

Podcast Guest (Kasey Compton) (2023-01-05 09:02 GMT-8) - Transcript

Attendees

Dr. Tara Sanderson, Kasey Compton

Transcript

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Dr. Tara Sanderson: Alright, welcome everybody. Thank you for joining us today. Today, we're gonna be talking with Kasey Compton and I gathered some info from your website to give a little bio, but if you want to expand on it you totally can Kasey. Compton is a licensed, counselor, entrepreneur and author of Fix This Next for Healthcare and I spied that you've got a new book coming out in 2024. And as I read the, the information on that I was sitting there feeling like, Oh my gosh, she is writing about all of us, women who are trying to do. This really hard thing, entrepreneurs and...

Kasey Compton: Yeah.

Dr. Tara Sanderson: being business owners. Oh, I cannot wait for that book. She is also the owner of mine site partners, and is known for her suit. Her systemiser school throughout our clinician, kind of industry. Everywhere I go, somebody is talking this systemizer school or talking about how you helped them navigate something that they weren't quite aware was a bottleneck problem. I, I just I'm so excited to have you here and to share with us about internship and, and how we can think about what we're creating before we create it, or for those folks who are have already created it. We can help that how we can help them figure out ways to to navigate it. How? So as I start my interviews, I would like to ask one random question just to get started. So, my random question for you is if you could spend a year in any country, which would you choose?

Kasey Compton: Portugal for sure. now now,

Dr. Tara Sanderson: Like no, hesitation Portugal. Why Portugal?

Kasey Compton: I just have this. Affinity for it. I don't know if it's the one, I don't know. If it's the water, the culture, the people. It just seems like a place where I'm supposed to be. So, we'll see.

Dr. Tara Sanderson: Mmm. That sounds fantastic. Absolutely sounds like a plan. Let's just book it and...

Kasey Compton: Yeah.

Dr. Tara Sanderson: call it a day. So as we were getting started, right before we started taping, I mentioned that I feel like there's two ways that people decide to become a supervisor one, is that they have student kind of randomly called them out of the blue and say, Oh my gosh, I need this, you're perfect for it. Here's how I can benefit you, please please. And, you know, the, the person decides like, Yeah, I want

to help this person out, or they kind of get this rumbling in them of, like, I've had really terrible supervisors, or I've had really good supervisors. And now I'm ready to give back in some way. I would say that sometimes I hear from people that they're ready to like branch out into an is part of their business or they're trying to diversify income but that's kind of a smaller subgroup. It usually comes in one of those other kind of fashions. And from what I learned and fix this next is that is not the best way necessarily to make a business decisions.

Dr. Tara Sanderson: Tell me what you hear when I say that, those are the ways that people start there supervision part of their practice.

Kasey Compton: Yeah, I agree with you. I think that that seems to be the the two core reasons that people end up providing supervision, and I do think that it also I do think that people get an itch and

Kasey Compton: want to move into more of an entrepreneur. Plays and supervision feels like a less risky. Or like a stepping stone just to kind of test the waters and you still have that autonomy and you have control just like, you know, a business owner does but you know you're not necessarily out here creating s corporations and, you know, doing all of those things. So I think that that's part of it and

Kasey Compton: I, you know, for me personally, I was a supervisor for. I'm still a supervisor, I don't supervise anyone at the moment, but I think there's a lot of us. A lot of therapists psychologists counselors, whatever you want to call yourself out there who just are our teachers at heart and and that was me. I was an education for, I don't know before I was a therapist and I think that that side easily comes out of me and my team sees it and you know, that's systemizer school. You know. Like it's it's just part of me. And so I think that there are some of us who feel the need to teach. And that's that's how we get that need met.

Dr. Tara Sanderson: Yeah, absolutely. And I think that there is something beautiful about that because our industry requires us to be under supervision for a long time because so much of what we do has to be taught by doing. We can't learn all of this. In the classroom. We have to try it. We have to get feedback on it and move in that direction. What are some of the things that you think people need to be thinking about it?

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Kasey Compton: You.

Dr. Tara Sanderson: If they're getting ready to branch into having supervision, be a part of their practice?

