



SEARCHING FOR A THERAPIST WHO'S RIGHT FOR YOU?

Here are the best questions to ask during an initial phone consultation!

WomenMix Therapy





The following questions are designed to help you get the most out of your experience:

What is your approach to therapy?

How long have you practicing?

What licenses and certifications do you have that you find beneficial to your clients?

How much do you charge?

I have insurance, how do we know our sessions are covered.

What availability do you have?

How long are sessions? 45 minutes? 60 minutes?

Is there a time frame for therapy? 3 months, 6 months, 1 year, or more?



The following questions are designed to help you get the most out of your experience:

Are sessions fully virtual or in-person?

Describe your ideal client.

How do we set up therapeutic goals?

What are sessions like?

What kind of homework do you give clients?

How do I prepare for our first session?

Feel free to print this out and write notes in the yellow boxes that correspond to the questions you ask!

WomenMix wishes you the best of luck in finding the best therapist match for you!