

FINDING A THERAPIST

PsychologyToday.com
is a great place to start

Verify licensure:
Google: your state + license
(LPC, LMFT, etc) + "license
verification"

Initial Email:

"Hello, are you currently accepting new clients for individual therapy? If so, let me know your fee, if you accept [insert insurance here], and if there is a convenient time we can speak briefly to see if you might be a good fit. Thank you."

Consultation Questions:

- Talk about any scheduling constraints you have (evenings only/weekends etc).
- "What kind of experience do you have with X?" Identity-related: sexuality, gender identity, SAHM, etc AND Issue-related: depression, trauma, etc
- "In terms of your approach, what does a typical session look like?"
- "I am looking to attend therapy for the (short/long) term. How long do you typically see clients?"
- "Do you have any questions for me?"

ASSESS YOUR INTERACTIONS:

*Does this person make me
feel comfortable?*

First Session:

- Things therapists (or friends) have done that have helped me in the past are:
- Things therapists (or friends) have done that have been very unhelpful:
- During therapy, I would like to first focus on:
 - Exploring the roots of these issues and where they came from
 - Developing coping skills for the present
- My biggest concern about therapy is:
- Do you engage in professional supervision?
- What is your cancellation policy?
- Do you offer emergency sessions or phone calls?

When a therapist isn't the right fit:

"Thank you so much for your time. I don't think we are a good fit right now. Do you have a recommendation for a similarly experienced therapist you respect?"

ADDITIONAL QUESTIONS

to ask a potential therapist

Religion -

"Do you believe I can fully recover from these symptoms outside of religious ideas?"

"If I said I do not want spiritual concepts to be a part of my therapy, what interventions would you use and do you think that would be sufficient to meet my goals?"

Religion +

"How familiar are you with the X faith?"

I would like my religion/spirituality to be
*respected during our work (or)
*incorporated into our work
are you equipped for that?

LGBTQ+

"Do you feel I can fully recover from my mental health symptoms without changing my (gender identity/sexuality/etc)?"

"How will we work on managing my symptoms while still honoring my (gender identity/sexuality/etc)?"

Medication

"What is your view of psychotropic medication?"

Therapist search sites

General:

[PsychologyToday.com](https://www.psychologytoday.com)

Black women:

[Therapyforblackgirls.com](https://www.therapyforblackgirls.com)

LGBTQ+

[Pridecounseling.com](https://www.pridecounseling.com)

Christian Counseling

[Biblicalcounseling.com](https://www.biblicalcounseling.com)