Kasey Compton: Yeah, I think accountability, you know account how you're going to set up that accountability not just for your supervises but for yourself and what are the systems that are going to? I think sometimes people think that systems are only for like big businesses or big things and we neglect that systems are really the most important on a foundational level. So bringing a supervision as a a part of of your business. I think needs to really be thought of in terms of systems. So for example, like we are past the point of emailing each other back and forth. What day works for you? What about three o'clock? Well, how about two, you know, like all of that back and forth, cut that out and use something like calendly or some kind of scheduling feature that's automatic that you're supervises. Can just click a link, pick the time. Set up the reoccurring appointment.

Dr. Tara Sanderson: Be done with it.

Kasey Compton: Same way with. Yeah, not think about there's so many things that we think about that. We don't need to think about and scheduling is one of them also payment.

Kasey Compton: You know, I do a lot of consulting and up until I started doing consulting which was started in 2017. I never never even occurred to me to have people prepay for services, and, but as a consultant, everyone prepays for working with me, they pay before the call. They don't pay after. And so, you know, thinking about how you're going to set up that payment system for your supervises. Is it going to be auto drafted? Highly recommend, you know, a reoccurring charge coming out how you gonna sell that up. Your your systems of like, your contracts, your paperwork, your grievance policies, those are the things as much as I see in people who have their own practices that that have problems. They all fall back to that that infrastructure. And so I think, as a supervisor bringing on supervises, we have to think about how that's gonna go

Kasey Compton: Related. Hopefully, there's a system that I've that, I've particularly like it's called dubsado and it's all automated, which they have a scheduling feature. They have all of your contracts so that your supervisors can sign. They have a portal which keeps everything in where they can access and they have integration with PayPal and stripes so they can pay. So like looking at a platform that can handle all of that for you because like, you, you said earlier, you're gonna be busy working like, actually supervising and signing notes and reading notes. So you don't want to spend all of your time on the, the little things like this that are gonna really drain you and lead you to burn out.

Dr. Tara Sanderson: Absolutely. And I think that that is it's a it's a powerful piece that when you're in especially when you're in private practice for yourself and it's just been you this whole time. You think to yourself? Do I really need a manual? Do I really need all of this stuff? And the answer of course is yes. Like see,...

Kasey Compton: Yeah.

Dr. Tara Sanderson: of course, you need all of those things you need to have a way that you navigate your business and and that you do that consistently. One of the things I tell people in a course that I teach on how to start their private practice is a part of the reason for the manuals. If someone else had to take over for you they would know what to do. But also another reason for the manual is because then if something goes wrong and somebody asks Well why do I have to do it this way? You can say Well that's the policy. And how many people question the policy? Nobody everybody that they're like.

Kasey Compton: Right.

Dr. Tara Sanderson: Oh, you're a business? Of course you have a policy on that.

Kasey Compton: Huh.

Dr. Tara Sanderson: You should have a policy on why you charge for later no-show fees or why you do cancellations after 10 minutes. Well, because that's what I wrote the policy to be. So that's what we're doing and...

Kasey Compton: Right.

Dr. Tara Sanderson: I'm gonna hold to that policy. That helps you legally to stand your ground and it holds you, you know, as a professional in the industry and once you start adding people to your world, whether

that's external supervises, where they have their own practice or whatever, and you're just supervising part of what they do, or you're bringing them in house, you need to have something that really kind of gives that structure for them to be able to see

Kasey Compton: Yeah.

Kasey Compton: Yeah. It's it's that's exactly what I talk about all the time. It's the thing that nobody wants to do, but everyone needs to do and it reminds me a lot of families with in specifically children. Imagine, there were no hard rules in the family. I mean, you know, in my kids, gosh, you know, we've got some hard, like things you don't do. Like you don't eat or drink on the couch period. You don't call each other stupid. We don't call each other names. Like that is a no no. In my house lying. We do not do that in my house. Those are hard rules and...

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Dr. Tara Sanderson: Yeah.

