

Social Media Information

How to Find a Good Therapist:

People seek out therapy for a number of reasons. Maybe one is struggling with relationships, wanting to make important changes in one's life, struggling with substance abuse, having difficulty processing feelings, etc. One often has many questions when seeking out a therapist. Who's good? Who to avoid? What makes that therapist right for me? What credentials should they have?

Questions to answer when seeking out therapy:

1. Who is the therapist going to work with?

- Finding a therapist skilled in working with a particular population is important.
- Young children are often accompanied by their parents for therapy. Their therapy usually consists of parent management techniques, building communication and establishing positive relationships between children and parents
- Adolescents often come to therapy to learn how to deal with emotions or behavior that has become troubling. Parents often need support during this time to address their fears and to help improve communication and family bonds during difficult times
- Adults often need someone that understands their particular issue whether it be relationship difficulties, processing change, adapting to loss, dealing with past trauma, substance use, etc.

2. Is the therapist skilled in working with the presenting problem?

- Do your homework in searching for a therapist who is trained in working with the problems you are experiencing. Referrals from friends, school counselors, local social service agencies, may know someone who works well with various issues and could lead you in the right direction.
- Does the therapist have training in trauma work, self-injurious behavior, screening for depression and anxiety, ADHD, treating loss, etc? Their websites should reflect their area of expertise.
- Therapists have to meet certain educational and licensing credentials to ethically/legally engage in therapy with clients. Some credentials to look for in Ohio: Licensed Independent Clinical Counselor (LPCC), Licensed Professional Counselor (LPC), Licensed Marriage and Family Therapist (LMFT), Psychologist (PH.D – Doctorate), Licensed Independent Social Worker (LISW), Licensed Social Worker (LSW) Find more here: www.cswmft.ohio.gov

3. Once you have an opportunity to meet a therapist (or learn about them) what qualities are most important?

- Do they make you feel safe and understood?
- Do they put time aside just for your session or are they distracted?
- Are they able to portray their understanding of your issues and give resources that allow for you to read when you go home?
- Is the therapist able to see the positive in you and promote wellness in session?
- How do you feel when you leave their office?

4. Other considerations:

- Do the location and office hours of the therapist match your needs and ability to get to appointments?
- Do you feel safe walking into the office building?
- Do they offer support to others in your family, if needed?
- Is this a multi-service office (therapy, medication, case management, group work) or do they only offer one service?

5. One more thing:

If you are not feeling the connection with your therapist after a reasonable amount of time then seek out another therapist! Connection is a big factor in healing. When seeking out therapy, always have a few therapists to choose from. If something goes wrong with the first one, it's easier to go right to the next than to wait to find a new person.