

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.

7 1	8	
Common concerns:		Mental Health Diagnoses:
Abuse	Panic and anxiety attacks	Attention-Deficit/Hyperactivity
Addiction	Personality concerns	Disorder (ADHD)
Anger and frustration	Sadness or grief	🔲 Anorexia or Bulimia
Anxiety and worries	Self-harm	Autism Spectrum Disorder (ASD)
Behaviors that are	Sleep problems	🔲 Bipolar Disorder (BPI, BPII)
difficult to control	Social difficulties	Borderline Personality Disorder (BPD)
Body image issues	Stress	Generalized Anxiety Disorder (GAD)
Burnout	Suicidal thoughts	Major Depressive Disorder (MDD)
Difficulty concentrating	🗌 Trauma	Obsessive Compulsive Disorder (OCD)
Eating concerns		Panic Disorder
Fears and phobias	Parenting challenges	Post-Traumatic Stress Disorder (PTSD)
Guilt or self-criticism	Fertility challenges	Separation Anxiety
Impulsivity	Relationship challenges	Sexual Disorders
Intrusive thoughts	Sex and intimacy challenges	Social Anxiety Disorder (SAD)
Meltdowns	Work challenges	Specific Phobias
Mood swings	Major life changes	Other:
Other:		

Do you have experience with treating:

Do you have experience providing:

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

Do you have experience working with:

People with my race/ethnicity	People with my religion
People from my culture or nationality	People with my disability
People with my gender identity	People my age
People with my sexual/romantic orientation	People in my financial situation
Parents or people struggling with fertility	Neurodiverse people
Other:	

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



© 2025 Choosing Therapy, Inc. All rights reserved.

Scan or <u>click here</u> to learn more about choosing a therapist:



How to Choose a Therapist

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



<u>Below, consider your preferences for availability and cost</u>. 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? If yes, where?	🗌 Yes	□ No
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?		
Notes		

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



Scan or <u>click here</u> to learn more about choosing a therapist:



How to Choose a Therapist

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?

• How do you approach helping people?

• Do you make treatment plans? If so, will you share mine with me?

• How do sessions work with you? What will we do?

- How long might I be working with you?
- Do you give therapy "homework"?
- What's your style as a therapist?

Questions to consider asking yourself:

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





© 2025 Choosing Therapy, Inc. All rights reserved.

Scan or <u>click here</u> to learn more about choosing a therapist:

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 <u>strict editorial standards</u> 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







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

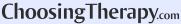
Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

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 <u>strict editorial standards</u> ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com