Kasey Compton: you just imagine having a household that had no family rules, how kautic and stressful and every time the I mean gosh, can you imagine the discipline? You would have to do all the time? Same way with your business even doing supervision? It's

Kasey Compton: It's a policy and I think people respect you more as a supervisor as a business owner. If you have those policies and then whenever you know there's all of these needs that come to you, it doesn't take a lot of mental energy because like you said, it's the policy. It's not something I have to sit and think about every single time. This is, I've already decided this for a reason, so much energy in the future.

Dr. Tara Sanderson: Mm-hmm. Yeah, and I know that when people start something, they get so excited about the beginning, right? So a supervising comes on board or or you get the all this fun energy from like, yeah, I'm doing something different and new that they absolutely don't want to sit down and say, Okay, well let me write a policy on this.

Kasey Compton: Here. Okay.

Dr. Tara Sanderson: Or how I want to do this or those pieces and it is so important to make sure we're taking those mental notes in and and doing the work part of that, one of the tips that I give people is in whatever. I get an email from a supervisy. I have on in Google, you can have a little note tasks and stuff on the side whatever. I get a question from a supervisy, I answer it but I copy and paste that whole thing into my FAQ kind of document on the side.

Kasey Compton: Yeah.

Dr. Tara Sanderson: And once a week, I take all of those things and make sure I update any policies with that if that was missing or make sure I give links to those policies and and do a reminder email to everyone because if one person's asking, there are three people behind the scenes that are not asking and...

Kasey Compton: Yeah.

Dr. Tara Sanderson: it's important that we make sure we get that information all the way back out and around and making that system in my own mind has helped decrease over time. The amount of questions that come up via email from people during the same question five times,...

Kasey Compton: Oh yeah.

Dr. Tara Sanderson: I only have to answer it. Because I realized, Oh, that's an area that somebody that there's a hole in my giving of knowledge, or in my policies or something, let's fix the hole. With the scheduled time I've put together to do that and put it back out. So that, that hole is now plugged and I can move on

Kasey Compton: Right? One of the things that we do, that's that's been helpful in answering, you know? Because you do, you get multiple supervisors or multiple employees. And then you have the same question, just keeps coming up and coming up. So we have our policy and procedures. All our housed in Google docs and with a nice little table of contents with hyperlinks, and all the things. And then in our email and our G suite, we have canned emails that say

Kasey Compton: Basically, thank you for your question. This is in reference to policy blah, blah blah with a hyperlink and it actually. So if we get an email with a question that we know is in the policy, we just drop down in the canned email and respond and all they have to do is just click on that policy and read it. And I've learned that if you make people work harder to find or learn an answer rather than because I, I was guilty of that, I would just try to just, you know, answer their question and whatever, but I was reinforcing that behavior I realized. And so, if I had to make them work for it, a little bit, they stopped asking me and they just went directly to the source. And so I think that that helps a lot too.

Dr. Tara Sanderson: Okay. Yeah that is huge. I love the idea of using those candy emails as a response that just links right back to the policy manual and it gives them those those pieces that paired with that element of, okay? If I, if it, if I really don't have a policy on it,...

Kasey Compton: He? Yeah.

Dr. Tara Sanderson: like I obviously need to write one and get that, clear. But if I already know it's in there, having that can response, where it takes me, three clicks to get them to do the work to read it themselves versus,...

Kasey Compton: Right.

Dr. Tara Sanderson: I have to write this every time or or try and like, remember where the hyperlink is to get that to them, like, that is a wonderful that's a wonderful tool it like dissipates,...

Kasey Compton: Yeah. Exactly.

Dr. Tara Sanderson: some of that bottleneck, right? Yeah absolutely. When you think about like the the time necessary to do supervision do you have like an internal gut reaction to how much time it takes to supervise one person?

Kasey Compton: Now because you know I'm supervised a lot of people and some people are like I mean it's a lot like clients, you know, you have some that it they're easier for you to supervise. They they have fewer needs and doesn't require as much time and then you have some that that consumed quite a bit of

your time. So I think probably my answer would be more time than you think. but, but I think you can you can You compare that down with the systems for being a supervisor and...

