## 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*

### What do I Want to Accomplish?
- *Example: Build Skills That Reduce Anxiety*

### Therapist Competencies
- *Example: Trauma Specialist*

### Therapist Specializations
- *Examples: Adults, LGBTQ+, Couples*

### Therapist Training & Education
- *Example: Certified in Somatic Experiencing*

### Therapist Personal Qualities
- *Example: Speaks with Kindness*

### My Resources for Payment
- *Example: Health Insurance*

### My Scheduling Considerations
- *Example: Sessions Only Before or After Work*

---

This handout was produced under Project TRUST 2018-VT-BX-K015, awarded by the Office for Victims of Crime, Office of Justice Programs, U.S. Department of Justice. The opinions, findings, and conclusions or recommendations expressed in this program flyer are those of the contributors and do not necessarily represent the official position or policies of the U.S. Department of Justice.