



A Potential Therapist

It is important to carefully consider which therapist you choose to work with. Studies show that much of the effectiveness of therapy is dependent on the relationship that you are able to build with your therapist. Feel free to interview me! Here are some questions to consider asking a potential therapist:

- What are your views about therapy?
- What training, degrees, or experience do you have with situations similar to mine?
- What success have you had in working with people like me? What are your strengths and weaknesses?
- What does _____ mean? (Ask for definitions of words you do not understand.)
- How do you feel about working with a man, woman, working woman, unemployed man, substance user/abuser, suicidal person, lesbian, gay man, feminist, ex-convict, etc.?
- What do you think about marriage, divorce, etc.? How do you decide on the fees you charge?
- Do you make adjustments to fees? How? When?
- Are you eligible for insurance payments?
- What diagnosis will you write on my insurance claim form? What are the costs of emergency contacts?
- What is your policy about cancelled appointments?
- What if I don't show up?
- What are your expectations about my therapy?
- To what extent will I make decisions about my treatment?
- How long is the average client in treatment with you?
- What skills will I have when treatment is completed?
- How do you/we decide when it is time for therapy to end?
- How will I know when I'm finished? If you are out of town, do you have a back-up therapist?

To ask these questions or to schedule an appointment please text/call
(720) 441-4286
or email susan@movement-counseling.com