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Dr. Tara Sanderson: Yeah, yes.

Kasey Compton: if you can cut out a lot of the unnecessary, you can spend more of your time. Focusing on the actual supervision and your supervising.

Kasey Compton: That's just my experience.

Dr. Tara Sanderson: Absolutely. No, I would fully agree. I tend to tell people that, you know, it's it. The initial looking at it feels like when they try and talk you into doing Boy Scouts or Girl Scouts. They're like, it's just one hour a week. Like, that's all you...

Kasey Compton: Uh-huh. Yeah.

Dr. Tara Sanderson: right? But it's not her just one hour a week and anybody out there who's done anything in Boy, Scouts or Girl, Scouts or church camp or whatever, is knows what I'm talking about when somebody talked you into this. And yet, here we are because it's it's the time in face to face...

Kasey Compton: Yeah.

Dr. Tara Sanderson: but it's also the time all the way in between whether it is those kind of random questions that come up or all the notes you have to read or watching videos or crisis that happens because supervisees, you know, our experiencing new things all the time. And there is a point where you do have to walk them through some of those pieces or help them navigate their own, internal distress, when really hard happens. I like to think about supervision as being kind of a like a dynamic

Dr. Tara Sanderson: Curve, right? So you have a lot in the beginning where you're kind of bringing them all up to speed, you have a season where they're kind of like getting it and running. Through all the pieces, you've got those little mini bits of crisis that come up over time as they have those new experiences and then you're trying to round things out at the end to get rid, ready to have them launcher, do whatever it is that they're going to do. And I think that that curve matches no matter where they're at, whether it's a student supervising and just coming on board or somebody who's finishing up their hours towards licensure, because there's just there's there's always things to have to navigate and do with them and you're right. I think some people a lot, you know, don't have as much of that fluctuation and some people have a lot of fluctuation and...

Kasey Compton: You.

Dr. Tara Sanderson: it is really important as we're interviewing with them and thinking about how much time we have to give and...

Kasey Compton: Yeah.

Dr. Tara Sanderson: how much money this is going to cost our company. You know, to navigate those pieces, whether it's a paid supervision hour or an unpaid supervision hour, it's still going to cost you money to be doing this work.

Kasey Compton: Right. That's exactly what I was going to emphasize there. Is it whether you are doing supervision as a You know, if you're an employee for a practice and you are doing supervision on the side for yourself, or if you are incorporating that into your own private practice or into your own, it doesn't matter. You have to look at it like a business and one of the biggest misconceptions that people may get. And I know a lot, a lot of times we've had therapists that work for my group practice and

Kasey Compton: You know, they'll come to me and say, Hey I know our reimbursement is a hundred dollars and you're paying me 60 But I want to make like 90 and and so as I talk to them about that they really don't know that you can't run a business off of a 10% profit margin and that 10% that I would be left with as the business would not justify. It just wouldn't work and so

Dr. Tara Sanderson: You.

Kasey Compton: A lot of times I think, Well I'll just make more money if I do it on my own. Oh you might collect more money up front. Yeah, you'll get the hundred but think about all of your time and the taxes you're going to pay on that. And and so I think one of the things that's important to think about as a supervisor, any kind of business owner is really determining what your time is worth. And what you feel like your time is worth because if you start calculating up all of your time that you spend not face to face with a supervisee and start to run numbers that way like answering phone calls, emails, all of those things. Figuring out what you're actually getting paid versus what you think. Your time is worth, is a good litmus test for people.

Dr. Tara Sanderson: Okay. Yeah, I think about that. That idea of, you know, tracking everything you do during the week. Like how many phone calls you respond to How much time did you spend on the phone with insurance? Or If you don't take insurance, how much time did you spend trying to market and do your social media or do whatever things? And really calculate out? Like, this is how much time I spent on my business this week, and this is how much I got paid for face-to-face services or supervision or whatever it is. And this was all the stuff that that payment has to cover,...

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Kasey Compton: Yeah.

Dr. Tara Sanderson: right? And that,...

Kasey Compton: Mm-hmm.

