

LET'S
TALK
ABOUT
IT

Questions to ask at a first therapy visit

Many therapists offer free phone interviews. This is a great opportunity to learn about their approach and determine if they can meet your needs. Here are some questions you may want to ask a potential new therapist.

Type of therapy offered:

- How long have you been in practice?
- What is your theoretical approach to therapy?
- What experience have you had in treating traumatic stress conditions?
- What specific trauma treatment modalities are you trained in?
- How do you involve key family members, partner(s) or friends?
- Are you willing to work with my physician/pastor/etc?
- How do you decide which approach is best for your clients?
- How and when will progress be assessed?
- Do you work with your clients to design therapeutic goals and treatment plans?
- If I were in crisis, would I be able to reach you? How do you handle crises?

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Trans-specific questions:

- What is your experience working with trans/nonbinary clients?
- Are you connected to the transgender or LGBT community and resources?
- What training do you have in working with LGBT clients?
- Do you have good working relationships with psychiatrists and other mental health providers who are transgender or LGBT-savvy?
- What percentage of your client-base is LGBT?

Questions about policies:

- What are the costs/fees of therapy?
- Do you have a grievance policy?
- How do you protect my confidentiality? Who (besides you) will have access to my files?

These questions and others can help you determine if a therapist will be a good fit for you. To learn more, visit: forge.tips/therapist-guide

