



RIGHT FIT - A guide to help you find the right psychologist

Psychotherapy is a partnership between a person and a psychologist that is designed to help a person overcome his/her difficulties. It offers a supportive environment where feelings and worries can be shared in an honest and confidential way.

Professional psychologists follow a strong code of ethical standards and abide by their province's laws that regulate their profession; however, picking the right psychologist can be tricky.

Once you have created a short list of psychologists, use the following questions to help guide your conversation to help you make an informed decision.

1. My problem is _____ what experience do you have with these issues? Are you police culture trained?
2. Some therapists are more comfortable addressing the immediate problem, while others want to focus on the deeper issue. Which one are you?
3. How do we discuss and share a treatment plan? How do we decide if we/ I need to be referred to a psychiatrist?
4. Am I able to bring a spouse, family member, or support person into some therapy sessions so that we are all on the same page?
5. Do you tend to lead the session, or do you follow my lead?
6. How much do you charge? Do you accept my insurance? Cancellation policy?
7. When is the earliest date that I can see you for our first appointment?
8. What happens if I am in crisis and need an immediate appointment?
9. Do you do phone or video/virtual appointments?

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Post Interview Reflection

It is just as important to have questions for yourself to assist reflection after your initial conversation with the psychologist. Consider the following:

1. How soon did you feel relaxed when speaking with the therapist?
2. Did you feel rushed to ask your questions, or were you able to go at your own pace?
3. Did the therapist seem to “get” your questions, or did they misinterpret or need to ask for several clarifications?
4. Did you feel like the conversation flowed, or was it clunky and awkward?
5. Did you understand the response, or was it filled with technical jargon or vague statements?
6. Imagine your deepest, darkest secret — could you imagine telling this person about it?

Resources Used:

<http://portlandpsychotherapyclinic.com/resources/8-questions-you-should-ask-any-psychologist-you-are-considering/>

<http://www.everydayhealth.com/columns/therese-borchard-sanity-break/questions-everyone-should-ask-their-therapist/>

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