

# Questions You May Want to Ask During a Therapy Consultation

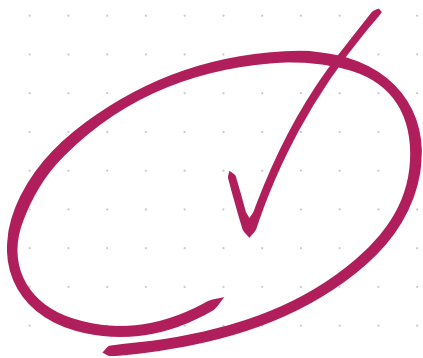


Notes

- Have you worked with someone with my presenting concerns?
- What areas do you specialize in?
- What is your cancellation policy and what does confidentiality mean in session?
- Do you have the capacity to take on weekly clients right now?
- Do you have a caseload of culturally diverse clients?
- How comfortable are you with talking about issues related to race, ethnicity, oppression or privilege?
- What kind of work have you done to ensure this is a safe space for people who look like me?

# Therapist Tracking Sheet

The process of finding a therapist can sometimes take a while. Make copies of this tracking sheet to take notes of all the therapists you've spoken with to help with your decision making.



Therapist name

Telephone #

Website

Email address

Do they accept your insurance?    Y   N

Cost of session out of pocket

Date called/emailed

How soon is their next available appointment?

1 Do they have expertise in working with your concern?

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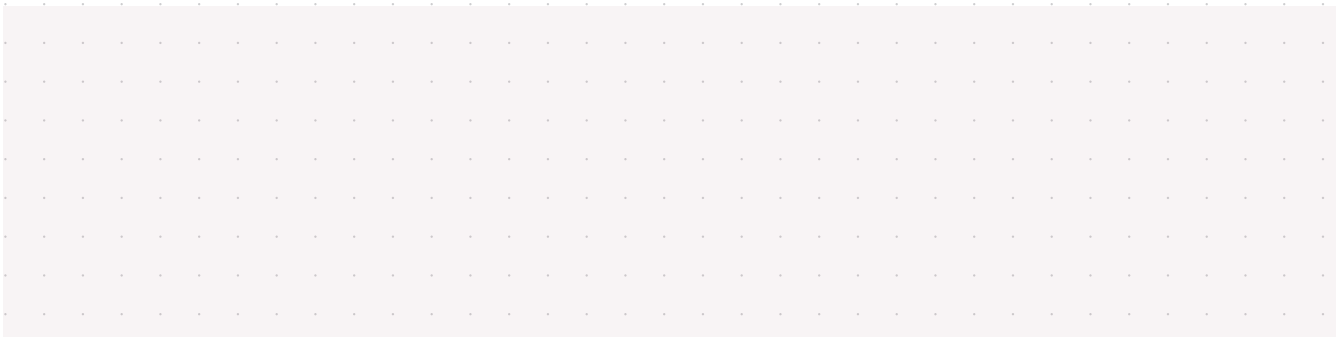
2 What vibe did you get from the conversation? Was it comfortable sharing with them? Do you think you would be comfortable sharing more with them?

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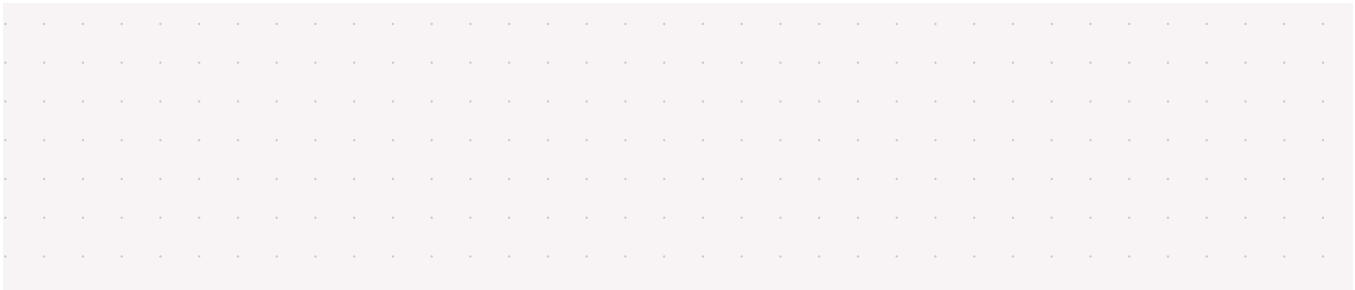
# Preparing For Your First Session

