



How to Pick Your Therapist

I've heard several times recently that people are "in therapy" and yet, continue to struggle. I find myself asking, are they seeing a good therapist? Is it the right approach? Would they be better off seeing someone else?

Ultimately, effective therapy and true change require a really good fit of personalities, skill sets, and approach to the work.

And I've been asked, how to find a **good therapist for you**.

I'm a great therapist, and yet, I'm not a good therapist for everyone. When my skill set and approach fits the needs of the client - magic happens!

So here you go ...

1. Talk to your friends. Who did they see? What did they like or not like about their therapist? This will gift you with some things to consider (whether you see the same therapist or someone else.)
2. You can Google therapists in your area.
3. Ask your doctor for referrals.
4. Have a conversation with the potential therapist – do you feel comfortable? If not, is it your discomfort about entering therapy or is something feeling amiss? Listen to those little nudges you get ... and ASK questions. Any therapist should be able to answer questions without hesitation.
5. Do you feel you could share your biggest secrets with them and that they'd respond in a caring way? Do you feel they would challenge you to grow while supporting you at the same time?
6. Do they have experience working with individuals with a similar challenge to you? What is their approach? (They should describe this free from jargon.)
7. How often and for how long do they typically see clients? Beware of those who see clients for years as they may create dependency.
8. A good therapist focuses on the client and doesn't allow their personal issues into the sessions. Therefore, you want to ensure they have appropriate supports in place. A good question to ask is who do they go to when their personal issues arise?
9. What are their qualifications? I list this one last on purpose and these are only part of the puzzle. While qualifications matter, you can be highly educated and lack the human connection skills, or you can have less schooling and be a really good fit for you.
10. If you are using a third-party insurer to cover the costs, research to see what qualifications the insurance company requires.

Ultimately, I do recommend seeing someone you feel safe with. When I began my own personal therapy journey, I saw three therapists until I found the one with who I could share anything who supported me and challenged me. I'm grateful that I had the courage to keep trying because it has made all the difference in my life.