

## #DoThisThing

# Ask the Important Questions

**Decided on therapy?  
Now find your doc.**

Use this guide to find the clinician who's the best fit for you.

### #AskThis

Questions to ask your doctor upon your initial phone call.

What's your educational background?

Do you have an area of specialization? What is it?

Are you licensed in your state?

How many years of experience do you have?

Do you use assessments to inform a diagnosis?

Do you have experience treating my current concerns and symptoms?

Do you use evidence-based treatments?

What is your treatment approach?

How important is the therapeutic relationship in our work?

Do you have a blog that I can take a look at?

Are you a member of professional organizations?

What are your fees for service?

Do you accept my insurance?

How many sessions can I expect to meet my treatment goals?

### #AskThat

Assess your own feelings after your conversation.

Did I feel comfortable with this person?

Did she/he hear me and take time to make sure I understood the process?

Did I feel hopeful after our discussion?

Which clinician became the comparison point for all others I interviewed?

*Now you have your answer! Make an appointment today.*

**#NOTTHERAPY**