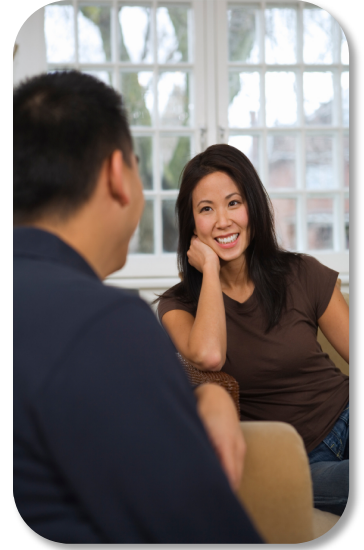


Interviewing A Therapist

*Take your time,
be at peace with your interview.*

Assess the questions you would like to have answered and how you feel about the answers to those questions. Listen to yourself as you listen to the prospective therapist's responses.

This is all about your comfort zone.



My Advance Reflection Work

1. What do I expect from myself in a therapeutic relationship?

2. What are my goals?

3. What do I seek to change and improve in my life?

4. What's my vision?



Interviewing A Therapist

5. What do I expect from the therapist in this type of relationship?

6. What do I find helpful and what do I not find helpful?

7. Do I have any special needs I may need to discuss?

8. What characteristics or traits might I work best with? (*creative, flexible, genuine, empathetic, sense of humor, respectful, trustworthy, consistent, reliable, energetic, quiet, etc.*)

9. Are there any characteristics or traits that I do not work well with?

10. Is it important to me whether the therapist is male or female?

11. Is the location important to me?



Interviewing A Therapist

12. Are there specific questions I need to ask regarding my diagnosis?

My Basic Interview Questions

1. What insurance do you accept?

2. What are your fees?

3. Do you have a sliding fee scale?

4. Do you accept credit cards?

5. What are your hours of operation?

6. What access to you do I have in the event of a challenge or crisis?



Interviewing A Therapist

7. Do you have a Client Services Agreement I could review?

8. How much advance notice do you require to reschedule an appointment?

9. What types of treatment do you offer?

10. What is your background and treatment experience with my specific diagnosis?

11. Do you create a Therapy Plan that you will share with me?

Other Things to Consider

1. Remember, you are the client and you are evaluating a professional service.
2. Assess whether or not you are comfortable in the physical office environment.
3. Keep in mind that therapy sessions are your sessions. *Stay involved with your Therapy Plan. Track your progress. Communicate your concerns.*



Interviewing A Therapist

My Notes

