Class Notes

How to Design the Career You Want as a Therapist with Dr. Emily Anhalt



Designing a Career That Works for You

Emily's path shows that private practice doesn't have to be the whole picture. By combining therapy with speaking, writing, and startup leadership, she created a flexible career that supports her interests and energy levels.

Emotional Fitness as a Reframe

Instead of waiting for a crisis, Emily encourages people to approach mental health like physical health, something to be strengthened consistently. This proactive lens makes therapy more accessible, especially for high-performing clients.

Sharing Thoughtfully as a Therapist

Emily sets clear boundaries around self-disclosure. She shares from her own experience as a patient, not to center herself, but to reduce stigma and model vulnerability in a safe, intentional way.

Using Therapy Skills Beyond the Couch

Speaking, consulting, and teaching are all ways therapists can apply clinical training. Emily reminds us that understanding human behavior is a rare and valuable skill, especially in environments like tech.

Start Before You're Ready

Whether it's public speaking or launching a new offering, Emily's approach is to try, learn, and adjust. Offering free workshops helped her refine her skills and build credibility, which led to paid opportunities later on.