

Welcome to episode 126 of the Therapy Chat Podcast with host Laura Reagan, LCSW-C. Today Laura speaks to Dr. Maelisa Hall about how much is too much for a therapist to share in a session?

Dr. Maelisa Hall is a licensed clinical psychologist and her passion is to help therapists create rock-solid documentation so they can spend more time with their clients and less time worrying about paperwork. After eight years working in mental health agencies, she started her own company to help therapists learn how to make documentation flow naturally, decrease their workload and be confident in all their paperwork. She shows clinicians that paperwork is a valuable part of therapy and that it doesn't have to be slow and painful! You'll have more time to work with clients because you'll know you can take on the paperwork no problem.

Maelisa consults with psychotherapists in private practice, agencies and group practices to teach them things like how to write great notes, what to consider if insurance is involved, how to document high-risk issues and what forms they actually need for their clientele.

Training is her passion so she has created online programs that help connect therapists so they can learn from any place at any time. Her goal is make everything she does serve a real need so she makes sure to include plenty of real-life examples and interactive exercises in every workshop she creates.

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