

Find the Right Therapist Checklist

SPECIALTY

- Has worked with your issue(s) before
- Describes their approach and techniques clearly
- Has training or continuing education about your issue(s)

LOCATION

- Close enough to work or home that it's easy to go
- Accessible to you by car, bike, or public transportation
- Has parking available if needed

AVAILABILITY

- Responds to your inquiry within 1-2 business days
- Is available at times or within a timeline that works for you

COST

- Accepts your insurance OR
- Out-of-pocket fee is within your budget / affordability OR
- Offers a sliding scale that works for your budget

PROFESSIONALISM

- Wants to get to know you & your issue; no assumptions
- Asks questions; is engaged in conversations
- Comfortable to talk to; not pushy
- Asks for and responds to feedback about your experience