

FINDING

A Therapist Checklist



PRACTICAL QUESTIONS

- What is your goal for therapy?
- What is the therapist's expertise and level of training?
- What is the cost of sessions and does the practice take your insurance?
- Is the therapist licensed in your state?
- Does the therapist have the availability and flexibility you need?

FINDING A FIT

QUALITIES TO EVALUATE DURING A CONSULTATION:

- Does the therapist seem empathetic?
- Do they seem knowledgeable?
- Are they respectful of your feelings, beliefs, values, or any cultural considerations?
- Does the therapist seem to create a safe and accepting space to share your thoughts and feelings?
- Are they able to communicate effectively, provide clear expectations, and actively listens to your concerns?

