

Some Therapists offer a short consultation for multiple reasons. One reason is to get an idea of what your concerns are. Another reason could be a way of determining if that Therapist is going to be able to meet your needs.

Here are some questions to ask during your consultation before booking an appointment. Not in any particular order and not limited to the ones listed below:

1. "Do you have experience in working with _____?"

You fill in the blank.

Examples could be:

- black people
- trauma survivors
- people with Anxiety
- children
- women with Post-Partum Depression

It is important that your therapist have the skills and be culturally competent enough to meet your needs.

2. "What's your Therapeutic Approach?"

Therapists have different ways they approach Therapy. Make sure their approach aligns with your values/what's important to you. It's okay if you start and realize later this Therapist may not be the one for you. If you are confused about which Therapeutic approach you need, start with Cognitive Behavioral Therapy (CBT). You can find more information about CBT [here](#).

3. "How long have you been a Therapist?" Does experience or age of the Therapist matter to you?

4. "Do you take my Health Insurance?" If you have it. You can also call the 1-800 number on your insurance card to see which mental health providers are paneled with your coverage.

5. "Do you offer services on a sliding scale?"
(based off of your income) "If not, what do you charge?"

6. "How long are sessions?"

7. "What times are you available to meet?" Do you need a Therapist who offers Telehealth (*health-related services and information via telecommunication technologies-telephone or through video-based networks*) weekend or evening appointments?

8. "What is your specialty?" Some Therapists have specific training and certifications. Be sure to let the Therapist know your concerns and ask them if their training or certification could help with your issue/s.

10. "Have you ever seen a Therapist?"

This does not have to be a deal breaker. As a Therapist, it was imperative of me to see what I was asking of others and do my work. I believe it is equally important for the Therapist you see, to have or be in the process of **DOING THEIR WORK** as well.

If you are seeking Therapy I applaud you. It is not easy. But it is some of the most meaningful and life changing work you'll ever do for yourself.