

# FAIR QUESTIONS TO ASK A PROSPECTIVE THERAPIST

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It is important to get as much information about a therapist as possible before entering into a therapeutic relationship with him or her. Remember, you will be sharing very personal information with your therapist so it will need to be an individual you have confidence in and can connect with. **It's OK to interview a therapist**, either in a phone conversation or in a first session, so that you can obtain the necessary information to make a well-informed decision.

**Here are examples of some of the questions you may want to ask:**

1. What are your credentials and training?
2. What are your areas of expertise and specialization?
3. What specific training do you have in your areas of specialization?
4. Are you on the provider list for my insurance plan? If not, how do you handle insurance?
5. What is your standard fee? How long are sessions? Do you have a sliding fee scale? Are fees different for individual, couples, or group therapy?
6. How many clients have you worked with that have had similar issues to mine? How did you work with them and how did it help?
7. Are you in good standing with your licensing board? Has anyone ever made a complaint against you? If so, how was it resolved?
8. Do you receive your own supervision, consultation, or therapy from a professional?
9. Where did you go to graduate school and where did you do your internship?
10. How long have you been in private practice?
11. What are your beliefs about how therapy should work? What do you do during sessions and what do you expect from a client during and between sessions?
12. How can I contact you in an emergency?

*Dr. Jane Bolton, a marriage and family therapist, master results coach and contemporary psychoanalyst and is dedicated to supporting people in the fullest self expression of their Authentic Selves. This includes Discovery, Understanding, Acceptance, Expression, and Empowerment of the Self. Call 310.838.6363 or visit [www.Dr-Jane-Bolton.com](http://www.Dr-Jane-Bolton.com)*