help you find clients.

Supervision: The Therapy Mentor

As a supervisor, you get to shape the future of therapy by guiding new therapists. It's like being Yoda, but for the therapy world.

Skills to Tap Into: Teaching, mentoring, leadership, and expertise in your field.

Where to Begin: Check your state's requirements for becoming a supervisor. Joining professional organizations like the American Psychological Association (APA) can provide opportunities for clinical supervisory roles.

Part 2 Continued

Clinical Assessment, Evaluation, and Testing: The Therapy Detective

Use your skills to assess, evaluate, and test clients' mental health. It's like being a detective, but instead of solving crimes, you're solving mental health puzzles.

Skills to Tap Into: Diagnostic skills, attention to detail, patience, and knowledge of psychological tests.

Where to Begin: Brush up on your testing skills with continuing education courses. Networking with clinics and hospitals can provide opportunities for these roles.

Part 2 Continued

Non-Traditional Part-Time Roles: The Therapy Chameleon

Who says therapists can only do therapy? You've worn MANY hats throughout your career, let's be real. It's just a matter of putting a job title on them. Your skills are valuable in many fields. Here are a few gigs you might consider:

UI/UX

Use your understanding of human behavior to create user-friendly designs.

Skills to Tap Into: Empathy, understanding of human behavior, creativity.

Where to Begin: Take online courses on platforms like Coursera or Udemy to learn about UI/UX design.

Human Resources:

Help organizations create a mentally healthy work environment.

Skills to Tap Into: Understanding of human behavior, communication, problem-solving.

Where to Begin: Networking on platforms like LinkedIn can help you find HR roles. You can also get certified as a Professional in Human Resources (PHR).

Learning Experience Design

Create engaging, inclusive, accessible, and effective learning experiences.

Skills to Tap Into: Understanding of human behavior, creativity, teaching.

Where to Begin: Online platforms like Udemy or LinkedIn Learning offer courses on different elements of learning experience design. There's also a ton of blogs, books, and other resources on instructional design, human-centered design, and trauma-informed design (sounds cool, right?!)

Marketing & Community Roles:

Use your understanding of human behavior to create effective marketing strategies.

Skills to Tap Into: Understanding of human behavior, creativity, communication.

Where to Begin: Online courses on platforms like Coursera or Udemy can help you learn about marketing. Social media also has plenty of inspiration, many with their own successful marketing careers!

Process Management:

Help organizations improve their processes and workflows.

Skills to Tap Into: Problem-solving, strategic thinking, communication.

Where to Begin: Get certified in process management methodologies like Six Sigma or Lean. Networking on platforms like LinkedIn can also help you find roles in this field.

(Part 3 of 3) Your Freelancer's Digital Directory

Digital Therapy Dens:

- BetterHelp: <https://www.betterhelp.com/>
- Talkspace: <https://www.talkspace.com/>
- SimplePractice: <https://www.simplepractice.com/>

Word Wizard Workshops:

- WordPress: <https://wordpress.com/>
- Medium: <https://medium.com/>
- Blogger: <https://www.blogger.com/>
- Ghost: <https://ghost.org/>
- Squarespace: <https://www.squarespace.com/>
- Wix: <https://www.wix.com/>
- Substack: <https://substack.com/>

Knowledge Networks:

- LinkedIn: <https://www.linkedin.com/>
- Coursera: <https://www.coursera.org/>
- Udemy: <https://www.udemy.com/>
- Toastmasters International: <https://www.toastmasters.org/>
- Youtube: <https://www.youtube.com>

Wisdom Warehouses:

- Wyzant: <https://www.wyzant.com/>
- Tutor.com: <https://www.tutor.com/>
- Course Hero: <https://www.coursehero.com>
- Stuvia: <https://www.stuvia.com>

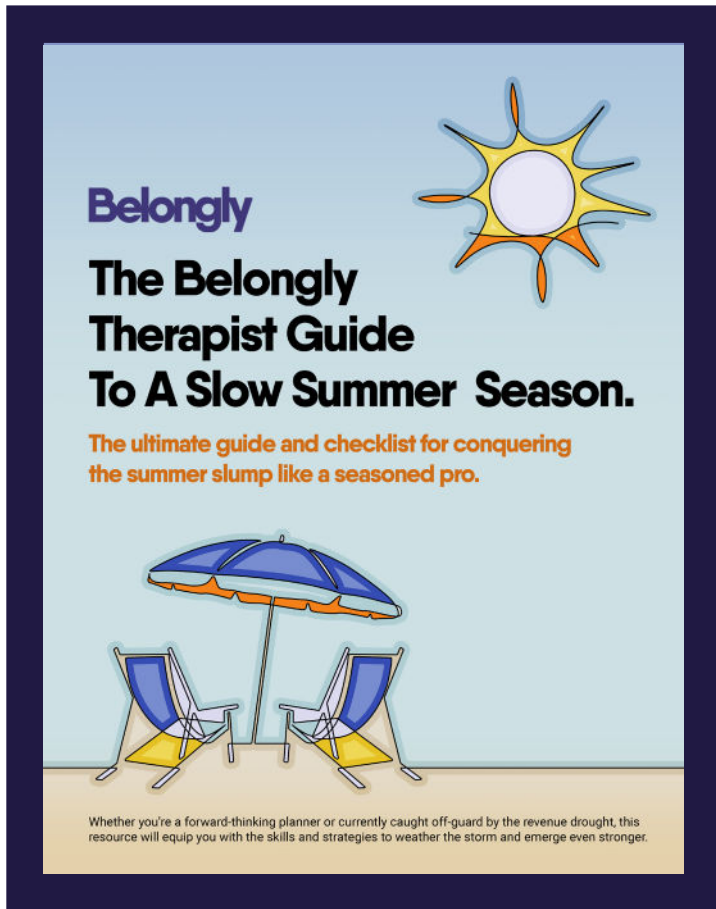
Creative Cosmos:

