



Takoma Therapy

TAKOMA THERAPY'S QUICK GUIDE TO CHOOSING A THERAPIST

We know life is full. This is the quick version of our Guide to Choosing a Therapist, with just the questions to help you find the right fit. Use it as a reference before or after your first session, or whenever you need a gut check.

Questions to ask a Therapist: A Checklist

It's important to remember that you are hiring someone to help you, so you need to be assessing the therapist too. When meeting with a potential therapist, use this checklist to assess if they're a good fit for your needs. We've found that it's best to choose four or five questions that resonate with you and ask those.

Qualifications & Experience

- ☐ What are your credentials?
- ☐ What are your areas of specialization?
- ☐ What experience do you have working with people with my concerns (e.g., trauma, anxiety, depression, life transitions)?

Therapeutic Approach

- ☐ What therapy models or techniques do you use?
- ☐ How do you typically structure sessions?
- ☐ Do you assign work outside of sessions (e.g., journaling, exercises)?
- ☐ How do you measure progress in therapy?

Practical & Financial Considerations

- ☐ Do you accept insurance? If so, which plans?
- ☐ What are your fees per session?
- ☐ Do you offer a sliding scale based on income?
- ☐ Do you require payment at the time of service, or do you bill later?



✓ Confidentiality & Boundaries

- ☐ How do you protect my privacy?
- ☐ Will anyone else have access to my records?
- ☐ What is your policy on communication outside of sessions (e.g., email, phone calls)?
- ☐ What happens if I need to reschedule or miss an appointment?

✓ Crisis Support & Long-Term Planning

- ☐ How do you handle emergencies or crises?
- ☐ If you are unavailable, do you have a backup therapist?
- ☐ What happens if one of us decides to end therapy?

✓ Trusting Your Instincts *(After your first meeting, reflect on these questions)*

- ☐ Did I feel heard, understood, and respected?
- ☐ Were my concerns taken seriously?
- ☐ Did the therapist explain their approach in a way that made sense?
- ☐ Did I feel comfortable enough to begin opening up?
- ☐ Can I see myself working with this person over time?

While therapy can sometimes feel challenging, it should also feel **supportive and productive**. If something doesn't feel right, it's okay to explore other options—finding the right therapist is key to your healing journey.

Ready to Begin Your Therapy Journey?

Finding the right therapist can take time, but investing in this process ensures that you receive the best possible support for your healing and growth. We hope this guide helps you navigate your journey with confidence and clarity.

Take the Next Step Today:

- **Schedule a Consultation:** Call us at (301) 563 9156 or visit [takomatherapy.com](https://www.takomatherapy.com)
- **Speak with Our Intake Team:** Email intake@takomatherapy.com with your questions or concerns
- **Learn More About Our Therapists:** Explore our therapist profiles and specialties at <https://www.takomatherapy.com/therapists>

Your healing journey begins with a single step. It doesn't have to be perfect. Just yours. At Takoma Therapy, we're here to walk beside you.

