

# **6 STEP GUIDE TO FINDING A THERAPIST:**

@ABLACKFEMALETHERAPIST

# STEP 1: FIGURE OUT YOUR WHY

HERE ARE A FEW REASONS TO GO TO THERAPY:

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YOU WANT TO.

MOOD CHANGES.

TO GET SUPPORT.

YOU NEED TO VENT.

YOU NEED A SAFE SPACE.

TO CONFRONT YOUR TRUTH.

TO MAINTAIN YOUR HAPPINESS.

YOU'RE UNSURE OF NEXT STEPS.

TO LEARN HOW TO MANAGE STRESS.

TO LEARN BETTER COMMUNICATION.

YOU NEED AN OUTSIDE PERSPECTIVE.

TO SET & MAINTAIN HEALTHY BOUNDARIES.

YOU FIND YOURSELF COMPLAINING OFTEN.

TO SORT OUT LIFE CHANGES OR TRANSITIONS.

TO BREAK A CYCLE OR AN UNHEALTHY ADDICTION.

YOU'RE FRUSTRATED WITH WHERE YOU ARE IN LIFE.

YOU'VE TRIED DIFFERENT THINGS & NOTHING HAS HELPED.

# INTERNAL QUESTIONS THAT MIGHT BE ANSWERED IN THERAPY:

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"IS THIS NORMAL?"

"AM I UNLOVEABLE?"

"HOW DO I TELL THEM....?"

"WHY CAN'T I JUST SAY NO?"

"WHY AM I ALWAYS SO ANGRY?"

"WHY CAN'T I EVER WIN IN LIFE?"

"DID I DO SOMETHING WRONG?"

"WHY DO I ALWAYS DO THIS TO MYSELF?"

"HOW COME NO ONE LISTENS TO ME?"

"WHY DO I KEEP MAKING THE SAME MISTAKES?"

"WHY DO I ALWAYS END UP IN THE SAME  
TYPE OF RELATIONSHIPS?"

# STEP #2: WHERE TO LOOK FOR A THERAPIST

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USE THERAPY WEBSITES.

NAMI.ORG

TALKSPACE.COM

BETTERHELP.COM

PSYCHOLOGYTODAY.COM

OPENPATHCOLLECTIVE.ORG

SPEAK TO YOUR DOCTOR.

CHECK WITH YOUR EMPLOYEE ASSISTANCE PROGRAM AT WORK.

USE GOOGLE.

SEARCH FOR:

"THERAPISTS IN MY AREA."

"LOCAL MENTAL HEALTH CLINIC."

"SLIDING SCALE BASED THERAPY IN MY AREA."

"LOW COST OR FREE THERAPY WHERE I LIVE."

CALL YOUR HEALTH INSURANCE (IF YOU HAVE IT) TO FIND OUT WHAT YOUR COVERAGE IS & TO GET A LIST OF PANELED PROVIDERS.

WWW.BEWELLMENTALHEALTH.ORG

# IF YOU IDENTIFY AS (BIPOC) BLACK, INDIGENOUS OR A PERSON OF COLOR & YOU'RE LOOKING FOR A THERAPIST:

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[NQTTCN.COM](http://NQTTCN.COM)

[INNOPSYCH.COM](http://INNOPSYCH.COM)

[SOULACEAPP.COM](http://SOULACEAPP.COM)

[TRAPTHERAPIST.COM](http://TRAPTHERAPIST.COM)

[AYANATHERAPY.COM](http://AYANATHERAPY.COM)

[LATINXTHERAPY.COM](http://LATINXTHERAPY.COM)

[ATHERAPISTLIKEME.ORG](http://ATHERAPISTLIKEME.ORG)

[THERAPYFORQPOC.COM](http://THERAPYFORQPOC.COM)

[HEALINGINCOLOUR.COM](http://HEALINGINCOLOUR.COM)

[CLINICIANSOFCOLOR.ORG](http://CLINICIANSOFCOLOR.ORG)

[THERAPYFORLATINX.COM](http://THERAPYFORLATINX.COM)

[INCLUSIVETHERAPISTS.COM](http://INCLUSIVETHERAPISTS.COM)

