

# Finding A Counselor

## A Complete Guide to Finding the Right Counselor for You

### STEP 1: START WITH YOURSELF

Take some time to reflect upon what you're hoping to get out of this counseling experience.

Why are you looking into counseling now?

What do you hope to get out of counseling?

Have you been to counseling before? What was that experience like for you? Would you like something like your last experience or are you looking for something different?

What does your budget look like for therapy? Do you prefer to go through insurance or private pay?

Where are you hoping to find a therapist? Near work or at home? How far are you willing to travel?

What would be some ideal times for you to see a therapist?

Are you interested in Telehealth (remote video) sessions?

Do you have any particular concerns about going to counseling?



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### STEP 2: START THE SEARCH

#### SEARCH CHECKLIST:

- Check in with doctor's office for a referral
- Ask family and/or friends for recommendations
- Google Search
- Psychology Today Online
- Other: \_\_\_\_\_

#### PROFILE CHECKLIST:

- |  |   |
|--|---|
| <input type="checkbox"/> Professional photo                    | <input type="checkbox"/> Fee Ranges                   |
| <input type="checkbox"/> Website reviewed. Read a blog or two. | <input type="checkbox"/> Insurance or Private Pay     |
| <input type="checkbox"/> Qualifications/License                | <input type="checkbox"/> Free phone consultation      |
| <input type="checkbox"/> Specializations                       | <input type="checkbox"/> Timely response to inquiries |

NOTES::

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### STEP 3: PHONE CONSULTATION

#### POSSIBLE QUESTIONS:

How would you describe your counseling style?

What is your specialty? What type of training do you have in those areas?

What types of counseling modalities do you use in your practice?

Are there any specific issues that you do not work with?

What do you hope your clients bring to the counseling experience?

What is your theoretical approach?

What is your current availability?

What are your fees?

Do you take insurance? If so, which ones?

Do you have a sliding scale or a reduced rate available?

Other questions:



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### STEP 4: MAKE YOUR CHOICE AND TRY IT OUT

CONGRATULATIONS!

You did your research and now you're ready to make your choice and get started.

Remember, it's normal to feel a bit nervous.

Give yourself a few sessions to get comfortable with your new counselor. Don't be afraid to ask questions as they come up. It's also okay to share any concerns you have along the way.

Starting counseling takes some leg work and courage. Give yourself credit for both!

If at any point you find yourself stuck in the process of finding a counselor, feel free to reach out. Send me a message through the CONTACT tab on the website, [www.yellowkeycollab.com](http://www.yellowkeycollab.com) or email me at [kate@yellowkeycollab.com](mailto:kate@yellowkeycollab.com).

Until then, I wish you all the best,

*Kate Kneifel*

