

Therapy Chat Episode 331



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[00:00:00] **Laura Reagan:** Therapy Chat Podcast, Episode 331.

[00:00:04] **Announcer:** This is the Therapy Chat Podcast with Laura Reagan, LCSW-C. The information shared in this podcast is not a substitute for seeking help from a licensed mental health professional. And now here's your host, Laura Reagan, LCSW-C.

[00:00:37] **Laura Reagan:** Today's episode is sponsored by Trauma Therapist Network. Trauma Therapist Network is a platform for finding a trauma

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[00:01:31] Hi, welcome back to Therapy Chat. I'm your host, Laura Reagan. Today we are continuing the conversation about Equine-assisted Psychotherapy.

[00:01:41] So if you heard episode 329, I interviewed Mary Sue McCarthy LCPC, and she talked about Trauma-focused Equine-assisted Psychotherapy, which is a mouthful words I use all the time, but stumble over them when I'm putting them all together. Mary Sue explained [00:02:00] how Equine-assisted Psychotherapy helps us engage the attachment system and how we do equine work, because it's an opportunity to activate our attachment relating. So, the way we relate to other beings opens up in connection with the horse, or doesn't open up and either way it's information. So, if you listen to episode 329, you know what I'm talking about, Mary Sue explained it very well. And she also wrote a guest post on Trauma Therapist Network's blog about this subject, where she goes into it in a little bit more detail explaining how it relates to Polyvagal Theory, but it's all in a very down to earth style of explanation.

[00:02:46] So it's not super heady. Anyway, hopefully you heard episode 329 last week. We heard that interview with Mary Sue McCarthy. And this week you're going to hear me speaking with Julia Alexander, who [00:03:00] is now a licensed clinical social worker practicing in Austin, Texas. But at the time she was a new grad and she talked about finding her way in clinical work as an Equine Psychotherapist with her Natural Lifemanship Training. So, this is a really interesting conversation to listen to, especially as we're in graduation season and there's many new MSW grads coming out of school now, eager to get out there and help.

[00:03:32] And there's so much need right now as always, it's harder and harder to find a therapist these days, because so many of us are exhausted and worn out

from practicing during the pandemic, walking alongside our clients, dealing with the same struggles and pain and fear that we have been dealing with, which is very challenging.

[00:03:57] And as the pandemic is shifting [00:04:00] to some kind of a strange new normal with plenty of ups and downs, still many of us are wondering how we're going to keep going. It's a really hard time to be a therapist, but connection and community and being with others who get where you've been and know that it can get better is really powerful.

[00:04:20] It's been deeply meaningful to me, connecting with fellow trauma therapists in the Trauma Therapist Network community. During our weekly calls, there's so much, so much resonance in all of our experiences, and there's so much hope and compassion and kindness and warmth and encouragement, support, and practical tips.

[00:04:42] I'm really grateful for the community. And I'm grateful for all of you, new social workers and other mental health professionals and counselors who will be out there graduating this summer. And so my advice [00:05:00] to all the new grads is practice self-compassion. You have the heart to help others. You're a caring person and you're a resourceful and intelligent person, and you can learn all the ways to help others.

[00:05:18] One of the things that they don't teach you in school, at least they didn't before, and I hope it's getting better, is how to take care of yourself. So, as you go out there and do good work, remember to go inward and check in with your own needs. Hopefully these conversations on Therapy Chat can remind you to come back home to yourself.

[00:05:40] I think making your own self tending a regular practice and a priority is the only way to keep going in this field. And don't try to go at alone. You're not alone. You're part of a community of people and we can do more together. So congratulations to all the new grads. And I hope this conversation [00:06:00] will be inspiring and thought provoking. And love to have you as part of the Trauma Therapist Network, if you have experience in trauma and training and passion for working with trauma survivors, you are needed. Registration will be opening up this summer. So. If you are a therapist and you're interested in that, be sure to get on the waiting list. There's a link in the show notes.

[00:06:22] Let's dive right in to my conversation with Julia Alexander, who will be returning sometime in the near future for an updated conversation to hear about what she's doing now. Thank you all for listening. Talk to you soon.

[00:06:41] Welcome back to Therapy Chat. Today's episode is going to be, I think fascinating. Of course. I always say that so you can decide for yourself, but I think you're going to enjoy my interview with Julia Alexander. Julia, thank you so much for being on Therapy Chat.

