

WORK SHEET

HOW TO FIND A THERAPIST

This is your go-to guide for finding the perfect therapist! I break down the process step by step, making it super easy to find the right fit for you and your needs.

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Key Terms

Licensed Therapist- A qualified professional with official approval to provide therapy.

Specialization- Therapist's expertise in specific issues (anxiety, relationships, etc.).

Cultural Competence- Therapist's ability to work with diverse backgrounds.

Modalities/Approaches- Different methods therapists use for therapy.

In-Network/Out-of-Network- Covered by insurance (lower cost) or not covered (higher cost).

Co-Pay/Deductible- Fixed session fee after deductible for insurance-covered therapy.

Sliding Scale- Flexible fees based on financial situation.

Teletherapy- Therapy through virtual platforms.

Important Titles in Mental Health Field:

Licensed Clinical Psychologist: A mental health professional with a doctoral degree in psychology, trained to diagnose and treat a wide range of emotional and psychological issues.

Licensed Professional Counselor (LPC): A therapist with a master's degree in counseling, offering talk therapy to help clients manage and overcome challenges.

Licensed Marriage and Family Therapist (LMFT): A therapist specializing in working with couples and families to address relationship and family dynamics.

Psychiatrist: A medical doctor (MD or DO) specializing in mental health who can diagnose mental health disorders and prescribe medication.

Licensed Clinical Social Worker (LCSW): A therapist with a master's degree in social work, providing counseling and support for various mental health concerns.

Psychiatric Mental Health Nurse Practitioner (PMHNP): A nurse practitioner who specializes in mental health testing, diagnosis and creating treatment plans. They also prescribe medication.

STEP 1: UNDERSTAND WHY YOU NEED THERAPY

What led you to believe that you need a therapist?

What are symptoms that you are experiencing?

STEP 2: UNDERSTAND WHAT YOU NEED IN A THERAPIST

Consider people in your life that you feel safe with. What makes them feel emotionally safe to you?

What moments are you your most authentic self and feel free of judgement? What about that environment made it easy for you to relax and share?

STEP 3: DETERMINE A BUDGET

How much can you allocate to therapy monthly?

What are your behavior health insurance plan?

STEP 4: RESEARCH THERAPIST

Look for therapists who specialize in areas that match your needs, such as anxiety, cultural identity, family dynamics, etc.

Research the therapist's credentials and ensure they are licensed to practice in your state.

Research to see if your insurance/EAP is accepted if you are not planning to pay out of pocket.

Remember, finding the right therapist may take time. Do not hesitate to explore multiple options until you find someone who you feel comfortable and connected with.

STEP 5: SCHEDULE CONSULTATION

Share your goals and expectations for therapy. Share your previous experience, if any with therapy

Ask them 1 or 2 important questions based on what you put in Step 2

At the end of the call, consider how you felt, how did they respond to your questions, what does your intuition tell you. If no red flags, move forward with the first session.

STEP 6: CHOOSE A THERAPIST

What is your therapist's name?

Why did you choose them?