

Questions For Therapists

Basics

- How much does a session cost?
- How often would I have a session?
- How would I pay?
- What's your cancellation policy?

Training

- How long have you been practicing and how have you improved over that time?
- How much time do you spend under supervision?
- How much time do you spend on professional development?

Approach

- Which therapy approaches do you use and why?
- (For the therapist that lists CBT) I have an enormous problem with the CBT approach to the point that I think it's unethical. How would you deal with that?
- What does a typical therapy plan look like?
- What do you do when a patient isn't getting better?

Understanding

- What symptoms would you expect to see in someone that felt unsafe throughout their childhood?
- What do you understand about people that have Avoidant Personality Disorder?

Treating me

- How would you go about treating attachment problems?
- (For the therapist that lists psychoanalysis) Psychoanalysis therapists are traditionally neutral and detached. How can that help with attachment problems?
- How would you go about treating internalised shame?
- How can you tell if a patient is downplaying or minimising their problems and feelings?
- Most therapies seem to be aimed at reducing strong emotions. How do you treat people with weak emotions who can't feel much?
- How can you tell if a patient is starting to dissociate during a session and how do you keep them present?