

Finding a *good* therapist

**A comprehensive
guide to finding
the right
therapist.**



KC DAVIS struggle
care

FINDING A THERAPIST

See page 4 for a list of therapist search sites

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

Initial Email/Call:

"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 Qualities

WHAT KIND OF THERAPIST DO YOU PREFER?

Instructions: Use the rating scale to identify how much of each quality you think would be helpful for you. Use this sheet to talk to with your therapist about the approach you would be most comfortable with.

RATE YOUR PREFERENCES

Mostly listen



Lead the conversation

Help me discover it myself



Tell it to me straight

Understand me



Challenge me

Relate to me



No self-disclosure

Focus on healing the past



Focus on new skills

Show me you care



Do not get emotional

Therapy Resources



Psychology Today

One of the oldest and most used therapist search sites. Psychology Today allows you to search by area, expertise, and even insurance acceptance.

www.PsychologyToday.com

Open Path Psychotherapy Collective

Open Path Psychotherapy Collective is a non-profit nationwide network of mental health professionals dedicated to providing in-office mental health care—at a steeply reduced rate—to individuals, couples, children, and families in need.

www.OpenPathCollective.org

National Alliance on Mental Illness

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

www.NAMI.org

Therapy for Black Girls

Therapy for Black Girls is an online space dedicated to encouraging the mental wellness of Black women and girls.

www.Therapyforblackgirls.org

The Loveland Foundation

Loveland Foundation is committed to showing up for communities of color in unique and powerful ways, with a particular focus on Black women and girls. Our resources and initiatives are collaborative and they prioritize opportunity, access, validation, and healing. We are becoming the ones we've been waiting for.

www.thelovelandfoundation.org

Association of Biblical Counselors

The ACC certifies counselors that practice from a Christian faith perspective. Their website offers a search feature to find a biblical counselor in your area.

www.biblicalcounseling.com

Safety Resources

Domestic Violence Shelters

Find safety now for you and your children.

Locate a shelter near you. National Domestic Violence Hotline ~ 24/7 phone and chat services to help you get to safety.

Call: 1-800-799-7233 (USA)

Safe Place

Are you under 18 and don't know where to turn for help? Start with finding a free place to stay and counseling services.

Find a safe place

Text "Safe" with your address, city, and state to 44357 (4HELP) (USA)

RAINN

The Rape, Abuse & Incest National Network is America's largest anti-sexual violence organization. If you've been assaulted and you need help, call their hotline or chat.

Call 1-800-656-HOPE (USA)

LifeLine Suicide Help

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

1-800-273-8255

The Trevor Project

The Trevor Project provides chat, text, and phone support for LGBTQ+ youth in crisis. They also offer peer programs and resources.

www.TheTrevorProject.org

Next Distro

An online and mail-based harm reduction service designed to reduce opioid overdose death, prevent injection-related disease transmission, and improve the lives of people who use drugs.

www.Nextdistro.org

Never Use Alone

If you are going to use by yourself, call us! You will be asked for your first name, location, and the number you are calling from. An operator will stay on the line with you while you use. If you stop responding after using, the operator will notify emergency services of an "unresponsive person" at your location.

Neverusealone.com

(800) 484-3731