



# Know Thyself Healing & Therapy

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## *Introduction to working with Know Thyself Healing & Therapy*

### *Our Mission*

*Know Thyself Healing & Therapy's mission is to walk alongside our clients, to support them in their healing journey and guide them toward learning to truly know themselves.*

Hello!

As we continue to grow we are finding that it is also important to create an extended group of practitioners that will help us to manifest the vision we have. We have worked hard for many years to build up our knowledge and experiences in helping others in our community to live healthier lives.

Being healthy is not a siloed or isolated effort, it includes the spiritual, physical and mental health of a person. Providing a broad range of quality solutions cannot happen with only one person. It requires the collaborative effort of diverse individuals who can combine their skills to provide support and insights that can be leveraged by the people who look to us for help.

### *Vision Statement*

*Know Thyself Healing & Therapy's vision is to create a supportive community for our clinicians and practitioners which enables them to grow and thrive. This community is empowered to provide excellent care and solutions that give the best outcomes to our clients. This community also extends out into the community as we collaborate with other individuals, healthcare professionals and organizations devoted to compassionate support of those in need.*

The overview document will summarize the options and benefits available when deciding to work with Know Thyself Healing & Therapy as an Independent Affiliate Service Provider.

Believe me, when I say I've been there. After 25+ years as a school social worker, I made the decision to get my Masters Degree in Social Work to hopefully start my own private practice one day. Well, what they don't tell you in school is that this dream can take a long time to be realized.

I don't know if your school was like this, but mine did not prepare me for all of the nuances of what it takes to even become a licensed social worker. Not only was this a lengthy process, but trying to understand what is involved with the business aspects of this career was nowhere on my radar of information I had after stepping off the stage on commencement day.

Being a social worker, through and through, I did what we do. I dug into what I knew how to do and that was helping others in any way I could. I was lucky enough to have mentors and other practitioners come into my life that assisted me along the way. I was even luckier to have a husband that supported me and has a very good knowledge of how to run a business. Being where I am today certainly started with my desire to



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help others, but I know for a fact that I would not be here if it was not for the help and collaboration of a wonderful group of friends and professionals around me.

## *Our Values*

- **Truth**  
Truth is the basis for any healthy relationship. We strive to always communicate from this place in order to create strong and enduring connections that collaborate toward healing and knowing thyself fully.
- **Compassion**  
Compassion enables us to not only empathize with our clients and community, but to see them as ourselves. What we do unto others, we also do unto ourselves. Compassion reminds us that we all heal together when this simple precept is followed.
- **Empowerment**  
Empowerment is about giving, teaching, supporting and loving. This value is our guide and reminder that what we do is in service of others.
- **Acceptance**  
Acceptance is a process that has outcomes in growth and connection. Acceptance is a place of power and thoughtful action. Accepting others for where they are, for doing the best they can, is a crucial step toward opening up to the help that can be given.
- **Collaboration**  
Collaboration reminds us that we need one another. Living is meant to be shared as we all have our unique perspectives, talents, and needs. We are meant to embolden one another on our journey in this life.
- **Transparency**  
Transparency reveals the truth and it holds us accountable to our actions. This value holds a special place in reminding us to do better each and every day.

With all of that said, I want you to know that my desire to grow into a Thriving Group Practice comes with a good measure of humility. To make a group practice thrive, I am looking for the right individuals who share my vision for what we can do together as a collective. Each of us not only wants a safe and collaborative environment, but is also willing to create that space as well.

We have established a relationship with a professional insurance billing service which will also handle all of our insurance payer paneling and clinician credentialing. We are paneling with the most common insurance payers in our area to begin with, and will be adding more as the need arises. We are open to hearing your needs for insurance payers for existing clients, so please feel free to share that information.



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We also hope to design our office spaces to promote scheduled and impromptu collaboration, clinician and client safety and easy access for all needs. We currently have an office near Hopkins Crossroads off of Hwy 394 in Minnetonka, MN, but will be looking for more space as we grow.

I hope you find that what we have to offer at Know Thyself Healing & Therapy will enable you to both grow as a practitioner and find a collaborative home. It is our deep desire to create a community of practitioners with a variety of skills and passions that will thrive.

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Licensed Independent Clinical Social Worker

Master Accelerated Resolution Therapist

Certified Clinical Trauma Professional

Certified Clinical Hypnotherapist

Clinical Supervisor

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