Questions for choosing a therapist

What to ask at first contact, so you don't decide on a photograph and a price alone.

> The therapeutic relationship is the strongest factor in the outcome, yet the choice is often made by chance. You may put these questions to anyone — **a good therapist answers them calmly**.

Comparison

QUESTION	THERAPIST 1	THERAPIST 2

The questions

1. What is your training, and do you hold a licence? If not, do you work under supervision?
2. Which approach do you work with, and what does that mean in practice?
3. Do you have experience with what I'm bringing?
4. How often would we meet, and roughly how long does it take?
5. What is the fee, and how do cancellations work?
6. How do you handle confidentiality, and when would you break it?

Reasons for caution

- [ ] Promises of quick results.
- [ ] Pressure to decide immediately.
- [ ] Evasiveness about training.
- [ ] I feel worse after the conversation than before.

For personal use.