

Please print this sheet and refer to it when interviewing prospective therapists.

Desai Guidance and Counseling *Compassion Clarity Results*

How to Choose a Therapist

You deserve a therapist who is a good match for you. In addition to the therapist's skills, the *relationship* between you and a therapist is what makes counseling successful. That's why it's important that you're comfortable with your therapist.

Don't hesitate to ask questions when contacting a therapist. The qualifications below are a good place to start. You're choosing a professional to help with important, sensitive issues. You may need to speak with several to find one you're comfortable with.

Therapists have different personalities, educational backgrounds, and counseling styles. And as in all professions, any therapist may have adequate, below average, or superior skills. You might request a brief introductory meeting to get a feel for the therapist's style.

Use the Following Guidelines.

A Qualified Therapist

- has a state license;
- is professional, experienced, and knowledgeable about the kind of help you are seeking.
- seems warm, non-judgmental, and accepting.
- is respectful and supportive.
- is engaged and active; effective therapy is the result of constructive dialogue.
- allows you to adequately explain your problems without prejudging.
- provides guidance and counseling and supports medication management if needed.
- has a variety of clinical strategies.
- will address your concerns with specific approaches appropriate for you and your situation.
- provides clear information about client rights, confidentiality, and fees.
- maintains clear professional boundaries.

Please call for a free 30-minute session.

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