

Sample questions to ask a therapist:

- +What training and experience do you have in working with people who have survived medical trauma?
- + What modalities of therapy do you use most often when working with medical trauma?
- + How might you work with medical trauma differently from other types of trauma?
- + What types of clients do you feel you do your best work with?
- + What is your experience and comfort level in working with people from my background/ culture/ identity group?
- + How familiar are you with the health conditions I experience?
- + Are you willing to consult with other members of my care team?
- + What are your rates? - Do you take my insurance? - Do you offer a sliding scale?
- + How often do you recommend we meet?
- + Do you work in person or via telehealth?
- + Do you work from any particular religious or spiritual belief system? How does this show up in therapy?
- + (If in person) What precautions are taken in your office to avoid transmission of Covid and other communicable illnesses?
- + What can I expect from our first appointment?

- + What does an average appointment with you look like?
- + How would you address it if I feel I am not making the progress I would like to?
- + Will you give me “homework” between sessions?
- + Why did you become a therapist?
- + How long does the average client work with you?
- + Have you done therapy yourself?
- + Based on what you know about me so far, do you believe we will be a good fit? Why or why not?
- + What is your stance on using medications to manage mental health symptoms?
- + How will we decide when I don't need therapy anymore?
- + What are your policies around cancellations, insurance, and payments?
- + What are your policies around substance use?
- + What are your policies around contact outside of sessions?
- + What steps will you take to make sure our sessions are kept confidential?
- + Will you provide a mental health diagnosis? If so, will we discuss the diagnosis?
- + What are some things I should know before deciding to work with you?