Your first session will likely be very different than your future sessions. In the first session, your therapist will be asking lots of questions to get an idea of what has brought you to therapy and what kinds of symptoms you are having. It's ok to be nervous, and it's also ok to tell your therapist if there are things you'd prefer not to share in the first session. But understand that the more you share, the better they will be able to help you. The questions below will help you to prepare better for your first session.

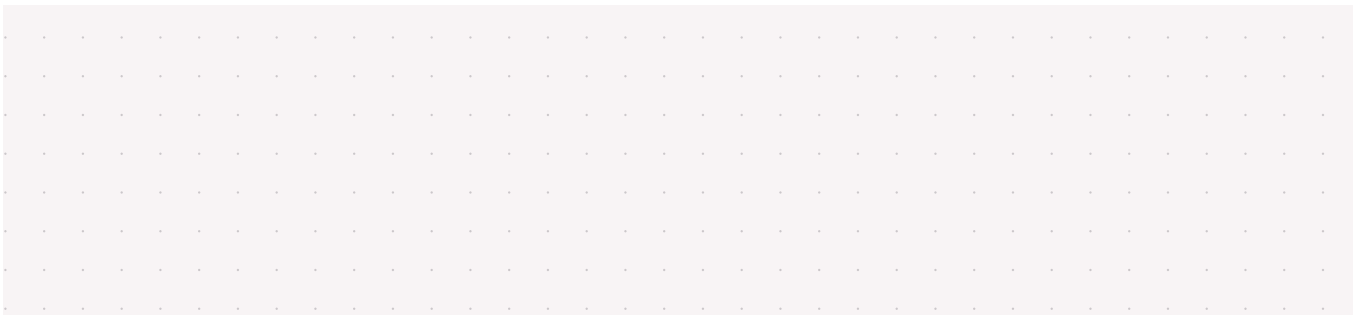
- 1 What are the main issues that are guiding you to seek therapy right now? How long have these issues been going on?



- 2 How do you think therapy can be helpful? What are your goals for participating in therapy and how will you know that you've reached them?



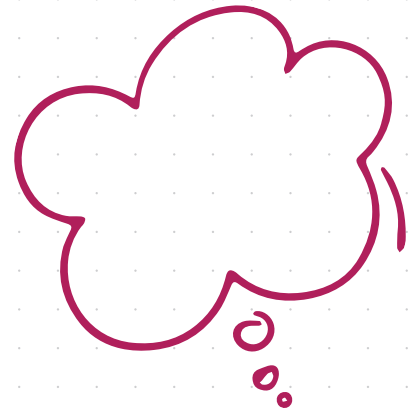
- 3 Are there questions you didn't get a chance to ask on the phone? List them here.



# Post Session Reflections

You're likely to feel a range of emotions after your first session, possibly relief for finally getting some things off your chest and maybe even a little overly-exposed. All of these things are completely normal.

As soon as you can after your first session, it may be helpful to answer the questions below to help you to continue getting the most out of your sessions. You may even want to share some of these things in future sessions with your therapist.



- 1 How do you feel now that you've finished the first session? Did it feel comfortable to talk about your concerns with the therapist (Understanding that it may take some time to really open up)?

A large, empty rectangular area with a light purple background and a dotted grid pattern, intended for writing a response to question 1.

- 2 Are there things you wish you would have said and would like to discuss next session? List them here.

A large, empty rectangular area with a light purple background and a dotted grid pattern, intended for writing a response to question 2.