



DRAWING CLOSER

COUNSELING & WELLNESS

Questions to ask a new therapist during consultation

- What is your experience working with (insert your need here)?
How many years have you worked in this area?
- What do you love about working with (insert your need here)?
- Do you speak my native language?
- What is your experience working with clients of (insert your cultural background, faith, and/or gender expression/identity here)?
- Do you take insurance or are you an out-of-network provider?
- Do you offer sliding scales?
- What type of payment do you accept?
- Do you offer in-person and/or telehealth appointments?
- How often will we meet for therapy? How many sessions will I need?
- Where are you located?
- What can I expect during the first appointment?
- Add your question or curiosity here!