

# TIPS ON HOW TO PICK A THERAPIST

1

## Pick the right speciality

For starters research providers who specializes with the issues you're trying to work on. For example: ADHD, trauma, couples counseling, etc

2

## Review what approaches they use

Verify what approaches they use for the issues your dealing with. Some approaches work better than others for certain issues. For example: CBT, EMDR, Solution-Focused. If they don't mention it in their bio reach out & ask. If you see their approach in the bio research the approach on credible sites like the American Psychological Association or Psychology Today.

3

## See if they offer a free consult

Once you find someone you think would be a good match, book a free consult. Take the time to ask questions about their specialties, approach, & other questions you may have. Also book free consults with several therapists to review your options. Mental Health Match & Alma websites provide info on therapists that offer free consults.

4

## Ask yourself if your personalities would click

Everyone has a personality that makes them different. Some people are more open-minded, extroverted, agreeable, etc. Think about whether or not you would feel comfortable opening up to the therapist.

