
From the Web Site: <http://www.healthymind.com>
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How Do I Choose A Therapist?

Answer: Carefully. But usually better any choice than none at all.

When making the decision to look for professional help, you are doing something that takes courage. It is a frightening thing to do. It is unfamiliar. Looking for a therapist can be very uncomfortable.

So where do you start...simply looking through the Yellow Pages? Probably not. Get some feedback from others. Ask around. Talk to your physician, lawyer, or a friend who has been in therapy for a situation similar to yours. Ask your pastor for a suggestion, or call a support group that specializes in your concerns. Try to get several names. In particular, look for names that come up more than once.

It is important to look for a therapist who is familiar with what you are dealing with. Go for a consultation to ask questions about what type of help you might need and what you want to know about the therapist. Ask about his/her training, and experienced with your type of difficulty. Ask directly about fees, how s/he might proceed with someone with your problem. Ask about specialty areas.

Ask yourself if the therapist seemed to pay attention to what you say. Do they answer your questions, or beat around the bush? Do they seem at ease with you? Do you seem at ease with them? Look until you find a therapist in whom *you* feel confident. This is important.

Seek therapy that is within your financial means, so that you will not have to quit prematurely. Good therapy can sometimes be found at community mental health centers, where fees tend to be lower than in the private sector. However, many community mental health centers are overloaded with work, and you may have to be willing to wait for a therapist to become available. Paying a high fee is no guarantee that you will receive good help, but if you do have to pay a high fee to get the help you need, then it is worth it. A good therapist can help you do lots of good work between sessions to shorten the number of sessions needed.