

## **How to Choose a Psychologist/Therapist**

So how does one choose a good psychologist or therapist? After all, nobody wants to put their intensely personal emotional problems into the hands of an inexperienced, ineffective, or useless practitioner. The guidelines below will offer some suggestions for your consideration. While I am a psychologist, I have also been in my own psychotherapy and these suggestions were written with both experiences in mind.

### **How do I find a counseling professional?**

You can ask your physician for help, The yellow pages, professional associations, employee assistance programs, and word of mouth are other ways of finding help.

### **What questions can I ask?**

- Where did you receive your training?
- Do you belong to a professional association? Which one?
- How long have you been practicing?
- How many cases like mine have you dealt with?
- Do you have a specific orientation in therapy? Can you explain it to me?
- In general terms, how would you approach my particular situation?
- How long do you think I will need for therapy?

### **Fees**

- What are your fees?
- When do I pay?
- How do I pay

### **What can I expect from a counselor?**

He/she should

1. value people, their dignity, integrity and fundamental rights and freedoms
2. respect the personal beliefs of all people
3. consider the interdependency between the physical, mental, psychological, emotional, social, and spiritual aspects of each individual

### **Finally**

You must find a psychologist/counselor that you feel comfortable with. Someone you can trust. Someone who has earned your respect. You must feel that going to your counselor is helping you. If you do not feel relief from your emotional problems you may not be receiving the treatment you need. You need to speak to your counselor about these concerns and if you are not satisfied you need to consider seeking help elsewhere.

