

# BIPOC Communities

## Questions To Ask When Selecting a Therapist



### Cultural Competence

Is the therapist race, ethnic or gender important to you? Do you want someone with the same background as you? Should they speak the same language as you?

### In-Person or Virtual

Do you feel more comfortable having personal conversations in-person or virtually (through your phone or computer)?



### Group Session or One-on-One

Are you more comfortable speaking about your experiences without others present? Or, do you feel better sharing as a part of a group settings?

### Type of Therapy You Want

Are you interested in the relationship between your behavior and thoughts or feelings? That's CBT. Are you more focused on your relationship with others? That's Interpersonal Therapy. Ask the therapist which form of therapy they practice.



## Resources

Check out these helpful resources to learn more about different types of Therapy. For more information on therapy, anxiety and depression, visit [www.adaa.org](http://www.adaa.org).

**ADAA**