

# FINDING THE RIGHT THERAPIST



Having confidence in a therapist is essential for establishing a positive relationship. To feel comfortable with a therapist, it's recommended that you talk to more than one before making a choice.

## HERE ARE A FEW QUESTIONS TO CONSIDER ASKING:

### PRACTICAL ISSUES

- Do you accept my insurance? If not, what arrangements do you have for payment?
- If I need medication, can you prescribe or refer me to someone who does?
- Do you specialize in treating children, adults, or both?
- What experience do you have in treating anxiety, depression, OCD, or other related disorders?
  - What training and/or credentials do you have?

### WORKING TOGETHER

- What is your treatment approach?
- Do you provide telemental health therapy?
  - How will you help me overcome my problem?
- How long will it take before I can expect to feel better?
- What do you do if I do not start feeling better in the typical time frame?
  - How can I help in my recovery?

To learn more, visit  
<https://www.adaa.org/>  
to find a therapist near you!