[00:06:58] **Julia Alexander:** Thank you, Laura. I'm [00:07:00] really happy to be here.

[00:07:01] **Laura Reagan:** I'm so happy that you're here too. And I'd like to start off with just you letting the audience know a little bit about you, who you are and your work.

[00:07:13] **Julia Alexander:** Okay. So I recently graduated with my MSW from Smith college. I now work out at Spirit Reins in Liberty Hill, Texas. And I do Trauma Focused, Equine assisted Psychotherapy. And I got involved in that work. It was a long time coming, but when I was at Smith, I went through my first semester of classes and yeah, it was a lot of focus on talk therapy and, I wanted to understand trauma better. And I found a mentor who worked with horses. And I grew up working with horses. I think, I think everyone that has had childhood experiences with horses, they know that there's something [00:08:00] really healing and powerful about that connection, that is sometimes hard to put into words, but it's a felt sense.

[00:08:07] And I thought if I could figure out how to do that I would be really happy in the work that I was doing and it would help me understand my own experiences better as well. So anyways, long story short, my mentor, sent me training for a Natural Lifemanship and I felt like I learned more in three days about the brain and about trauma and about myself and about connection than I had learned about any of those things within my schooling.

[00:08:33] So that's what led me to the path that I'm on now.

[00:08:36] **Laura Reagan:** Awesome. I know that a lot of people who work with horses know that they feel something. And like you said, it's a felt sense. But I think from my experience, a lot of people who work with horses don't know what they're feeling with it and why, so they can't explain it.

[00:08:55] You know, they don't have like the teaching about [00:09:00] self-regulation and trauma that comes with Natural Lifemanship. So it's like sort of a missing piece in that I think in that experience for many people who do work with horses, they're like, I just know that I have to do this, or people will say it's my therapy, but without like the frame of reference to say what it's doing for

them. People who ride people who work with horses directly as like, you know, trainers and stable working in stables and owning stables and things like that. So, it's like, you can take that knowledge from your own experience of what it felt like. And then when you learn what's really happening in your brain, when you're working with horses, it's like, oh.

[00:09:41] **Julia Alexander:** Yes. That's exactly what it's like. I think there's two pieces I feel like to some of this trauma informed equine-assisted psychotherapy that we're really big paradigm shifts for me. And the first is exactly what you're saying is that [00:10:00] yes. You know, there's, this felt sense of being near horses, being around them, building relationships with them, and then being on them and, and all of those things once we start to understand trauma and how it impacts the brain and how regulation happens. You know what we need to support our own regulation, our client's regulation. It's like, wow, this really just makes sense. And then if we moved to have clients on the horse, you know, I think it's very hard to like, repeat that or, copy that, natural movement of the horse.

[00:10:36] And so you have these things happening that yeah, as a horse person, you go and you're just like, wow, this is what, this is exactly what I've been feeling. But there's another piece to that, that's a big paradigm shift, I think, which is, I think that we're taught many of us who've had horse experience. We're taught that we are in control of the horse and that, we can't show [00:11:00] our fear and there's all these stories. I think that at least I was told growing up.

[00:11:05] **Laura Reagan:** I've heard those things. Yeah. You know that confident you have to make the horse think you're not afraid and the horse needs you to be in control.

[00:11:15] **Julia Alexander:** Yes, exactly and what I love about Natural Lifemanship is that it really flipped that, that mentality on its, on its head and you know, it, it, it talks about, as a principle-based model that we were not gonna engage with horses in a way that we wouldn't want to engage with clients. So, it's not about control. It's not about dominance. It's about connection and it's about building a relationship where both parties can think and act for themselves where both parties keep themselves safe and make requests that don't damage relationships. And as we know with trauma, right, that, when we're [00:12:00] dysregulated or when we're triggered, we can, we can make decisions, or I guess it's not even decisions. We can react in ways that damage relationships. And so, I think the healing, that comes in is rewiring the brain to

develop different relationship patterns and the horses, they're just so incredible at helping us do that.

[00:12:20] So. Yeah, a lot of, a lot of really amazing connections made once we understand the brain. And once we look at horses as, as partners in this process and not as tools.

