

LET'S  
TALK  
ABOUT  
IT

# Therapist First Impressions Checklist

**When you have your first session with a new mental health care provider, it can be helpful to evaluate your feelings and determine your next steps.**

My first impressions (check all that apply):

- I felt heard—the therapist listened to my questions.
- The conversation didn't feel rushed—I was able to ask the questions that most mattered to me.
- I understood the responses the therapist gave to my questions—they provided ample detail.
- The therapist asked good questions (they were appropriate and not too invasive) and listened to my responses.
- My gender/gender identity/gender expression were not stigmatized (and the therapist didn't ask inappropriate or invasive questions).
- I didn't have to educate the therapist about my gender and they did not focus too much of our time on these issues.
- I felt reasonably comfortable.
- I was treated with respect.
- I felt believed.
- I could see the provider took steps to create a “safe” environment.
- The provider shared their approach to working with clients.
- The provider is clinically qualified to work with the concerns I am bringing to therapy.
- We discussed payment options (insurance, self- or co-pay) and I feel comfortable with the arrangement.
- I am able to easily travel to their office.

OVERALL:

- Yes! I want to see this provider again!
- Probably. I want to make a second appointment and see where it goes.
- Unsure/no. I want to explore other options

To learn more about finding a mental health care provider, visit:  
[forge.tips/therapist-guide](https://forge.tips/therapist-guide)



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