



Date
YOUR
Therapist



QUESTIONS TO ASK WHEN MEETING WITH A THERAPIST

Questions to ask when meeting with a therapist

Therapist Personal Information

Therapist Name w/ Credentials:

Practice Name:

Location:

Date:

Q: How long have you been practicing?

Q: What licenses and certifications do you have?

Questions to ask when meeting with a therapist

Q: What Insurance Providers Do You Accept?

Q: How much do you charge? What are your sliding-scale options?

**Q: How many clients have you had with similar circumstances to my own?
When was the last time you worked with someone similar to me?**

Describe your ideal client.

Questions to ask when meeting with a therapist

Q: What are your strengths and limitations as a counselor?

**Q: What is your general philosophy and approach to helping?
Are you more directive or more guiding?**

Q: Is your treatment of choice evidence-based?

Questions to ask when meeting with a therapist

Q: Are you religious? How does this affect your approach to therapy?

Q: Have you been in therapy yourself? How recently?

Q: How often do you seek peer consultation?

Questions to ask when meeting with a therapist

Q: How often would you anticipate seeing me? For how long?

**Q: How do you set up counseling goals? What are they like?
What is success for you?**

Q: What is a typical session like? How long are the sessions?

Questions to ask when meeting with a therapist

Q: What kind of homework/reading do you give clients?

Q: How do I prepare for my first session?



Asking these questions when meeting with a potential therapist is crucial in finding the right fit for your wellness needs. Remember, therapy is a collaborative process and it's important to feel comfortable and confident in your therapist's abilities. By being informed and asking the right questions, you can start your therapeutic journey with a sense of empowerment and trust. So go ahead and "date" your therapist - ask these questions and find the perfect match for your wellness needs.

