

## How to Locate a Therapist?

### Ask yourself?

- What is your reason for seeking psychotherapy? What are your goals?
- Think about your budget. Do you prefer to pay a co-pay and only see a therapist already in your insurance company's network? Are you open to seeing a psychotherapist that is out of the network and does not accept insurance? Some insurance carriers provide a % of reimbursement of funds paid to an out-of-network provider. If you are unsure, call and check with your insurance company. They typically prefer you to use their in-network providers and may recommend it. However, it is your choice. If your insurance policy offers out-of-network psychotherapy benefits, it is your choice. Some psychotherapist will offer a sliding scale for clients paying
- How far are you willing to commute?
- Would you consider attending sessions with your spouse, significant other, or family members?

### Develop a list of several potential psychotherapists.

- ♦ Ask friends and family if they know of a good psychotherapist and why they recommend a particular person.
- ♦ You can search several websites such as Psychology Today, Therapy Tribe or some other organizations that provides information about mental health providers.
- ♦ Your insurance company can assist with identifying a psychotherapist within your network.
- ♦ Avoid psychotherapists displaying a picture that looks seductive or glamorous. I suggest a headshot photo, which is more professional.
- ♦ Consider your comfort level with a certain gender.

### Compile a list of questions, call and ask these questions:

- Are they accepting new clients?
- Are they licensed in your state? What is the licensure? You can look up their license and verify if they are in good standing. If you have been impacted by narcissistic abuse, I suggest a psychotherapist instead of a coach.
- A coach can provide strategies, a therapist can help figure out why you ended up in this situation and why a person is continuing the pattern in addition to researched strategies.
- Find out about their philosophy and be sure they can explain it in a way that you understand.
- Inquire about their assessment process. Ask this question and just notice if you hear a clear, confident response. (For narcissistic abuse treatment, it is important to learn about issues related to your upbringing, as well as, adult and drivers of those patterns. There may be unconscious issues so a 'psychodynamic' approach seems to work well for my narcissistic abuse clients. You can even ask the person what is an example of the type of psychodynamic technique they occasionally integrate in their practice.
- Find out about their years of experiencing and where they graduated.
- What are their areas of expertise? Any certifications? EMDR, DBT, CBT, CSAT, Psychodrama, etc. Types of trauma training?
- Do they have the ability to prescribe medication? Do they work with a psychiatrist who can?
- Do they have any experience in dealing with patients with similar symptoms as yours? Listen for confidence and comfort in the person's tone when discussing these topics.
- What are their sessions like?
- If culture or ethnicity is important to you, it is ok to ask about it. Again, listen for comfort level in answering the question.
- Have they done their own therapy? A therapist needs to have done his or her own personal development. Otherwise, 'issues' may come up in sessions. Listen for how they answer this question. Tone is important.
- Above all, trust your intuition. It is important that you trust your therapist if you are to improve.