



Questions To Ask A Therapist

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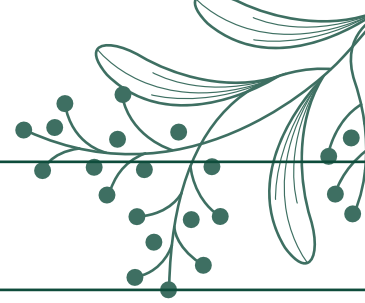
Starting your therapeutic journey can be a difficult one.

There are many different forms of therapy and with that can come many different types of therapists. Here is a list of questions that you can ask a therapist as you're looking for the right fit. Ask potential therapists if they will schedule a consultation with you (not a "first session") to discuss the questions that you select from this list. Please be mindful some therapists can allot more or less time for the consultation so choose which questions are specific to you and what is the most important for them to answer.



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Questions



1. Do you have experience treating _____?
2. Do you have specific training to treat _____, and if so, what is it?
3. How do you like to work with clients who have _____?
4. What can I expect as a client of yours?
5. Do you take a collaborative stance with clients?
6. Are you progressive (socially, LGBTQ+, anti-racist, etc.)?
7. How do you help clients that are stuck?
8. How often would we meet for sessions if we were to work on _____?
9. Do you consult with other therapists to help your clients?
10. Will I be able to communicate with you between sessions?
11. Do you assign “homework” between sessions?
12. What would a session with you look like?
13. Do you take an active or passive role in counseling?
14. In what circumstances would you breach confidentiality?
15. What are your views on medication for mental health concerns?
16. How will you let me know when I’ve completed my goals?
17. How will you approach termination of therapy with me once I’ve completed my goals?
18. How long have you been a therapist?
19. How long have you been in practice seeing clients?
20. How much will sessions cost/do you take insurance?
21. What is your cancellation policy?
22. Do you think that I am a good fit for you as a client? Why?
23. Do you see a therapist?
24. What are the advantages/disadvantages of the treatment you suggested for _____?
25. How will you determine progression in treatment?
26. What happens if I don’t feel better after therapy with you?
27. Are you licensed?
28. What’s your confrontation style?