



CHOOSING A THERAPIST

WHEN CHOOSING A THERAPIST, MAKE SURE THAT THEY ARE LICENSED TO PRACTICE IN YOUR STATE. CONSIDER INSURANCE AND PRICING. DEPENDING ON YOUR SITUATION, YOU MAY WANT TO LOOK FOR THERAPISTS WHO OFFER SLIDING SCALE OPTIONS. CONSIDER THEIR SPECIALIZATIONS. FOR EXAMPLE, TRAUMA, NARCISSISM, ANXIETY, AND SO ON. DECIDE IF YOU PREFER IN-PERSON OR VIRTUAL APPOINTMENTS. CONSIDER WHAT ELSE MATTERS TO YOU. DO YOU PREFER A THERAPIST WHO IS THE SAME GENDER AS YOU? OR FROM A SIMILAR ETHNIC OR CULTURAL BACKGROUND? OR A THERAPIST WHO UNDERSTANDS LGBTQ+ ISSUES? IS THERE A THERAPEUTIC APPROACH YOU PREFER? TAKE SOME TIME TO ANSWER THE QUESTIONS BELOW. THEN, COMPLETE THE TABLE ON THE NEXT PAGE TO HELP NARROW DOWN YOUR OPTIONS. IF YOUR FIRST THERAPIST DOESN'T TURN OUT OT BE A GOOD FIT, BE OPEN TO TRYING A DIFFERENT ONE.

1- WHAT DO YOU HOPE TO BENEFIT FROM GETTING THERAPY?

2- WHAT QUALITIES IN A THERAPIST WOULD PUT YOU AT EASE OR MAKE YOU FEEL COMFORTABLE OPENING UP? WHAT WOULD DO THE OPPOSITE?

3- WHAT QUESTIONS DO YOU WANT TO ASK A POTENTIAL THERAPIST?

4- IN THE TABLE BELOW, IN THE LIGHT BLUE BAR ACROSS, LIST THE NAMES OF DIFFERENT POTENTIAL THERAPISTS YOU FIND ONLINE OR THROUGH YOUR INSURANCE. IN THE LIGHT GRAY COLUMN, LIST THE VARIOUS QUALITIES THAT ARE IMPORTANT TO YOU AS YOU LOOK FOR A THERAPIST. (EXAMPLES: TAKES MY INSURANCE, PRICING, OFFERS VIRTUAL APPOINTMENTS, TRAUMA-INFORMED.) CHECK OFF THE CORRESPONDING BOXES TO HELP YOU COMPARE AND NARROW DOWN YOUR BEST OPTIONS.

Name of Therapist	Quality 1	Quality 2	Quality 3	Quality 4	Quality 5