Class Notes

Building Inclusive and Authentic Therapy Spaces with Gerald Joseph



Authenticity Builds Trust

Gerald's story shows how bringing your full self into your work can deepen client relationships. When therapists lead with honesty and vulnerability, it creates a space where clients feel safer doing the same.

Licensure Isn't the Only Measure of Readiness

Repeated setbacks on the licensing exam didn't stop Gerald from becoming a great clinician. His experience raises important questions about how we measure therapist competency and whether current systems exclude marginalized voices.

Private Practice Takes Time

Building a caseload doesn't happen overnight. Gerald's first year was filled with frustration and trial and error, proving that persistence, experimentation, and community support are essential when growing a practice from scratch.

Psychedelic Therapy Requires Nuance

Gerald emphasizes that psychedelics are powerful tools, but not a cure-all. With proper education, harm reduction, and clinical guidance, they can be a meaningful part of a broader healing process.

Style Is More Than Self-Expression

Whether it's crop tops or dresses, how Gerald shows up in his professional wardrobe is a reflection of identity, not a distraction. It's a reminder that inclusion means making space for all forms of expression, even in clinical settings.