[SOUTHASIANATHERAPISTS.ORG](http://SOUTHASIANATHERAPISTS.ORG)

[THERAPYFORBLACKMEN.ORG](http://THERAPYFORBLACKMEN.ORG)

[THERAPYTHATLIBERATES.COM](http://THERAPYTHATLIBERATES.COM)

[THERAPYFORBLACKGIRLS.COM](http://THERAPYFORBLACKGIRLS.COM)

[BLACKFEMALETHERAPISTS.COM](http://BLACKFEMALETHERAPISTS.COM)

[WHOLEBROTHERSMISSION.COM](http://WHOLEBROTHERSMISSION.COM)

[THELOVELANDFOUNDATION.ORG](http://THELOVELANDFOUNDATION.ORG)

[BLACKTHERAPISTNETWORK.COM](http://BLACKTHERAPISTNETWORK.COM)

[MELANINANDMENTALHEALTH.COM](http://MELANINANDMENTALHEALTH.COM)

[BORISLHENSONFOUNDATION.ORG](http://BORISLHENSONFOUNDATION.ORG)

[LATINXTHERAPISTS ACTION NETWORK.ORG](http://LATINXTHERAPISTS ACTION NETWORK.ORG)

[WWW.BEWELLMENTALHEALTH.ORG](http://WWW.BEWELLMENTALHEALTH.ORG)

# STEP #3: CONSULT WITH A THERAPIST

HERE ARE EXAMPLES OF QUESTIONS TO ASK:

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"WHAT IS YOUR SPECIALTY?"

"HOW LONG ARE SESSIONS?"

"HAVE YOU EVER SEEN A THERAPIST?"

"WHAT TIMES ARE YOU AVAILABLE TO MEET?"

"WHAT'S YOUR THERAPEUTIC APPROACH?"

"HOW LONG HAVE YOU BEEN A THERAPIST?"

IF EXPERIENCE & AGE MATTERS TO YOU.

"DO YOU TAKE MY HEALTH INSURANCE?"

"IF NOT, HOW MUCH DO YOU CHARGE PER SESSION?"

"DO YOU HAVE EXPERIENCE IN WORKING WITH  
( )?" YOU FILL IN THE BLANK.

"DO YOU OFFER SERVICES ON A SLIDING SCALE?"  
(BASED ON YOUR INCOME)

# STEP #4: GET THE MOST OUT OF YOUR THERAPY SESSIONS

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ASK QUESTIONS.

HAVE AN OPEN MIND.

DO THE HOMEWORK.

BRAINSTORM POSSIBLE GOALS.

STAY CONSISTENT WITH SESSIONS.

TAKE NOTES DURING YOUR SESSIONS.

BE HONEST WITH YOUR THERAPIST.

PRACTICE SELF CARE AFTER SESSIONS.

TRUST THE PROCESS. EVEN WHEN IT'S TOUGH.

COMMUNICATE WITH YOUR THERAPIST WHAT DOESN'T WORK.

MAKE SURE YOU CONNECT WITH YOUR THERAPIST  
(IT'S NORMAL IF YOU DON'T CONNECT RIGHT AWAY)

FIND A NEW THERAPIST IF YOU HAVE TO.



# STEP #5: DETERMINE IF THE THERAPIST IS RIGHT FOR YOU

## THE RIGHT THERAPIST WILL:

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SUPPORT YOU.

CHALLENGE YOU.

LISTEN TO YOU.

HELP YOU FEEL SAFE.

HELP YOU SET GOALS.

HAVE HEALTHY BOUNDARIES.

BE CULTURALLY COMPETENT.

GIVE YOU NEW INFORMATION.

NOT MAKE LIFE DECISIONS FOR YOU.

HELP YOU DISCOVER YOUR OWN ANSWERS.

HAVE THE SKILLS TO MEET YOUR NEED.

NOT PUSH THEIR OWN AGENDA ONTO YOU.

REFER YOU IF YOU ARE EXPERIENCING ISSUES  
OUTSIDE OF THEIR AREA OF EXPERTISE.

GIVE RECOMMENDATIONS THAT FIT YOUR BELIEFS.



