



# 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 and support them in their journey to heal and to truly know themselves as whole. We utilize a variety of modalities and years of experience to create the best possible approach for our client's healing.*

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 enabling 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 at, doing the best they can is a crucial step towards 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 also is 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 hear your needs for insurance payers for existing clients, so please feel free to share that information.

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.



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I hope you find what we have to offer at Know Thyself Healing & Therapy will enable you to not only grow as a practitioner, but also to 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

Certified Trauma Specialist

Master level Accelerated Resolution Therapist

*Last Updated: 02/25/2023*



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**Topic:** Overview of Affiliate Practitioner Options and Benefits

**Purpose:** Growing into a thriving group of affiliate practitioners.

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## Licensed Affiliate

This role is for licensed social workers who have completed the necessary testing and licensure based on the individual board requirements. Depending on the agreement we make, Licensed Affiliates (LAs) will have the option to work fully remote or you can rent office space and choose to see clients in person or remote as well. While we do believe in-person therapy, we know that clinicians at this level already have spent many years crafting their skills and approach to client care. We trust that you will provide excellent care for the client's needs and will not hesitate to refer them for in-person care if a different level of care is necessary.

LAs are independent contractor affiliates. This means that you will receive a 1099 at the end of the year for any compensation paid out for services rendered.

LAs may have a speciality they are practicing, but we highly recommend that all practitioners stay open to the possibility of stretching themselves to help everyone in need. You will not be expected to see a certain number of clients as part of your practice.

LAs schedule is completely self-managed; you can choose to work flexible hours. This includes weekdays, evenings and weekends if needed. You will always have access to the organization's technological resources as well as in person resources during their normal office hours.

### Licensed Affiliate clinicians are provided with:

- KTHT email address
- Organizational intranet Google Workspace and web resources for your use and reference
- Training and technical support from KTHT Practice Manager
- Administrative support
- Quality peer consultation and support
- Collegial and supportive environment
- Marketing your services on the KTHT website as well as part of overall marketing efforts for the group practice.
- Excellent income potential
- Weekly group case consultation with other clinicians
- Practice management software for client scheduling, communication, documentation and billing
- Professional dedicated credentialing and billing specialist
- Main office secure eFax through office Admin
- Main office secure email through office Admin if needed outside practice software



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- If choosing to rent office space:
  - Unfurnished shared office space for client consultations
  - A library of books and other resources

## Licensed Affiliate clinicians compensation & deductions:

- Monthly collections payout based upon agree split with organization
- Monthly practice management fee will be deducted from collections prior to payouts
- Monthly MN Care taxes will be deducted from collections and paid to the State prior to payouts
- Personal eFax access or Secure email can be provided at an additional cost to be deducted from collections as part of monthly payouts.
- If choosing to rent office space:
  - Office rent will be invoiced to clinician monthly

## Licensed Affiliate clinicians are required to provide:

- Personal laptop or tablet capable of accessing KTHT wifi and related internet practice software and KTHT intranet resources.
  - Individual professional liability insurance
  - Renter's insurance to cover personal property (optional)
  - A mature and grounded demeanor dedicated to impeccable client service
  - A desire to collaborate with all practitioners within our group practice
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*Last Updated: 02/17/2023*