

# Life Development Center

## A GUIDE TO ACHIEVING EMOTIONAL HEALTH

### Are you looking for a therapist? Consider these questions...

It's important that you are comfortable with your therapist and his or her approach to counseling. The following questions can help you find the best match with a potential therapist:



1. What is the psychotherapist's background? Once you've confirmed that the person is a licensed mental health practitioner, consider his or her experience in the field. In addition to clinical work, for example, some may have other types of experience, such as teaching. Other factors that may weigh in the evaluation include areas of expertise, honors received, and professional involvements.

2. How does the person work? Some therapists create an accepting, nonjudgmental environment with the philosophy that providing a supportive environment will help you to find clarity for yourself. Others are more direct and advising. Some not only listen and hear but also give feedback and are very interactive.

Look for the approach that makes you comfortable enough to pursue a real and authentic therapy—one that both addresses your own real concerns and allows you the possibility of sustaining growth into the future.

3. As the therapist responds to Questions 1 and 2, ask yourself, "Does this person sound like someone I can talk with?" You will be entrusting the therapist with your feelings.

4. Is there a telephone in the session room? If so, will the therapist be answering the phone when calls come in? You need to know that you will have his or her full attention.

5. How long is the session?

6. How does the therapist charge?

7. Where is the person located?

8. One other question we recommend asking the potential therapist: "What role do feelings play in our lives?"

Look for a therapist who believes that feelings are honest and involuntary...as much a part of our lives as breathing.