



# **The Private Practice of Behavior Therapy: A Guide for Behavioral Practitioners (Nato Science Series B:)**

*Sheldon J. Kaplan*

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Entering a full-time private practice and forsaking the comforts of a regular paycheck was a difficult decision for me. Fortunately, I was able to begin my practice on a part-time basis in space rented from two physician friends. By using my behavior skills for self-management and organization, I was then able to help my practice grow so that, with some trepidation, I moved into a full-time practice. I have continued to maintain my practice according to the same ethical, professional, and business assumptions discussed in this book. One of the reasons for my writing this book is that, at the time I was beginning my practice, there was no one text that helped me begin or to explain what "nuts and bolts" issues I needed to consider. As my practice has grown, I continued to see a need for a resource text to help the beginning therapist get started. I decided to describe the assumptions, methods, and issues that I have used so as to present a discussion of timely issues relevant to the practice of behavior therapy.

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