[00:12:31] **Laura Reagan:** Beautiful, I want to ask you about one thing you said, but first I want to comment that what strikes me as being really different in natural life men ship, from what you know, I am not an experienced horse woman and people who've listened to this podcast know that I've had more exposure to being around and working with horses and riding over the past couple of years that I hadn't had before since I was kind of an adolescent, but I think what I have learned in my [00:13:00] more recent time around horses, there have been a lot of messages about the horse wants you to be the leader. And you have to show the horse, kind of like that you're in charge and everything and that's what makes the horse feel safe and I've seen some things from Natural Lifemanship that say, it's not about making the horse, do what you want to do. It's about making a connection with the horse so that the horse wants to do what you're asking.

[00:13:28] **Julia Alexander:** Yeah. Yeah, exactly. And that's a really powerful. It's a powerful message to have in relationships. I mean, I think people that have experienced trauma, a lot of us have experiences where relationships are based on, dominance or control or fear or intimidation, powerlessness. Exactly. Not feeling like you have a voice, and those feelings are [00:14:00] our body feeling. Our body feels that and stores that. And I think that with Natural Lifemanship, we open up our minds to the possibility of experiencing a different type of relationship that, that doesn't, where the foundation is not those things. And that can feel really scary, I think, especially when you work with such a big animal, you know.

[00:14:22] **Laura Reagan:** Extremely vulnerable.

[00:14:23] **Julia Alexander:** Yeah. It's a very vulnerable, but that's kind of where that's where the work is. Right? I mean, you put yourself in this position to, to not dominate, right. And to, to build enough trust where you, you do make a request out of a relationship and the other party, whether it's a horse or a person says, absolutely, I want what's best for this relationship.

[00:14:49] I want to connect with you. And if connection means that you need me to follow you, then I'm happy to do that because it doesn't hurt our

relationship. It strengthens it. And obviously I don't think the [00:15:00] horse is having that exact conversation in its head, but that's the foundation.

[00:15:04] **Laura Reagan:** Well, the horse is kind of having that conversation in its body. Just like a lot of what's going on for us. We think it's our thoughts that are, running it, but it's really more responses to what we feel that are happening in our body that make us do what we do. Even if we then analyze it with our smart thinking brains and think that's the explanation.

[00:15:27] **Julia Alexander:** And a lot of this work, as we've talked about before it's, body-based, it's a felt sense. I mean, and, and some clients, are not in a position to be able to be really insight oriented. They just need support, feeling and that's it. And learning what feels safe and what doesn't feel safe and creating boundaries and all of those things those healthy relationships need.

[00:15:51] **Laura Reagan:** Yeah. And when you're talking about body-oriented work, the sense of feeling safe or unsafe is more in one's body than it is in our [00:16:00] conscious cognitive awareness. And so when sometimes you might ask someone or you might ask yourself, am I safe? Yeah, of course I'm safe. I'm here. I'm in my house. Nobody's here, the door's locked, but that doesn't mean you actually feel safe. So, it's like you're thinking can fool you into thinking, oh yeah, I'm safe, but your body's saying not safe. I need to run. I need to hide. You know? And so it's like, what is your body telling you? And what's happening for you, if that's what you're feeling, even though you think it doesn't match what you should be feeling.

[00:16:32] **Julia Alexander:** Yeah. And I love that you said that because I think that's part of where the power of working with horses. At least for me seeing it daily, so profound because we, I think have taught ourselves in a variety of ways to override what we, what our body is telling us. Right? Like we use the neocortex and the cognitive thinking parts of our brain to say you know, I'm fine. I'm fine. I'm fine. Or, you know, [00:17:00] we, we put on a brave face or we, we tell people we're okay when we're not.

[00:17:04] **Laura Reagan:** Push through

[00:17:06] **Julia Alexander:** We push through, and we try to survive. And when you're, when you're in the pasture with the horse, or when you're around the horse, the horse, doesn't understand non-congruency. I mean, they don't get that. They don't live in that world. They live in the present. And so, they, they will react to non-congruency in a way that doesn't necessarily build healthy

relationships. And so it is very powerful I think for people who engage with horses, who are used to being able to say, no, no, I'm fine.

[00:17:40] I'm fine. Or to, you know, to say, I'm not scared, but you know, you can see it in their body, everything is tense, or their shoulders are tense or their jaws are clenched. And, you know, the horse will in a variety of different ways, they'll let them know right, within the context of the relationship they're trying to build.

[00:17:58] And that is so [00:18:00] powerful. And I think that is some of the work that's being done with Somatic Experiencing and Sensorimotor Psychotherapy, really helping clients key in right to like, what is happening in your body right now? Um, cause a horse helps you stay in your felt sense, which can be really uncomfortable too. Right?

