

## How to Choose a Therapist

The following questions can help you determine whether or not a mental health counselor fits your needs.

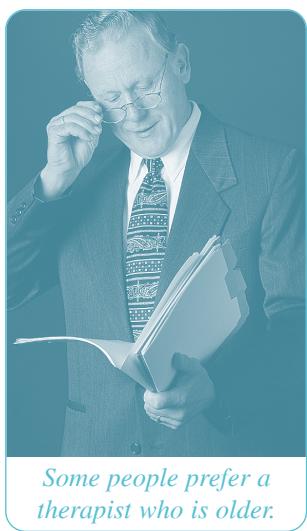
- Do they accept your health insurance?
- How much will you have to pay?
- Do they have the education, credentials, and recent training to treat you?
- Is the therapist licensed?
- How quickly can you be seen by the therapist?
- How can you get in touch with the therapist between appointments?
- Will they refer you to someone else if you need additional help?
- Can they prescribe medicine?
- Can they admit you to a hospital or treatment center?
- What hospitals or treatment centers do they have privileges in?
- What will you have to do during treatment? What will they do?
- Do people whom you trust recommend this therapist?
- What type of client do they feel they work best with?



- Does the therapist limit his/her practice to a specific type of client (children, women, family)?
- What type of treatment approach does the therapist use?
- What kind of experience have they had with a problem like yours?
- Do they offer group and/or family sessions?
- How long (typically) will you need to see a counselor for problems similar to yours?
- How far do you have to travel to see the counselor?
- Do they have an appointment time that works for you?
- How much advance notice is needed to reschedule or cancel a session?
- Will you still be charged if you can't make your scheduled session regardless of the reason?

### Also consider the type of therapist you think you would prefer.

- Would you be more comfortable with a man or woman?
- Is the counselor's age a factor? Would you prefer someone older or younger than you?
- Does it matter to you whether or not the counselor is married, with or without children?
- Is the counselor's ethnicity or sexual orientation a factor?



*Some people prefer a therapist who is older.*