

How to Choose a Therapist

Therapy works best when you find a therapist who is a great fit for your needs, goals, and personality.

This worksheet will guide you through the process of finding the right therapist, helping you identify what to look for and what is important to you in a therapeutic relationship. **On this page, look over the content of each section and highlight or underline any items that matter to you.** When you review a therapist's website or talk to them during a phone consultation, explore the items you've chosen and check the box if the therapist has relevant experience.

Do you have experience with treating:

| Common concerns: | Mental Health Diagnoses: |
|--|--|
| <input type="checkbox"/> Abuse | <input type="checkbox"/> Attention-Deficit/Hyperactivity Disorder (ADHD) |
| <input type="checkbox"/> Addiction | <input type="checkbox"/> Anorexia or Bulimia |
| <input type="checkbox"/> Anger and frustration | <input type="checkbox"/> Autism Spectrum Disorder (ASD) |
| <input type="checkbox"/> Anxiety and worries | <input type="checkbox"/> Bipolar Disorder (BPI, BPII) |
| <input type="checkbox"/> Behaviors that are difficult to control | <input type="checkbox"/> Borderline Personality Disorder (BPD) |
| <input type="checkbox"/> Body image issues | <input type="checkbox"/> Generalized Anxiety Disorder (GAD) |
| <input type="checkbox"/> Burnout | <input type="checkbox"/> Major Depressive Disorder (MDD) |
| <input type="checkbox"/> Difficulty concentrating | <input type="checkbox"/> Obsessive Compulsive Disorder (OCD) |
| <input type="checkbox"/> Eating concerns | <input type="checkbox"/> Panic Disorder |
| <input type="checkbox"/> Fears and phobias | <input type="checkbox"/> Post-Traumatic Stress Disorder (PTSD) |
| <input type="checkbox"/> Guilt or self-criticism | <input type="checkbox"/> Separation Anxiety |
| <input type="checkbox"/> Impulsivity | <input type="checkbox"/> Sexual Disorders |
| <input type="checkbox"/> Intrusive thoughts | <input type="checkbox"/> Social Anxiety Disorder (SAD) |
| <input type="checkbox"/> Meltdowns | <input type="checkbox"/> Specific Phobias |
| <input type="checkbox"/> Mood swings | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Other: | |
| <input type="checkbox"/> Panic and anxiety attacks | |
| <input type="checkbox"/> Personality concerns | |
| <input type="checkbox"/> Sadness or grief | |
| <input type="checkbox"/> Self-harm | |
| <input type="checkbox"/> Sleep problems | |
| <input type="checkbox"/> Social difficulties | |
| <input type="checkbox"/> Stress | |
| <input type="checkbox"/> Suicidal thoughts | |
| <input type="checkbox"/> Trauma | |
| <input type="checkbox"/> Parenting challenges | |
| <input type="checkbox"/> Fertility challenges | |
| <input type="checkbox"/> Relationship challenges | |
| <input type="checkbox"/> Sex and intimacy challenges | |
| <input type="checkbox"/> Work challenges | |
| <input type="checkbox"/> Major life changes | |

Do you have experience providing:

| | |
|--|--|
| <input type="checkbox"/> <u>Cognitive Behavioral Therapy</u> (CBT) | <input type="checkbox"/> <u>Eye Movement Desensitization and Reprocessing</u> (EMDR) |
| <input type="checkbox"/> <u>Psychodynamic Therapy</u> | <input type="checkbox"/> <u>Exposure and Response Prevention</u> (ERP) |
| <input type="checkbox"/> <u>Dialectical Behavior Therapy</u> (DBT) | <input type="checkbox"/> <u>Acceptance and Commitment Therapy</u> (ACT) |
| <input type="checkbox"/> <u>Person-Centered Therapy</u> | |
| <input type="checkbox"/> Other: | |

Do you have experience working with:

| | |
|--|---|
| <input type="checkbox"/> People with my race/ethnicity | <input type="checkbox"/> People with my religion |
| <input type="checkbox"/> People from my culture or nationality | <input type="checkbox"/> People with my disability |
| <input type="checkbox"/> People with my gender identity | <input type="checkbox"/> People my age |
| <input type="checkbox"/> People with my sexual/romantic orientation | <input type="checkbox"/> People in my financial situation |
| <input type="checkbox"/> Parents or people struggling with fertility | <input type="checkbox"/> Neurodiverse people |
| <input type="checkbox"/> Other: | |

*This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.



How to Choose a Therapist

If you hope to find a therapist specializing in work with a particular identity:

You can find specific guides here, which include:

- directories
- additional questions to ask
- more resources



[Find a Black Therapist](#)



[Find a Latinx Therapist](#)



[Find an LGBTQIA+ Therapist](#)



[Find a Neurodiverse-Affirming Therapist](#)

Below, consider your preferences for availability and cost. When you review a therapist's website or talk to them during a phone consultation, learn about where they provide their sessions, days and times they have available, whether they accept your insurance, and their rates.

Availability

Does this therapist offer sessions online? Yes No

Does this therapist offer sessions in person? Yes No
If yes, where?

What days and times do they have open for new clients?

Cost of therapy

Will this therapist accept my insurance plan?

Yes

- How much will insurance cover, and how much will I pay per session?
- Is there a limit to the number of sessions my plan will cover?
- What happens if we need more sessions?

No

- What is their out-of-pocket rate per session?
- Do they offer a sliding scale (discounts based on income)?

Are you accessing this therapist through your workplace's Employee Assistance Plan (EAP)?

Yes

- How many sessions are covered?
- If there is a limit and we need more sessions, what happens?

Are there fees for missed appointments or late cancellations? Yes No

Notes

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On this page, consider questions to ask your potential therapist, and questions to reflect on for yourself.

Questions to consider asking your potential therapist:

- What do your credentials mean for me?
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- How do you approach helping people?
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- Do you make treatment plans? If so, will you share mine with me?
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- How do sessions work with you? What will we do?
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- How long might I be working with you?
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- Do you give therapy “homework”?
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.....
- What’s your style as a therapist?
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.....

Questions to consider asking yourself:

- Did they seem positive, authentic, and professional?
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- Does this seem like a good personality fit?
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- Does their approach to therapy fit with my goals?
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- Do they share or understand my identities?
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.....
- Did they explain confidentiality?
.....
.....
- Do I feel respected, validated, and comfortable with them?
.....
.....

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Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



325+
Companies Reviewed



3,625+
Hours of Firsthand Experience



1,545+
Data Points Analyzed



[Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.



Find Online Treatment Options Specific to Your Needs

Finding specialized treatment based on age, identity, goals, or diagnosis can make a difference in the efficacy of therapy. The experts at ChoosingTherapy.com are here to help, with specific resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



325+
Companies Reviewed



3,625+
Hours of Firsthand Experience



1,545+
Data Points Analyzed



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