

Questions to Ask a New Therapist

These questions can help you figure out if a therapist is a good match for you:

- How will I know that you understand and respect where I'm coming from?
- What happens if, after a couple of sessions, I feel like this isn't the right fit?
- How will we know when I'm ready to stop therapy?
- Are you comfortable working with someone from my background or culture?
- Have you worked with people from my background or culture before?
- How can I tell if this is the right match for me?
- Is there anything important I should know about how you work before we start?
- Do you have experience helping people with the kinds of issues I'm dealing with?
- What does a typical session with you look like?
- What do you expect from me while we're working together?
- If I need a diagnosis or medication, can you help with that or refer me to someone who can?