



**STEP-BY-
STEP GUIDE
TO FINDING
A
THERAPIST**



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Step by Step Guide To Finding A Therapist



STEP 1

Insurance vs Private Pay

Determine if you want to use insurance or private pay - private pay means you will be paying out of pocket upfront for your sessions. This is important to determine first because it can save you time during your search.

STEP 2

Are You Ready To Commit To Your Healing?

Ask yourself this because therapy is a process and an investment in yourself, and I want you to be ready to commit

STEP 3

Choosing A Practitioner

Decide which practitioner works best for your needs, whether a Social Worker, Mental Health Professional, Psychiatrist, Psychologist or Marriage and Family Therapist

STEP 4

Therapist Specialty Match Your Needs?

Does their website mention your current struggles?
Ex: If you're struggling with self-worth, does their website mention self-worth as a speciality?



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STEP 5

Determine your preferences

Do you want a man, woman, non-binary, someone from the LGBTQQIP2SAA community, heterosexual, christian, BIPOC community?

STEP 6

Determine your availability

Are you flexible? Are you limited on the times you can meet? Does it need to be weekends only? Make sure the therapist has a similar availability.

STEP 7

Online vs In-Person?

Are you open to either? Or do you prefer one over the other? TIP: Online Therapy is not less effective.

STEP 8

Where To Find Therapist

therapyforblackgirls.com, zencare.com, psychologytoday.com, therapyden.com, and multiculturalcounselors.org (this one is WA based only) to name a few.



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STEP 9

Schedule A Consultation

You want to see if you vibe with their energy, you want to listen to how they respond to your questions and if they really can understand your problem. TIP: Most consults are free

STEP 10

Consultation Questions

Be prepared for the consult to make sure you get all questions answered. Such as, what is your fee? Are you accepting new clients? Are you fully licensed?

STEP 11

It's A Match!

If it's a match during the consultation then schedule your first therapy session! Yay!

STEP 12

Celebrate!

You've just booked your first therapy session and are one step closer to your healing



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STEP 13

Oh no, it's been 3 sessions and I'm not fixed yet

Remember therapy takes time and determining if your new therapist is a good fit will take about 2-3 sessions.

STEP 14

Not A Fit? Repeat and Try Again

If your therapist turns out not to be a great fit. That's all right. Try the search process again. Don't give up on your healing.

BONUS: CONSULTATION QUESTIONS

Do you take insurance? Do you have a waitlist? How long have you been practicing? Have you had success with other clients who've had similar problems to mine? What's your therapeutic style? How often do you recommend we meet? When is payment due? What is your cancellation policy?