

humantold

A Beginner's Guide to Therapy

You should shop around for a therapist before choosing one. Make a short list of at least 3 therapists and set up consult calls which usually last about 10 minutes. A consult call with a therapist is a short meeting to determine if the therapist would be a good fit for you. This worksheet will help you determine some of the questions you can ask during a consultation call.

What is your general approach and philosophy in therapy?

What type of treatment styles will you use?

How long have you been in practice?

What is a typical session like?

How long are sessions?

How long would you anticipate seeing me?

Do you specialize in my problem?

Have you helped people with my problem?

Who talks more? You or me?

Do you give homework?