

Roamers Therapy LLC

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How to write a compelling biography?

BIO WRITING EXERCISE: ANSWER THESE QUESTIONS

It's easy to feel stumped when it comes to writing a bio about yourself from scratch. If you've been staring at a blank screen for too long or can't seem to find the right words, start by writing answers to any or all of the following questions. Then, take your answers and use them to craft a standout bio.

1. How long have you been practicing?
2. What education do you have?
3. What certifications do you have?
4. Do you have any areas of specialization, and what are they?
5. How does your personality influence your approach to therapy?
6. What issues do you have experience treating?
7. Describe issues you work with in therapy and your approach to helping with those issues. (For example, "My approach to treating anxiety is typically x, y, and z.")
8. What therapeutic methods, approaches, or philosophies do you use/have experience using?
9. Are there any recurring themes or issues you've noticed as you treat people in your area of specialization, and how has this insight guided your approach to helping?

10. What do you view as a key component of the therapeutic alliance/relationship?
11. How do your life philosophy and treatment philosophy overlap?
12. What's the most profound, insightful, or interesting thing you've learned as a mental health professional?
13. Which beliefs play a large role in your life?
14. Which roles do you play in your own life?
15. Why did you choose to become a mental health professional?
16. What do you love most about being a mental health professional?

USE YOUR BIO TO CONNECT WITH YOUR READER

One final tip for writing good profile content is to address the reader's needs in the second person ("you" language) versus speaking to the reader about yourself in the first person ("I" language).

For example, instead of writing, "I work with people who often struggle with feelings of anxiety and loneliness," you might start out with something like this: "you may be often be feeling weighed down by feelings of anxiety?" or, "If you find it difficult to make friends and experience loneliness regularly as a result, come talk to me. Together, we will work on strategies that allow you to address the root causes of your difficulties and build meaningful social connections."

Addressing the reader (and potential client) directly can help them feel a more genuine connection with you from the beginning. Your professional bio is an opportunity to start building rapport early, so take advantage of it.

[this exercise content was retrieved from GOOD THERAPY]