- Teachable: <https://teachable.com/>
- Edapp: <https://www.edapp.com>
- Anchor: <https://anchor.fm/>
- Podbean: <https://www.podbean.com/>
- Thinkific: <https://www.thinkific.com>
- Podia: <https://www.podia.com>
- Mighty Networks: <https://www.mightynetworks.com>

Freelance Frontiers

- Upwork: <https://www.upwork.com/>
- Fiverr: <https://www.fiverr.com/>
- Freelancer: <https://www.freelancer.com/>
- Guru: <https://www.guru.com/>
- Toptal: <https://www.toptal.com/>
- FlexJobs: <https://www.flexjobs.com/>

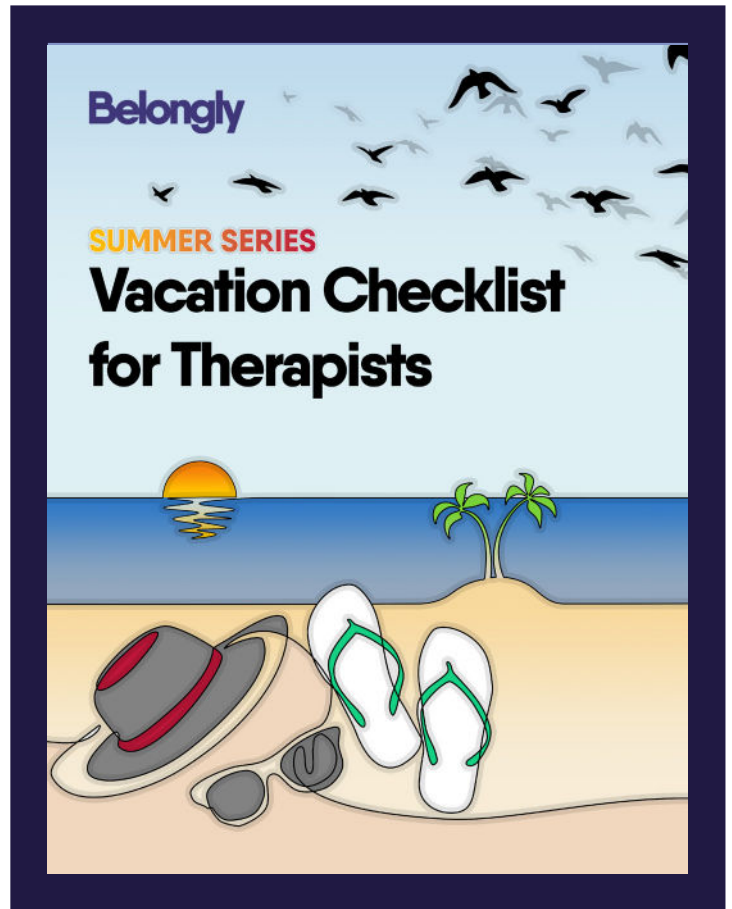
More Summer Guides For Therapists



[The Belongly Therapist Guide To A Slow Summer Season.](#)

Introducing the Therapist Summer Slump Survival Guide, your secret weapon to overcoming the sun-soaked hurdles. Inside you'll find the ultimate guide and checklist for conquering the summer slump like a seasoned pro. Whether you're a forward-thinking planner or currently caught off-guard by the revenue drought, this resource will equip you with the skills and strategies to weather the storm and emerge even stronger.

[Download This Guide](#)



[Vacation Checklist for Therapists](#)

With this comprehensive guide, you'll be able to plan and enjoy a well-deserved vacation and establish seamless communication with your cherished clients. Rest assured, even in your absence, your practice will continue to thrive, thanks to the expert strategies and tips we're sharing. Embrace the confidence that comes from knowing you have everything under control, and make this summer your most rejuvenating and successful season yet.

