



## Therapist Search Questions

*NAAPIMHA recognizes that searching for and reaching out to a behavioral health provider can be difficult in many ways! This question list offers some suggestions and considerations for what to ask a potential therapist to determine if they will be a good fit for you!*

Provider Name:

Who Referred You to This Provider:

Provider Phone number(s):

Provider Website:

Provider Email:

### **Possible Questions to Ask**

- Are you taking new patients?
- Do you offer telehealth sessions?
- Do you take insurance? (Be specific with your plan) / Do you have a sliding fee/income-based fees?
- Tell me about your training (where they went to school, what degrees they have, what they have special training in, etc.)
- How long have you been practicing?
- What is/are your theoretical perspective(s)? (Although you may not understand everything they say, take notes, and then look up the perspectives.)
- Do you have a trauma-informed approach and what does it look like in practice?
- Do you have specific training in \_\_\_\_\_? (What issues are particular to you? For example: grief, trauma, eating disorders, elderly populations, late adolescent populations, LGBTQ2SIA+ etc.)





## Therapist Search Questions

### **Possible Questions to Ask (continued)**

- What is your experience with racial, ethnic, and religious diversity? (Be specific here if you can.)
  - “How would you describe your experience treating clients who share my [insert your identities here i.e. “AANHPI, trans/non-binary”] identity?”
- What is your definition of/commitment to cultural humility and what does exercising cultural humility look like for you?
- What languages do you speak? Do you speak \_\_\_\_ (my language)?
  - If they don’t speak your language: Have you worked with an interpreter before?
    - If so, was that interpreter trained in mental health services?
- How do you approach a new client (what does the intake process look like)?
- What is your availability? (How frequently do you meet with clients and is this flexible/adaptive?)
- What is your availability in a crisis or on the phone in between sessions?
- What is your protocol for a patient in crisis, especially of suicidality?
- What is your policy around protecting client confidentiality: both personal information and personal case notes?
- What is the best number to contact you at?
- Where is your office located? Are there transportation resources to get to your office location?
- + Other questions specific to your needs!

*Developed by Dr. Pata Suyemoto, Executive Director of NAAPIMHA*