[00:18:20] **Laura Reagan:** Right. Because for many people, being in their bodies' hasn't been safe, whether because of overwhelming anxiety that they feel because of a trauma history, or even if their bodies were, abused when they were children, then feeling what your body sensations are, which is that your body's reliving that trauma often, it doesn't feel safe to be in the here and now. It feels safer to be disconnected, but it's really an illusion that it's safer because then you're really unable to protect yourself because you really don't actually know what you're feeling or what's happening around you. Your felt sense that's there to give you [00:19:00] information is like inaccessible to you.

[00:19:02] **Julia Alexander:** Yeah. And I think that the horse and the therapist at same time are so important with that because you know, the horse is going to ask you to be present and it's the therapist's responsibility, I think, to be able to track where clients are in their bodies and when it's too much, right. And we obviously don't want to retraumatize anyone or cause them to go over threshold. And that's where we really, like, I think with Natural Lifemanship use a lot of bottom-up regulation techniques and being able to help clients in anyway, that they can, kind of stay grounded and to know when they're not grounded. And sometimes we'll put clients on horses to help them regulate, but there are so many nuances and, just it's, it's very intricate and, it takes a lot of knowledge and that's something I'm still learning.

[00:19:57] So, um, we say something, we say [00:20:00] something that I think is, is really important that we don't want the horse to just become a very expensive rocking chair, to help clients regulate it's really coming back to the connection and to the relationship. But, yeah, understanding when clients are over the threshold is important with this work because it is so embodied.

[00:20:22] **Laura Reagan:** Running a group private practice has been a challenging and rewarding experience. And one thing that has made it so much easier is Therapy Notes. Therapy Notes makes billing, scheduling notetaking, and telehealth, incredibly easy. If you're coming from another EHR, like I did, Therapy Notes makes the transition incredibly easy importing your demographic data free of charge so you can get going right away. My team has found Therapy Notes, very easy to learn. It's intuitive. The customer support is second to none. And that's one of the things that has kept me a Therapy Notes customer for several years now. Anytime I've needed to [00:21:00] contact therapy notes for help with an issue, I couldn't figure out on my own I've been able to get through to someone and resolve the issue within 15 minutes, 99% of the time. Find out what more than a hundred thousand mental health professionals already know, try Therapy Notes for two months, absolutely free. Just click on the link in the show notes or enter the promo code, "CHAT," at therapynotes.com.

[00:21:24] Yeah. And with any, any trauma works of course, and you know, and that's what I think you said, the therapist has the responsibility to be tracking how the client's doing. And I'll add in all trauma work, that therapist has a responsibility to be tracking how they're doing too. Cause you know, that's a part of the process and you know how regulated you are is mirrored with your client and how regulated they are is mirrored with you and how regulated the horses. It's all these mirror neurons, you know?

[00:21:57] **Julia Alexander:** Yeah. I'm so happy you brought that up.

[00:22:00] I feel like that is so important. And I was sharing this with you before, but you know, when I first started this work with the horses, I was, I felt so exposed and vulnerable and just very raw because the work does require you to be embodied. And be embodied you know all the time. Right. And I think that it's a gift, it's a gift to be able to be that in tune. I mean, the horses really ask that of you and we work in teams, which I think is really beneficial because if there are days when somebody is more dysregulated, a therapist is more dysregulated or feeling something, we can, we can communicate with each other and that's part of the process. And it's very real. I mean, it's very, very real. I think that there's a, there's an, [00:23:00] a felt sense of being present in your body, in my body in ways that I had not experienced working in an office with kids or adults, it's just, it feels very different.

[00:23:10] **Laura Reagan:** Yeah. I don't work, in my practice, I don't work with horses, not as often as I want to, and I'm not doing EAP yet. So I am in an office, but for all of us who are doing trauma therapy, it's important to be embodied and present in your body, but no matter what your setting is, and I

think being outside, you have a lot opportunities for grounding and, but I really like what you said about how the working in a team means that when you're dysregulated, someone else is there to help you and you're there to help them. And I mean that to seems to parallel what you're doing with the horses and with clients, but that's so trauma informed.

[00:23:54] **Julia Alexander:** It is. I agree with you.