[Download This Guide](#)

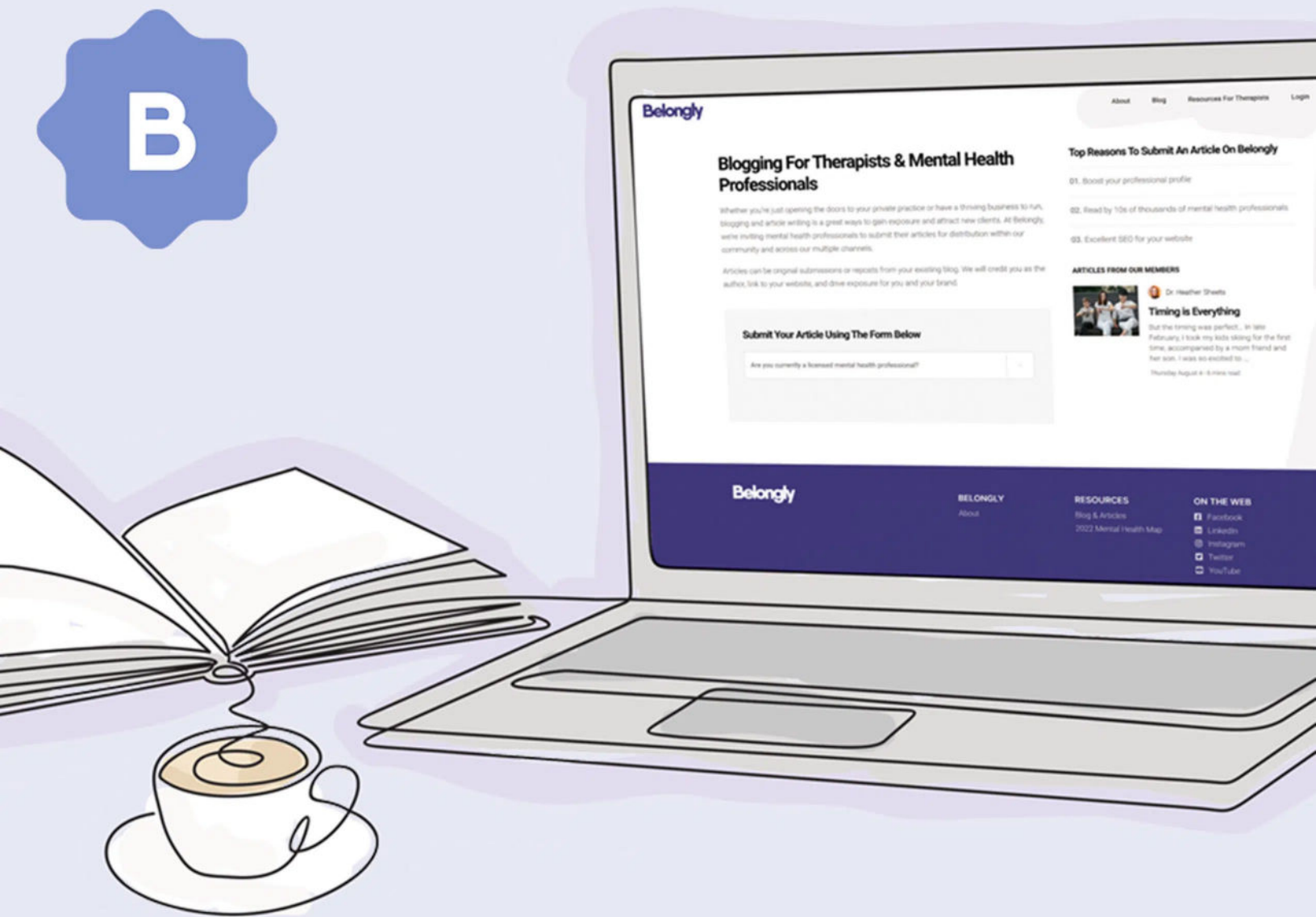
Get published for free on the fastest growing content platform in the mental health industry, today.

Whether you're just opening the doors to your private practice or have a thriving business to run, blogging and article writing are great ways to gain exposure and attract new clients. At Belongly, we're inviting mental health professionals to submit their articles for distribution within our community and across our multiple channels.

Publish An Article

01. Boost your professional profile **02. Read by 10s of thousands of mental health professionals**

03. Excellent SEO for your website





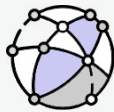
The community for mental health professionals.

A free, secure space for mental health professionals to collaborate with and meet new colleagues, support each other with referrals and stay connected to a trusted network of peers.

[Join Today](#)

[Learn More](#)

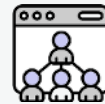
Belongly is a secure private platform. Currently, we only accept US-based therapists.



Connect

Meet other psychologists, social workers, and mental health professionals who share your specialties, interests, and day-to-day challenges.

[See who's on Belongly](#)



Collaborate

Consult on cases, securely discuss specific issues, and learn from a protected space. Help one another by giving and receiving professional support.

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Cultivate

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[Exchange Referrals](#)