

My Therapist Interview

Tuning into Yourself First

- What are my previous experiences with therapy or others I know who have been in therapy?
 - What are my previous experiences with therapists?
 - What are my intentions, goals, or purposes in therapy?
 - Be mindful of your inner manager here. You do not need to have a pretty picture of what you're looking to get out of therapy. If it's helpful, let yourself fill a page with free writing or record a "rambling" voice memo to allow yourself to get it all out. From there, pull out what feel like the important pieces, themes, or needs.
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- Who do I trust? What creates trust for me?
 - Visualize a person (identity, age, gender, race or ethnicity, body size and shape, values or views, tone of voice, way of communicating)
 - What do I deem as important in the therapeutic space and with the therapist?
 - e.g., you may care about what the therapist looks like, you may not; You may be curious about what profession organizations they are involved in and you may not be
 - What do I value?
 - What am I willing and not willing to negotiate in my needs?

Attention & Intention in the Initial Contact with a Therapist: Questions to ask the Professional

- Before meeting, spend some time looking into the therapist's bio on their website or on a directory
 - What words or phrases stand out to me as I read their website or bio?
 - If there is a picture of the therapist and their office, what information does this give me?
 - Are they in-person or telehealth?
 - Are there any indicators that they are welcoming, affirming, or allied with specific communities?
 - How do I feel after "meeting" them via their online presence?
 - From this, what questions would I like to ask in the consultation?
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- How do you show up in sessions?, or, how do you approach the space?
 - This type of question is good to gauge whether or not a therapist's presence and approach in the space with you will be a good fit for your needs. This question is less about the theories the therapist relies on, and more about their attunement to certain things, or the processes in therapy.
 - What therapeutic modalities do you believe in and use?
 - What is your experience working with [insert presenting concerns or important identities]? What has been helpful in this?
 - Who do you work best with?
 - Do you think the interventions you utilize are effective for reaching my concerns?
 - What will sessions be like?
 - How do you assess progress?



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Logistics & Practical Pieces

- What is the cost of each session?
- Do you take (insert your insurance carrier) insurance?
- Will you confirm insurance coverage or will I need to?
- What forms of payment are accepted?
- If payment is owed, how am I notified?
- Will you be able to send me receipts of invoices?
- What do I do if my insurance policy changes?
- Will you continue to check on my benefits as we work together or am I responsible for that?
- How will you communicate with me, i.e., email, text, secure email, phone call, client portal?

Tuning into Yourself After

- How did I feel while meeting with the therapist? How do I feel now?
 - If it's a safe option for you, check in with your body's responses here.
This question can sometimes get convoluted with nervousness or anxiety. Try pausing, taking a couple breaths, and then asking yourself.
- How did the therapist's tone land with me?
- Was there anything else that stuck out to me?
- Do I feel comfortable continuing to meet with this therapist?

Additional thoughts, feelings or notes: