

Questions to Ask ... Your Therapist ...



Name: _____

Thoughtful Therapy

••••• Thesaurus •••••

Most therapists offer a 15 to 20 minute consultation where you can explain your objectives and ask them questions. Here is a list of questions to ask a therapist before starting sessions.

How long have you been practicing therapy?

What field of mental health do you specialize in?

How many clients have you had with similar circumstances (issues) to my own?

What does safe space mean to you?

Thoughtful Therapy

••••• Thesaurus •••••

Most therapists offer a 15 to 20 minute consultation where you can explain your objectives and ask them questions. Here is a list of questions to ask a therapist before starting sessions.

Do you respond to text messages in moments of crisis?

What are your current rates? Do you offer sliding-scale options?

What licenses and certifications do you have?

How often do you anticipate seeing me?

Thoughtful Therapy

Thesaurus

Here are questions that may be helpful to ask yourself when looking for a therapist.

What are your preferences for age, gender, race, ethnicity, religious background, and availability - day(S) hour(s)

What are your goals and whether the therapist you are considering works with people who have similar goals/ needs. (Refer to our goal guide)

What kind of therapy you are seeking? - research different options for therapies. Art therapy, cognitive behavioral therapy (CBT) Eye Movement Desensitization and Reprocessing (EMDR), and more

What is your budget? How often do you need to attend therapy to achieve your identified goals?

Thoughtful Therapy

Thesaurus



uncommunicative

VIBE CHECK

intelligent

easy going

attentive

judgemental

inattentive

empathetic

organized

welcoming

compassionate

Did the therapist seem....

objective

disinterested

professional

impatient

rude

funny

perceptive

observant

idealistic

inflexible

focused

overwhelmed

apathy

empowered

helpless

relief

heard

optimistic

validated

enthusiastic

excited

hopeful

comfortable

After meeting the therapist I felt....

confident

annoyed

gratitude

encouraged

apprehension

pessimistic

upset

inspired

anxious

dismissed

Thoughtful Therapy

••••• Thesaurus •••••

Questions to identify a therapist that practices cultural humility

What are your views on the connection between racism and mental health?

Are you comfortable discussing racism, social justice, and cultural issues?

Do you have experience working with clients in the LGBTQIA community?

How often have you worked with someone with my cultural background?

What does intersectionality mean to you?

How do you include your patient's culture in therapy?

Have you completed any anti-racism, bias, diversity, or cultural humility trainings?

Resources for locating a therapist

AAKOMA Project
African American Therapists
Association of Black Psychologists
Ayana Therapy
Black, African, and Asian Therapy Network (UK)
Black Emotional and Mental Health Collective
Black Female Therapists
Black Girls Smile
Black Men Heal
Black Mental Health Alliance
Black Mental Health Matters
Black Therapists Rock
Boris L. Henson Foundation
Brown Girl Therapy
Clinicians of Color
Coffee Hip Hop and Mental Health
Ethel's Club
Free Black Therapy
Inclusive Therapist
LGBTQ Psychotherapist of Color (California)
Loveland Foundation
Mary Ellen Strong Foundation
Melanin and Mental Health
Melanin Therapy
Mental Wealth Alliance
MyTruCircle
National Queer and Trans Therapists of Color Network
Sad Girls Club
Sista Afya
Therapy for Black Girls
Therapy for Black Kids
Therapy for Black Men
Therapy for Queer People of Color
Therapy in Color
Zen Care