

Questions To Ask When Choosing A Therapist

Your choice of a mental health therapist/counselor is very important to your wellbeing. Interview him/her in the same way any employer would interview a prospective employee. She/he will be working for as well as with you, and competent, caring therapists will not be offended by your questions and will be honest with you. You are the consumer. Do not hesitate to ask hard questions and do expect complete answers. After all, your mental health and recovery is at stake. Following is a list of questions to ask that will help you choose the appropriate therapist:

1. What experience, training, and education do you have?
2. Have you worked with individuals who have experienced what I have experienced?
3. How long have you done this kind of counseling?
4. Are you licensed or are you under the supervision of a licensed therapist?
5. What is my responsibility in therapy/counseling as a client?
6. How long might I expect to be in counseling for these types of problems/issues?
7. What treatment services do you offer, i.e. individual, family, group?
8. Do you do an initial consultation with new clients?
9. Do you accept sliding scale on payments?