

Questions to Ask When Interviewing a Potential Therapist

1. What are your credentials?
2. What are your specialties?
3. What professional organizations do you belong to?
4. How long have you been conducting therapy?
5. What experience have you had in treating traumatic stress conditions?
6. How do you approach treatment of traumatic stress conditions?
7. What do you charge?
8. Do you accept insurance? If so, what kinds?
9. Do you have a sliding fee scale? If so, how is payment determined?
10. Do you bill people, or is payment expected at the time of the session?
11. How do you protect client confidentiality? Who (besides you) will have access to my files?
12. How long is each session? Are there exceptions to this?
13. Has anyone ever lodged a formal complaint against you?
14. Have you ever been censured by a professional organization?
15. If I were in crisis, would I be able to reach you? How do you handle crises?

16. What is your policy about missed sessions?
17. What is your policy about physical contact with clients?
18. What is your policy about contact outside of the session?
19. Do you arrange vacation coverage?
20. What happens if one of us decides to terminate without the other's agreement?
21. Do you think you can help me?
22. Is there anything I should know about your services that I didn't think to ask about?

My impressions (check all that apply)

- I felt safe and reasonably comfortable
- I felt understood and taken seriously
- I was treated respectfully
- We agreed about the nature of the problem
- This feels like it could be a good "match"
- My questions were answered adequately
- My treatment goals were addressed
- This individual is clinically qualified
- I can afford it
- I can get there with reasonable ease

Overall impression:

- Good
- Fair
- Poor

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