

HOW TO CHOOSE A THERAPIST

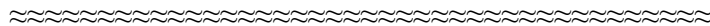
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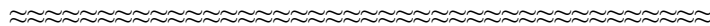
Choosing a therapist can be a challenge. If you have never sought out counseling before, here are some suggestions that may be helpful.



1. Ask someone you trust (a friend, loved one, pastor) if he/she can recommend a therapist.
2. Call an agency such as Community Mental Health or Child & Family Services and ask if a counselor at the agency has experience with your particular issue.
3. Once you have a name of a therapist, call that person and feel free to “interview” him/her. As questions such as:
 - a. Are you experience in this area?
 - b. Are you licensed?
 - c. Can we meet once and decide if we are right for each other?
 - d. What should I expect during the first session?



If you can be as clear as possible with what it is you need, that will help the therapist quickly assess if he/she is the right therapist for you.



If you do not know what you need, describe as clearly as possible how you fell. An experienced therapist will be able to then determine goals of therapy which you can further co-design after the first couple of sessions.



Please keep in mind, that most insurance policies cover mental health counseling in part. If you need more information on this aspect, call Member Services of your local insurance office.