

How To Choose A Therapist

The most important factor in successful therapy is whether the client and therapist work well together. Often folks are unaware about how to evaluate a therapist. It can be frightening for some folks in the beginning. Here are some questions to ask a therapist when you make your initial contact:

1. How long is a therapy session?
2. Can I get extra appointments if I need them?
3. How often should I see you?
4. What happens if I'm late for a session?
5. Will I be charged for sessions I cancel?
6. How long do you think I'll need to be in therapy?

After you meet the therapist, here are some questions to help determine if this is the right therapist for you:

1. Did the therapist seem to understand what you were trying to say?
2. Was the therapist someone you could learn to trust?
3. Were you able to be honest and direct?
4. Did the therapist maintain eye contact with you?
5. Did you feel the therapist was truly interested in your problems?
6. Did the therapist make a direct statement about wanting to work with you?
7. If the phone rang, did the therapist handle it in a way that didn't interfere with your session?
8. Did the therapist seem flexible?
9. Did the therapist make the rules clear at the outset?
10. Could you ask for explanations when the therapist said things that were not clear to you?