



Guide to Finding a Therapist

How to identify therapists that meet each person's unique needs



What are My Goals for Therapy?

- Example: *Manage Anxiety*
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What do I Want to Accomplish?

- Example: *Build Skills That Reduce Anxiety*
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Therapist Competencies

- Example: *Trauma Specialist*
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Therapist Specializations

- Examples: *Adults, LGBTQ+, Couples*
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Therapist Training & Education

- Example: *Certified in Somatic Experiencing*
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Therapist Personal Qualities

- Example: *Speaks with Kindness*
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My Resources for Payment

- Example: *Health Insurance*
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My Scheduling Considerations

- Example: *Sessions Only Before or After Work*
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