

## Things to ask a prospective therapist

The questions below will help you get a clearer picture of what a counselor believes and how he or she conducts the counseling sessions. If possible, ask the prospective counselor these questions on the phone before any appointment. Otherwise, discuss them during your first meeting. Write down the counselor's answers and explain that you would like to consider them before continuing with counseling. Then talk to your pastor, elder, or wise Christian friend about the counselor's answers in light of God's Word.

- 1) How would you describe your approach to counseling? \*
  - a) How do you understand people's problems?
  - b) How do you help them grow and change through counseling? Please describe the process.
- 2) What is your educational and professional background? (If not listed on their website)
- 3) What would you say are your specialties?
- 4) What is your availability?
  - a) Do you offer in-person/Telehealth counseling sessions?
- 5) Which populations do you typically work with?
- 6) What books or other resources do you recommend on a regular basis? What books have most influenced your approach to counseling?
- 7) Are you a Christian? How does your faith affect your view and practice of counseling?
- 8) Do you bring Christian truth into your counseling practice? How? What role does Scripture play?
- 9) Do you pray with those you counsel?
- 10) Do you incorporate spirituality and/or Christian practices in counseling?
  - a) And/or what is your approach for a Christian or Spiritual/Religious Client?
- 11) Do you attend church? If so, where? How long have you been a member?
- 12) Are you married? Do you have children? Have you ever been divorced? How does your marriage and family situation affect how you counsel people?
- 13) What are your policies and general practices that I should be aware of?
- 14) Do you take Insurance? Which ones? And/Or, do you offer self-pay? How much?

\*There are many types of therapies follow the link to discover more.

<https://www.nami.org/About-Mental-Illness/Treatments/Psychotherapy>