

How to pick a therapist



1. **Think about your goals** ahead of time and choose your desired therapy type
2. **Figure out your budget** and how you want to pay for it
 - EAP (ask what report back is provided)
 - Insurance (require diagnosis)
 - Self pay (esp if deductibles are high)
 - Sponsorships
3. **Find Options**
 - Consult provider directories (by EAP, insurance, or therapy type)
 - Look at credentials
 - Choose a specialist instead of a generalist
 - Explore local resources, esp orgs that address your area of concern
 - Ask someone you trust
4. **Consider cultural competence** (age, stage, background, faith perspective)
5. **Ask questions** about the things that matter to you
 - Why did you become a therapist?
 - Are you licensed and where were you educated?
 - How many years have you been practicing as a therapist?
 - What are your areas of expertise?
 - Do you have experience working with people in similar situations?
 - Tell me more about your style/approach.
 - How long do you think we'll work together?
 - How often will we meet?
 - Have you ever been in therapy?
 - What is your faith background?
 - Am I a good fit for you?
6. **Pay close attention to your own responses**
 - Does the therapist interrupt you, or do they listen carefully to what you're saying?
 - How does your body feel during a therapy session? Do you feel tense?
 - Does the therapist respect your time by being prompt to appointments?
 - Does the therapist brush off or invalidate your concerns?
 - Do you feel seen, heard, and respected during your session?
7. **Expect to try a few**

Resources for people of color

Access to culture-conscious therapists is **important** for your well-being. Here are some resources to consider when looking for a therapist:

- [The Yellow Couch Collective](#), an online support group for Black women
- [Therapy for Black Girls](#)
- [Black Mental Health Alliance](#)
- [The National Asian American Pacific Islander Mental Health Association](#), a nonprofit dedicated to the mental health and well-being of the Asian American and Pacific Islander communities.
- [WeRNative](#), which provides Native American youth with tools for holistic health and growth, including mental health resources.
- [Nina Pop Mental Health Recovery Fund](#) and [Tony McDade Mental Health Recovery Fund](#), a group that offers therapy sessions to help Black transgender people
- [Therapy for Latinx](#)