

THERAPIST INTERVIEW QUESTIONS



This is just a template to get you started.

Use your own judgment as to which info you'd like to verify and focus on in your initial consultation with a prospective provider.



1 EXPERIENCE

Are you licensed? What is your degree in? What is your training background? What experience do you have working with _____? Does your training fit my needs and goals? If not, can you provide a list of referrals?

2 INVESTMENT

What are your fees? Are your services covered by my insurance? Can you provide me with paperwork so I can seek reimbursement? Do you offer sliding scale fees? How is billing handled? What will my time investment be?



3 FORMAT

What format will therapy likely take? What types of services do you offer? If you offer group therapy, do you require that I also be connected with an individual therapist? How do you determine which services are appropriate for me? Do you offer a free in-person consultation?



4 ACCESSIBILITY

Is your office building ADA compliant? Is seating sized to accommodate a range of body sizes? Is your office accessible via public transportation? Are translation services available, or can you help me find them?



5 COMPATIBILITY

With whom do you most enjoy working? Which aspects of your work are most rewarding, energizing, and meaningful? Do you believe we are a good fit for working together?

6 VALUES

What first drew you to this profession? What keeps you doing this work? What are your personal experiences of mental health issues? What is your perspective on therapist self-disclosure in therapy?



7 SELF-CARE

What is most challenging about your work? How do you manage these challenges? What is your approach to self-care, and how does it fit with your approach to therapy?



Remember to enlist a loved one's help finding a therapist, if you need it.
Cheers to getting **#IntoMentalHealth!**