Dr. Tara Sanderson: that math is so important for people to know whether or not something's really worth doing in their business. Whether it's intrinsically worth it or not is not the same question as is it finding actually worth it.

Kasey Compton: Right. Yeah. Right. Yeah, and if they're charging enough, I mean sometimes people are just under charging and it's what we do is we set our prices based on Well what's everybody else charging. But everyone else is overhead and everyone else is expenses are different from ours. And so, like you said, if you if you set those rights based on what everyone else is charging but your costs are more, it takes you longer, or maybe you put in more time administratively than other supervisors, it might not be worth it and and it might be something not necessarily that you don't supervise anymore, but maybe you just adjust your pricing or you. Pare down some of your overhead and use systems instead of time.

Dr. Tara Sanderson: What? Yeah, yeah. If it's not gonna fit because your pricing doesn't work and you don't want to charge more, you have to figure out where that money is coming from elsewhere.

Kasey Compton: Right. Right.

Dr. Tara Sanderson: One of the biggest tips I think I ever got was from a Tiffany McLean, a therapist out in California, I think she does lean in make bank but one of the tips that she gave at the very beginning of getting to know her was that setting your fees is just math.

Kasey Compton: Hmm.

Dr. Tara Sanderson: And if we can take the emotional connection out of it, if we can take the comparison out of it, if we can just do the math of this is what I need for my personal life, this is what I need for my business. These are the dreams of things that I want and add those all up and do the division, like you get a number of...

Kasey Compton: Hmm.

Dr. Tara Sanderson: what you need to charge for your hours. And and...

Kasey Compton: Yeah.

Dr. Tara Sanderson: if, if you just follow the math and and stop having that emotional connection to it. It really just makes things a lot simpler for for. Can I do this new branch or can I do this thing?

Kasey Compton: Yeah, I love that. One of my mentors, and she actually edited fix this. Next, the book that I wrote for me, and she has her own book now, how to write a must read. So, anyone that's listening that wants to write a book, you should definitely read her book, it's amazing and she's amazing, but in the book she she says this all the time too, but she says, writing a book is just math. And and at first when she said that, I was like, I don't know about that, but it it really is.

Dr. Tara Sanderson: Here.

Kasey Compton: It's it's word count, it's it's words and And the more that I thought about it and then hearing you say that, I think pretty much everything is just math when you when you boil down and in the foundational level.

Kasey Compton: At the very foundational level of our business, no matter how big or how small the number one, vital need that you have as a business owner, as the business is your lifestyle, congruence, which is exactly what you just described right there. You have to know the numbers, you have to know how much money you need to live on to support your family and your lifestyle. And then you just reverse engineer to see How much you need to work, how much you need to charge and but a lot of times I've learned that people go into it the other way they try to set their pricing and what they want to charge and then they try to figure out how to fit their lifestyle into that. But really

Kasey Compton: Shouldn't your lifestyle come first like? Shouldn't we set everything else up around that? And so that is the number one vital need that you have to meet before. You can even consider anything else in a business is, how much money do you need to have to have a lifestyle that you want to live?

Dr. Tara Sanderson: Yeah, thinking of that starting to think of our world in more of a balance rather than in a like, too much in one way or another, right? When people ask me about like, should I go ahead and add and say yes to the student or Should I go ahead and add this into my world? One of my first questions is like well, how much you know it is, this gonna impact your income? Are you taking money for this? Is it going to replace a service,...

Kasey Compton: All right.

Dr. Tara Sanderson: whatever. How much time do you have to be able to do this? And is this a space where you are wanting to grow? And if, and if those things are not all yeses, then the answer is no, like, get out, send them to somebody else or...

Kasey Compton: Right.

Dr. Tara Sanderson: is another supervisor. You're not the only one. But if they're yeses of like,...

Kasey Compton: Right.

