

# Class Notes

Stepping Away from Private Practice  
with Gary “Trey” Taylor



## ✓ Addressing Burnout in Your Practice

Burnout can cloud your judgment and make it difficult to provide the care your clients need. If you're not at your best, it's hard to show up for others in a meaningful way. Prioritizing your well-being isn't selfish; it's essential for practicing ethically and effectively.

## ✓ Building Relationships with Black Men in Therapy

Gary emphasizes the importance of reaching black men in therapy and the unique challenges they face. Understanding cultural dynamics and fostering trust is key to creating a safe space for this demographic to open up about mental health.

## ✓ Balancing Personal and Professional Life

Maintaining a balance between your professional duties and personal life can be tough, especially when you're passionate about your work. Gary's journey shows the importance of knowing when to step back and focus on what truly matters, like family, health, and self-care.

## ✓ Diversifying Income Streams in Mental Health

Exploring different ways to use your expertise can help prevent burnout and offer new growth opportunities. Whether it's through teaching, public speaking, or consulting, there are plenty of ways to make an impact outside of direct therapy sessions.

## ✓ Setting Boundaries with Your Workload

Gary's experience highlights the importance of boundaries. Overcommitting to clients, especially during stressful life changes, can lead to burnout, so knowing when to say no or take a step back ensures long-term sustainability and fulfillment in your practice.