# Ways to Find a Culturally Sensitive Therapist

Therapy can be life-changing. When you develop a better understanding of how your mind works and learn ways to keep it in the best shape possible, you will see great improvements in your overall well-being.

For counseling to be effective, though, you will need to find a therapist who fits your personal needs, lifestyle, and mental personality. Not every counselor will be the right fit.

## What is Cultural Competence?

[Cultural competence](https://nccc.georgetown.edu/curricula/culturalcompetence.html#:~:text=Cultural%20competence%20is%20the%20ability,and%20promotion%20programs%20and%20interventions.) is defined as a counselor's ability to understand, respect, and effectively interact with clients from diverse cultural backgrounds. When working with minority mental health, a therapist must be aware of their own cultural biases and the ways they may influence the therapeutic process, possess the knowledge needed to properly navigate their client's cultural needs and how they impact their mental health, develop skills and adapt their counseling style to their client's culture and life experiences. Cultural competence helps build trust, improve therapeutic outcomes, and create a more inclusive and effective counseling environment.

## The Importance of Cultural Competence in CBT

Cultural competence is important for the effectiveness of the therapeutic process because it impacts the counselor's ability to communicate, builds trust in the therapist-client relationship, minimizes the risk of misunderstandings and misinterpretations, and boosts the likelihood of a positive outcome in the client's mental health. Overall, cultural competence supports a more respectful, effective, and inclusive counseling practice.

## Ways to Find a Culturally Informed Therapist

Finding a culturally competent therapist is crucial to a positive outcome in your therapeutic process. A few ways to do this include:

* **Research and Referrals**: Look for therapists with specific training or experience in your culture and life experiences. You can use resources like online directories, professional organizations, or community referrals.
* **Ask Questions**: During the initial consultation or interview with your therapist, ask about their experience with your cultural background, how they approach cultural issues that are important to you, and how they handle diversity in therapy.
* **Assess Communication**: Ensure that your therapist demonstrates a comprehensive understanding of and respect for your cultural differences. They should be open to discussing cultural concerns and adapting their approach as needed. If you feel a lack of trust in your therapist's ability to handle your cultural needs, it is perfectly okay to seek a different counselor.
* **Seek Recommendations**: If possible, get recommendations from friends, family, or community leaders with a similar background as you. If they have a therapist, they have experienced to be a good fit for their background, that therapist may be great for you, too!
* **Evaluate Comfort**: Reflect on whether you feel comfortable and understood by the therapist. A good match should make you feel respected and supported in your cultural context. The most important part of an effective therapy session involves your ability to open up. If you don't feel comfortable doing so with your counselor, it may be time to seek a new one.

## We Are Here for You

Finding a therapist you feel comfortable opening up to is critical to the therapeutic process. As you have learned in this article, cultural competence plays a huge part in that.

If you are searching for a culturally competent therapist, we are here for you. [Contact](https://www.michiganpsychologicalcare.com/contact.php) us today, and we will work to provide you with the mental health care you need and deserve.

**References**

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