

# Therapist Hiring Guide

Whether you are currently in talk therapy or not, trying to find a new therapist is not an easy task. I hope you are giving yourself credit for putting forth the energy to take this major step in seeking treatment. Use this document as a guide during your initial consultations with your prospective providers.

## Pre-Visit Checklist

- Confirm the therapist accepts your insurance
- Go to your insurance's website to see if the therapist is in-network or out-of-network
- Contact insurance company to see if you need an authorization prior to seeing a therapist
- Confirm your co-pay for behavioral health outpatient visits
- Verify the therapist's hours of operation meets your scheduling needs
- Confirm the therapist's office is ADA-compliant/wheelchair accessible (if applicable)
- Confirm the therapist is a specialist in the areas in which you need assistance (e.g. addiction, eating disorders, trauma, professional development, relationships, etc.)

## Notes

---

---

---

---

---

---

---

# Therapist Interview Questions

How long is each session?

Do you see patients on the weekends or virtually (via a tele-health system)?

What makes you a culturally-competent provider? How many of your patients are Black women?

I would like to deal with\_\_\_\_\_. How would you approach this?

Is there anything you need to know about my history or lifestyle that would help you determine if we are a good match?