

## Finding a Therapist

Finding a therapist who has experience in your issues is important. If you can't find a therapist with experience in your issues, then find one who has a supervisor who is experienced and can provide the supervision they need.

To help determine who might be the best fit for you, it's okay to ask them questions before scheduling your appointment. This can be done by phone, or if necessary, you can schedule an appointment (usually there is a fee) to interview the therapist face to face. Since therapists traditionally see clients for 45-55 minutes, they may not have time to return your call until the end of their day.

When you leave a message for them, let them know you are looking for a therapist and have some questions for them. This should alert them to allow time to respond when they return your call. Their personal policy may be that you must be seen face to face in order to answer questions, due to the number of questions that may be asked.

Here are some questions you may want to consider asking:

- How much experience do you have with (fill in your issue)?
- Are you licensed in (fill in your state or providence)? If the answer is no, please check your state/providence rules about whether a counselor has to be licensed or credentialed to practice counseling/psychology.
- How long have you been a practicing therapist?
- What kind of counseling do you offer? (cognitive, person-centered, gestalt, etc.)
- Are you available if I have an emergency? If not, who is available in an emergency?
- How long does it take to get an initial appointment?
- How often do you see clients and how long are the sessions?
- Do you have privileges at the local inpatient psychiatric facility if I need to be admitted?
- Do you take my insurance (specify what it is)?
- If you do not have insurance, ask, Do you have a sliding fee for those who are self-paying? If not, can they refer you to someone who does?
- Ask any other questions you have. Write them out so you can remember and will ask exactly what you are wanting to know.