[00:23:56] I think that it is very trauma informed and I think, we have a lot [00:24:00] of conversations regularly about, how is this work impacting us and how are we doing our own work? How are we connecting with the horses when we're, when we have free time? You know? I think there are so many parallel processes that play out and being aware of them is really important, like with all trauma work.

[00:24:21] But yes, the team, the teamwork it was a for as the first time that I've done therapy and, in a team setting and there's a lot to learn. It feels incredibly supportive. So, and there's always one person who has horse experience and knows the horses and there's one person that is designated as elite clinician.

[00:24:43] And it feels yeah, it feels necessary for this work, because there's so many moving parts.

[00:24:49] **Laura Reagan:** Yeah. And it means if you need to take care of yourself, there's space for that, which

[00:24:55] **Julia Alexander:** yes.

[00:24:56] **Laura Reagan:** That's not necessarily the [00:25:00] typical mental health practice paradigm.

[00:25:02] **Julia Alexander:** Right. Right. I mean, and I have to tell you, I mean, I tell everybody this, but I am so passionate about this work and this model.

[00:25:12] I think that, when I go into work, and I have the space to be able to sit with a herd of 30 horses for even just 15 minutes. Right. I mean, it really does turn, I think, kind of mental health practice and agency practice on its head a little bit, because we're asked to take care of ourselves and that's pretty profound.

[00:25:34] **Laura Reagan:** Yeah. And because in general, in our educational training programs for social work, counseling, psychology, marriage and family therapy. Uh, I don't think it's really there may be an emphasis on self-care, but I often feel like it can almost be shaming. It's like you should be doing self care and it's like, when would I be doing that? Because in my agency, [00:26:00] I have to see 12 clients in a day and the sessions are like five minutes apart. So I do have a chance to go to the bathroom occasionally.

[00:26:06] **Julia Alexander:** In my last field placement, I was working with kids and my experience was, you know, back-to-back sessions and I, if I wanted to use the bathroom, then I could, but I would be late to sessions and I loved my work there and I learned so much.

[00:26:22] But I wanted to envision something different for my life and my work to sustain me. And I think that I couldn't imagine, I couldn't imagine doing this work without the horses for me personally, just where I am in my own career development and my own trauma processing like this, it felt right. And I was motivated to make that happen, which is an understatement.

[00:26:52] **Laura Reagan:** Yeah. So awesome. So I do want to ask two more things. I know we don't have a lot of time, but I [00:27:00] guess one is kind of more of a, not a question, but you and I met at a retreat held by the wonderful Rebecca Wong in New York.

[00:27:10] And it was an equine retreat, and I really hadn't been around horses much at all. And you were much more experienced with horses, but something you said really struck me when you mentioned that how important consent is, which it is consent is like everything in any relationship and when you said something about, you know, I'm just not clear about consent, with this horse, like you were kind of trying to ask within the framework of what we were doing like how do we make sure that the horse is consenting to us touching them? And that resonated so much for me because I work with survivors of sexual violence. I've done that work for now almost 16 years. I felt the same way in the group. I had that same question. What is, where's the consent [00:28:00] with this?

[00:28:00] How does that work in this environment and this type of interaction with this horse? And it was something that I really, I guess again, what really made me understand how Natural Lifemanship is really special. So I just wanted to see if you could say a little more about consent and the interaction with the horses and you know why that's so important. I mean, it's like, almost like we know it's why it's important, but still.

[00:28:25] **Julia Alexander:** Right. Yeah. I'm happy you brought that up. I think that this is a conversation that is constantly in, in process. And yes, I think that I don't have training in the other forms of equine assisted therapy or, or learning.

[00:28:43] So I can't comment on those particular practices, but I think Natural Lifemanship does a really good job at bringing up this idea of consent and control into the conversation. I think that when we ask [00:29:00] for connection or to be in a relationship with anyone, there obviously needs to be consent.

[00:29:08] When we use horses, I think that we have to acknowledge that we do have power, right? When we take a horse from the field and put them into a round pen. I mean, there's, there is power there. And just like when we talk about being a clinician and the power that we have in a therapeutic relationship with clients it's in the room, right.

[00:29:34] And we bring our identities into the room. We bring that into the space. So I think that, I think that we try really hard to be mindful of what that looks like. And sometimes we do work with horses that are in the field, but where's the choice. Right? And I think that Natural Lifemanship does a beautiful job at making aware relationship patterns where choice hasn't been an option and definitely [00:30:00] brings that into the forefront. And I think that we in my work are continuing that conversation of how can we get even better at looking at kind of some of the ethical nature of, of involving horses in relationships where who knows maybe some horses don't want to have relationships with certain clients. Maybe it's not a good fit. Maybe some horses are tired on a certain day and don't want to be in the round pen. So I don't have, I don't have a good concrete answer except for that it's a conversation that needs to continue to happen.

