

Therapist Check-List

SECTION 1 - CREATE YOUR INITIAL LIST

- Speak to therapists in your network and ask for a referral
- Go to Psychology Today (like Netflix for therapists!) and find a list of practitioners in your region
- Remove anyone who doesn't take your insurance (if using insurance)
- Remove anyone who doesn't specialize in the areas where you feel you need support
- Remove anyone who doesn't work with your age group
- Remove anyone who isn't taking clients (might be listed on their site, or you might need to call to ask)

NOTE:
 Work sequentially through steps until only 3-5 therapists remain, then skip to Section 3

SECTION 2 - USE YOUR PREFERENCES TO NARROW DOWN YOUR LIST (IF YOU DON'T CARE, SKIP THE STEP)

- Remove anyone who isn't your preferred gender Write down your preferences here:
- What kind of credentialing would you prefer in your practitioner? Remove anyone who doesn't have these credentials (*see original article for a brief description of different forms of credentialing*)
- How much experience would you prefer for your practitioner to have? Remove anyone who doesn't meet this requirement
- What kinds of communities is it important that your practitioner be comfortable and confident working with? Remove anyone who doesn't work well with these groups
- What kind of style are you looking for in a practitioner? (You can usually figure out some elements of a practitioner's style by looking at the practice they work within, training or certificates they hold, and the way they write (blog) or speak about their work) Remove anyone who doesn't have a style appropriate for you
- What treatment approaches attract you? Remove anyone who doesn't offer treatment approaches that are most interesting to you (*see original article for brief descriptions of different treatment approaches*)

SECTION 3 - GATHER INFORMATION FOR YOUR FINAL 3-5 PRACTITIONERS, INTERVIEW AND PICK ONE

- Gather contact information for final 3-5 practitioners:
 - Name: _____ Contact: _____
 - Name: _____ Contact: _____
 - Name: _____ Contact: _____
 - Name: _____ Contact: _____
 - Name: _____ Contact: _____
- Contact (email or phone) to set up an interviews with at least 2
- Interview and decide which practitioner makes you feel the most taken care of, who elicits the most trust
- Pick a practitioner, and book your sessions

NOTE: If your practitioner makes you feel uncomfortable, unsafe, or even just unsupported, you're allowed to say something and/or end the relationship. Hold onto this list, if it doesn't work out you'll be ready with some backup options.