



... **BEST PRACTICE TOOLS**





## Helping You Help Others

The biggest obstacle after cost that prevents people from seeking psychotherapy is the belief that it won't be effective. But you can overcome that. Mental Health Pros (MHP) has built a suite of tools to assist you in delivering the most effective psychotherapy possible. Because we're therapists ourselves, we understand what you need to serve your clients. Your increased effectiveness after partnering with MHP will attract more clients to your practice through word of mouth and referrals. Clients will also be drawn to your services because of your first-rate homepage and its host of helpful resources. Tools include:

### Feedback Improved Therapy (MyOutcomes)

Objective feedback is proven to improve performance, whether in athletics or in psychotherapy. MyOutcomes, which is used by the U.S. Navy and other world-class organizations, objectively measures the most critical factors in psychotherapy: the client's psychological distress and the strength of the therapeutic alliance. It consists of two assessments that take a minute each to complete and are conducted at the beginning and end of each session.

#### Features

- Aggregate data on all sessions can be viewed in graphs that enable you and the client to see a visual representation of progress.
- Computerized administration collects and stores data instantly and easily.
- Assessments can be taken by children, adolescents, adults, and couples.

#### Benefits

- Randomized clinical studies indicate that the effectiveness of psychotherapy doubles, triples, or even quadruples with MyOutcomes.
- Attract many more clients, because after price, the biggest concern for clients is effectiveness.
- Engender positive word of mouth among clients.
- Be preferred by referral sources, because you can prove increased effectiveness relative to others.



## Access To Health Portal

A Web portal is a proven tool for creating efficiencies and enhancing the client experience. By integrating MHP's portal technologies into your practice, you can provide both you and your clients with a multitude of unique features and benefits. You and your clients will receive a passcode to access personal files and resources, with new features added each month by our product development team.

### Features

- View a confidential therapist dashboard that lets you see all client files, assessment scores, journaling, and homework assignments in one easy location.
- Clients can take 27 assessments and archive their scores to track their progress.
- Hundreds of relevant articles, a health encyclopedia, and a comprehensive video health library are available to clients 24/7.
- Clients can journal securely online, allowing you to review journal entries prior to each session.
- Community forums, facilitated by a registered counselor, provide clients with peer support.
- Clients can take the interactive multimedia stress workshop to learn relaxation exercises.
- Wallet cards guide clients in implementing new behaviors.
- Clients can listen to brief tutorials on a wide range of health topics by dialing into a toll-free tele-wellness audio library.
- A monthly teleconference workshop facilitated by health experts teaches clients mental health and lifestyle skills.

### Benefits

- Promote self-care by teaching your clients how to help themselves.
- Keep organized and stay connected to your clients through the client dashboard: it enables you to access client journals, assessment scores, homework assignments, and clinical notes in one easy location.
- Increase bonding with clients by following their journal.
- Help your client move closer toward achieving their therapeutic goals through portal-based homework assignments that you can review at each session.
- Providing clients with access to the portal for up to a year after their last session serves as a potent marketing tool, resulting in repeat business and word of mouth.
- Client registration passcodes are provided for potential clients, allowing them to enjoy the portal's many resource. This greatly increases the likelihood that they will proceed from making an initial inquiry to booking a first appointment.



## Therapist Continuing Education

Take part in monthly workshops from September to May via phone and webinar.

### Features

- Accomplished guest speakers present new research findings and methods to increase therapeutic effectiveness in the context of an open discussion.
- Take part in the workshop from any location.

### Benefits

- Collaborate and stay connected to leaders and innovators in the field of mental health.
- Stay at-tuned to advanced therapy methods.

## Practice-building Workshops

Take part in monthly workshops from September to May via phone and webinar.

### Features

- Sharpen your skills in attracting clients and marketing your practice.
- Learn from guest speakers with expertise in setting up, growing, and diversifying a practice.
- Receive turnkey marketing materials that you can use for your practice.

### Benefits

- Develop skills to build a fully booked practice.
- Increase your hourly rates.
- Do more pro bono work as a result of enjoying increased revenue streams.

## Client E-newsletter

A monthly e-newsletter for current and past clients keeps your name at the top of their minds, increasing repeat business and referrals. Each newsletter is written by MHP's award-winning health journalist and is presented in an attractive, professionally designed format.

## Weekly Quick Start Workshops

All of MHP's best practice tools have been specifically designed to require only a basic level of computer competency. Learn how to use the MHP suite by watching a 20-minute webinar located on the Contact page of the [mentalhealthpros.com](http://mentalhealthpros.com) web site. For additional support you can call Customer Support at 1-877-763-4775 or email [CustomerCare@mentalhealthpros.com](mailto:CustomerCare@mentalhealthpros.com)