[00:30:32] I think with anyone that uses horses in therapy settings, what I will say is that when the work, I think when the work is done really responsibly, you see horses really willing and eager to develop deep relationships with clients. And you don't see it being something that sours them or makes them feel really drained at the end of the day.

[00:30:59] I think when the [00:31:00] work is done responsibly, it's really beautiful to see. But yeah, that conversation of consent is one that I think we, we will keep having, I hope that answers your question.

[00:31:10] **Laura Reagan:** Yeah. That was a beautiful answer. And there's no simple answer there it's an animal that, I mean, if they really had their own choice, they wouldn't be living in Barns, they wouldn't be on farms and stuff. They would be in the wild. So there's a limitation on how much consent they can have in our current culture. But, the ethical aspect, just because it's complicated doesn't mean you don't consider it, you know?

[00:31:41] **Julia Alexander:** Right. Exactly. Just like any power, dynamic in relationships. If we ignore it and then the power goes unchecked, and I think that's where things start to get, they can start to get dangerous.

[00:31:53] **Laura Reagan:** Absolutely. Yeah. So that was the other part I wanted to ask you about is when you say that Natural [00:32:00] Lifemanship is principle-based, can you explain what you mean by that?

[00:32:03] **Julia Alexander:** Sure. So Natural Lifemanship talks a lot about applying principles, that are, are universal. So they use, they use horse psychology and anything that they apply to the horse, they would like it to also be able to equally apply to clients. So the nice thing about that is that you can, I've found personally in my own experience, I can bring in other forms of other forms of training that I have into this work.

[00:32:36] I can use the horse psychology. I can use that relational piece, the piece about connection, and then I can also use the trainings that I have done. And I think that the model fits so well with so many of the other, brain-based bottom up, trauma informed regulation pieces that it just clicks.

[00:32:57] It clicks well. And I like [00:33:00] that because a lot of, a lot of horse work as I said before, think tends to veer towards the side of dominance and control, even when we don't, even when we don't want to really acknowledge that, in the horse world, which I've been in my whole life. Yeah. It can, it can have that feel to it.

[00:33:19] **Laura Reagan:** So I think people just think that's how it is and that's what you do and then they just don't have the real thought of the horse as a true sentient being. And, you know, they just don't, it's not that like, it's just not the mindset because it's not intended to do harm. It's just thought that that's how things are.

[00:33:42] **Julia Alexander:** Right. And I think we need to challenge that when we say horses aren't capable of being able to control themselves. And I think what Natural Lifemanship says is would you ever say that about a client or

would there [00:34:00] be the expectation that eventually we're going to support this client in being able to self-regulate.

[00:34:06] And I think this model believes that with time and with experience, and we talk a lot about repetitive patterned experiences and, um, we can think for ourselves, we can, act in the best interest of our relationship. So that's principle based. And then, like I said before being able to bring in all of the other pieces of, I think who I am as a person and as a clinician and all my, all my previous training, fits really well with this model.

[00:34:44] **Laura Reagan:** Awesome. I thank you so much, Julia, for being on Therapy Chat today. I think that people who are listening to this are going to really resonate with what you talked about and how you know what it's like to be a new clinician doing this really [00:35:00] beautiful, powerful work and just I think people will be able to see themselves in either as a potential client or as a therapist, who may want to go in that direction that you just explained in such a clear way, how this is for you, and I'm really grateful.

[00:35:16] **Julia Alexander:** I'm very grateful to be able to share. I love this work so much. So yeah, thank you for having me.

[00:35:25] **Laura Reagan:** Thank you to Therapy Notes for sponsoring this week's episode. I do love Therapy Notes. It's such an asset to my business and makes my job as a practice owner and a therapist much easier. Try it today with no strings attached and see why everyone is switching to Therapy Notes, now featuring e-prescribe. Use coupon code, "CHAT," or click the link in the show notes to get two free months at therapynotes.com.

[00:35:47] **Announcer:** Thank you for listening to Therapy Chat with your host, Laura Reagan LCSW-C. For more information, please visit therapychatpodcast.com. [00:36:00]