Dr. Tara Sanderson: yeah, I have the time. I am not too crushed by all the other things. Like, Yes, this is gonna bring income or This is gonna replace income. Or I have extra income that I'm just wanting to give away for this service. You know, for this thing, this is going to be my donation to the world, great. And this is an area I want to grow. Awesome. Then you know, yes, let's build the, let's build the foundation for you to move in that direction. But it can't just be one or the other of any of those things. Because if you really do need that balance the board,

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Kasey Compton: Right. Mm-hmm. Yeah, I agree and I think it's very easy to be swayed one way or the other based on what's, what's going on in your life sometimes. And that's kind of what prompted the the second book. I'd actually just turned it into my editor, the yeah. Just a few days ago actually is is just that there's a lot of reasons that as women in particular that we kind of hit a wall sometimes. And and we we do we try to do so many things and we say so busy and we're just always trying to do more and more and more. And then we wake up one day. And we're like, Why am I doing this? Like, I don't even like it doesn't make me.

Dr. Tara Sanderson: Yeah.

Kasey Compton: It doesn't make me happy. Well, I'm doing this.

Dr. Tara Sanderson: Yeah.

Kasey Compton: So I think that that's

Kasey Compton: One thing that I left out of fixed this next for healthcare that. If I had to rewrite the book, now there would definitely be an intrinsic piece of like What do I really want out of my life and where am I going with it? How do I want to feel? And that's a that's really important. So I think balance is 100% key.

Dr. Tara Sanderson: Mm-hmm. Absolutely. I just finished writing a grant proposal and I had never been asked this question in a grant proposal before, but it said something like, You know, why you why this business? And I sat there,...

Kasey Compton: Mmm.

Dr. Tara Sanderson: staring at this blank box for such a long time because I think I am in that place where you're talking about this struggle of why? I don't know why. Yeah, it's like, I'm for a while. I thought it was a lot of things, but now that I've gotten into all of the things that I'm doing, my, that's a great question, Grant. Thank you for asking.

Kasey Compton: Yeah. Yeah.

Dr. Tara Sanderson: Let me, let me get it. I'll try and do some emotional work. While I fill in this 300 word box and...

Kasey Compton: Mm-hmm. Yeah.

Dr. Tara Sanderson: hope for the best. But I do think that they're, they're something really powerful about making sure that we're not just thinking about moving from moving, sake, or money, for money sake. That we really are kind of pulling in that balance of like, this is about my worth and my time and not just financially, but just as a human and like is is...

Kasey Compton: Yeah.

Dr. Tara Sanderson: where I want to be spending all of that. And how do we, how do we move forward? And I think that a lot of people do take on supervises because it's filling some of that teacher. You need, It's feeling feeling some of that like, something's missing in in the way that I'm doing my work, and I'm doing a lot of good things for the this population, but I'd like to give back in a different way or just diversifying in general. And it has to fit, right? We can't just do that because we're missing something because we all know what happens when we just try and fill a need. It's something never goes quite right.

Kasey Compton: Exactly. Yeah.

Kasey Compton: Oh, exactly. Yeah. And and that was, that's the kind. That's the struggle that I talk about and in this upcoming book is just that, like, our search. Like, just how our search for something. I'm just gonna use air quotes for something shows up in our lives and sometimes it means over working and sometimes it means over-functioning. And, you know, like we tell ourselves these things, like if we don't do this, if we miss this opportunity, we're never going to get another one. If we don't do it now or never going to you know, we really use

Kasey Compton: We really use fear as as a force or force and I think for me that's it's kind of the story of how I discovered that. As for me personally, I was an over-functioning human woman because I was letting fear be my force fear was like, if I don't do this then I'm gonna fail. Basically is about failure and being alone and And I,...

Dr. Tara Sanderson: You.

Kasey Compton: you know, there's lots of reasons for that. There is no that, you know, like grew up really poor and didn't really have a lot of

Kasey Compton: Support, you know, career-wise or anything like that, but I think we have to ask ourself like, What is our driving force and What are we after? And and if all of those things are in alignment then

you just have such a much better chance at success and not only success, but fulfillment, And that was something that for years.

Dr. Tara Sanderson: Okay.

Kasey Compton: You know, I was very successful had lots of businesses made lots of money but it never was enough. Like I was always like searching for that next thing and then I realize what that was and it was really just internal wasn't anything external. so,

Dr. Tara Sanderson: Yeah, there is nothing that could fit that piece from accomplishing, anything else that it really had to be there.