# A CULTURALLY COMPETENT THERAPIST:

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DOES NOT MAKE ASSUMPTIONS ABOUT  
WHO YOU ARE OR AREN'T.

WILL MAKE SURE GOALS & EXPECTATIONS FOR  
TREATMENT ARE IN LINE WITH YOURS.

IS INTENTIONAL ABOUT UNDERSTANDING  
YOUR BELIEF SYSTEM & CULTURE.

KNOWS THAT MENTAL HEALTH SYMPTOMS SHOW UP  
DIFFERENTLY AMONGST VARIOUS GROUPS OF PEOPLE.

UNDERSTANDS THEIR OWN CULTURE, BIASES, BELIEFS ETC.  
& HOW IT IMPACTS THEIR WORK AS A THERAPIST.

RESPECTS DIFFERENCES & CAN COMMUNICATE & INTERACT  
SUCCESSFULLY WITH CLIENTS FROM DIVERSE  
BACKGROUNDS.

WILL ASK QUESTIONS TO GET TO KNOW MORE ABOUT YOU,  
WHERE YOU COME FROM & HOW IT SHAPES YOUR VALUES &  
YOUR PERCEPTIONS OF WHAT THERAPY IS ABOUT.

TAKES INTO ACCOUNT YOUR BACKGROUND (GENDER, AGE,  
ECONOMIC STATUS, SEXUAL ORIENTATION, RACE, IDENTITY,  
RELIGION) & HOW IT ALL IMPACTS YOUR MENTAL HEALTH.

# HOW TO TELL YOUR THERAPIST IT'S NOT WORKING OUT

(IF YOU DON'T FEEL LIKE THEY'RE THE RIGHT FIT FOR YOU)

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**TELL THEM IN PERSON.**

**SEND THEM AN EMAIL.**

**TELL THEM OVER THE PHONE.**

**REQUEST A CLOSING SESSION.**

**DON'T SAY ANYTHING & FIND A NEW THERAPIST.**

(MOST COMMON & NORMAL)

# STEP #6 KEEP GOING

THERE WILL BE MOMENTS YOU FEEL LIKE QUITTING. DON'T.

## THIS IS NORMAL IN THERAPY

(IN NO PARTICULAR ORDER)

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**YOU'RE TRIGGERED.**

**THERE ARE PERIODS OF SILENCE.**

**YOU ANSWER A LOT OF QUESTIONS.**

**YOU DON'T FEEL IMMEDIATE CHANGE.**

**YOU EXPERIENCE NIGHTMARES. ESPECIALLY  
WHEN YOU'RE WORKING THROUGH TRAUMA.**

**YOU MAKE SOME CHANGES THEN REVERT  
BACK TO OLD HABITS, BEHAVIORS OR PATTERNS.**

**YOU HAVE TROUBLE EXPRESSING YOUR FEELINGS  
IN THE BEGINNING & SOMETIMES THROUGHOUT.**

**YOU ARE CONFRONTED IN A NON-CONFRONTATIONAL  
WAY ABOUT NEGATIVE PATTERNS, BELIEFS OR BEHAVIORS.**

# **THIS IS NORMAL IN THERAPY**

(IN NO PARTICULAR ORDER)

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**YOUR POINT OF VIEW CHANGES.**

**YOU TRY A NEW COPING SKILL & IT DOESN'T WORK.**

**YOU FEEL NERVOUS ABOUT OPENING UP TO A STRANGER.**

**YOU HAVE INITIAL FEELINGS OF ANXIETY OR UNCERTAINTY.**

**YOU FEEL LIKE WEIGHT WAS LIFTED OFF OF YOUR SHOULDERS.**

**YOU SHOW UP FEELING LIKE YOU HAVE NOTHING TO TALK ABOUT.**

**YOU FEEL TIRED OR EMOTIONALLY DRAINED AFTER YOUR SESSION.**

**YOU TELL YOUR THERAPIST THINGS YOU'VE NEVER TOLD ANYONE.**

**YOU COME TO A HARSH REALIZATION ABOUT SOMETHING OR SOMEONE.**