

8 Questions to Ask When You are Looking for a New Therapist



1. Tell me about your experience and approach to working with people dealing with (insert the issue you want to work on).

2. What treatment modalities do you use most frequently when working with clients?

3. How do you define success in therapy?

4. How would most of your clients describe you?

5. What kinds of clients are the best fit for you?

6. What is your availability?

7. How often do you typically meet with clients?

8. Do you accept my insurance? Or, what is your fee for services?

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