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Kasey Compton: Yeah, right.

Dr. Tara Sanderson: I had a friend who was a Olympic gold medalist and she had worked. I mean, from day one of high school all the way through getting her gold medal to like accomplish this task, and she shared with me how she had been working with a sports psychologist after she won the gold medal to be, like, Wait a second, my life was kind of over. I did the thing and I don't have anything else that can feel...

Kasey Compton: Yeah.

Dr. Tara Sanderson: what I thought I was chasing here. And that same component is there of like, there's when we, when we have that hold of Phil, we, we seek for it and all sorts of different ways, all the way to Olympic medals to writing book businesses.

Kasey Compton: Yeah. Yeah.

Dr. Tara Sanderson: And, you know, having kids and all sorts of things, we feel our we feel our need with a lot of stuff but if we're not doing some of that internal work, it. Yeah, you're not really gonna get there.

Kasey Compton: Never no, no.

Dr. Tara Sanderson: Yeah. Well, tell me a little bit about some things that you would like to plug. How would people get a hold of you. Tell me all the things,

Kasey Compton: Yeah, social media is a good one, we're pretty active on our social media, it's just high Kasey Compton on, I think, Facebook and Instagram website. We if you want to get on our list, it's Kasey Compton.com. But our list for all the news about the upcoming book we're going to be looking for some advanced readers. We have some really cool marketing plans, Mike Mccallots and his team. They are doing all of the marketing for this book for me. And yeah,...

Dr. Tara Sanderson: Wow.

Kasey Compton: it's so it's gonna be cool and we are really wanting to use and support therapist in as many ways as we can through this launch. And what what the book is really achieving or what we're trying to achieve is to normalize therapy, and mental health, and share awareness, to that. And so if you are therapist or anyone that wants to support or get on track with the launch team,

Kasey Compton: That would be amazing. So just go to the website, get on, get on our list and you'll you'll get some more information about that coming up very, very soon. Yeah.

Dr. Tara Sanderson: Yay. Oh my gosh I know when I was cruising your website this morning a pop-up came up and said like Here's all the information and I was like Ah am I a stalker? If I put that in before I talked to her. Now I think I'll wait and I'll just put it in afters.

Kasey Compton: Yeah, definitely put that in my.

Dr. Tara Sanderson: It looks like I'm, you know, doing the right thing. But

Kasey Compton: It actually is going to Mike and his team and there there planning lots of cool stuff and and this book I'm always gonna be a business person at heart and I love business more than anything, but this is not a business book. It is more about creative nonfiction. It is all story, a lot of clinical references woven in and so I think it will apply to lots and lots of people so we're excited about it.

Dr. Tara Sanderson: Wow, and I think that even even more so at its core, it is a business book for people who are moving to do this level of work, right? It's not a...

Kasey Compton: Yeah. Yeah. Right.

Dr. Tara Sanderson: how to make your business more profitable book and wait, how to be yourself and show up in in your world wherever it is including your business, right?

Kasey Compton: Absolutely. Yep. That is absolutely 100% true. And I think all women business owners are going to connect with it because you get it, we all have that common denominator within us.

Dr. Tara Sanderson: Yeah, yeah, I even see it in people who tell me, like, no, I just want to do private practice. I don't want to grow. I don't want to do all the things that everybody says, is the next step or whatever. I just want to do this. But then I see them have this,...

Kasey Compton: Yeah.

Dr. Tara Sanderson: like but shouldn't there be more fun thing,...

Kasey Compton: Yeah. Me too.

Dr. Tara Sanderson: right? I think it's totally in a resonate. I'm so excited.

Kasey Compton: Thank you.

Dr. Tara Sanderson: Cool. Well, thank you so much for being here and I am more than excited to share this with everybody who's out there and all the links of course will be on the episode page and thank you. Thank you, thank you for being here and and for putting this book out, and for being such a amazing advocate for a therapist everywhere,

Kasey Compton: Thank you for having me. It's my pleasure.

Meeting ended after 00:37:43 🙌