

LOVING YOURSELF ENOUGH TO HEAL YOURSELF


— *Care and Counseling* —



**STEPS TO FINDING YOUR
THERAPIST**

WRITTEN BY: DR. D.C. MURPHY

What is Mental Health

Mental Health is a category of health that focuses on your mental and emotional wellbeing. It describes how you balance stress as well as how you respond to stress.

Reasons to Seek Therapy

1. You feel a change in your emotions.
2. You have begun using unhealthy behaviors to cope (alcohol, drugs, cutting, overeating).
3. You feel like you have lost control.
4. Sudden transition in life.
5. You desire better outcomes for your life.
6. You feel the need to talk to someone.

5 C's of Scheduling

Choose Your Therapist

Below you will find a list of a few websites that will allow you to view the profile of a therapist in your area. When seeking a therapist, you may feel overwhelmed. Here are 3 sites that will help you find a therapist near you.

<https://therapyforblackgirls.com/>

<https://www.psychologytoday.com/us>

<https://www.betterhelp.com/>

When searching on the sites make sure to use the filter to filter out your zip code and form of insurance.

5 C's of Scheduling

Cost

If you are insured visit your insurance provider's website and search for behavioral therapy. There you should find a list of therapists in your area.

If you are employed, contact your Human Resource department and inquire about your mental health benefits. You may find that your employer supports an Employee Assistance Program where you can receive a set number of free therapy sessions.

If you are uninsured reach out to a local college and inquire about student therapist. There you can find therapist in training who are closely supervised and eager to heal their community.

Another option to consider would be to ask about a sliding scale fee during your initial consultation with any therapist..

5 C's of Scheduling

Comfort

- When looking for a therapist find someone that you will be comfortable with sharing your most vulnerable memories. Some factors that may provide comfort are age, specific races, or gender.
- During your free consultation take this opportunity to see if the therapist is a good fit for your personality. Listen to how patient they are when speaking to you and their tone used.
- Consider location. Would you be more comfortable having sessions in the office or virtual sessions via your personal electronic device.

5 C's of Scheduling

Certifications

Verify the credentials of your therapist. During your consultation ask the therapist about certifications they have received. If you are seeking therapy for grief, ask the therapist about any certifications they have gained specifically on grief. The same goes for any other need for therapy such as a need to treat trauma, family conflict, etc.

This will not offend the therapist. In fact, it will allow the therapist to see that you are aware of what you need for effective treatment.

A therapist's credentials can be found behind their name or within the bio section of their website. You want to search for language that speaks to the number of years they have had treating similar populations similar to yourself.

5 C's of Scheduling

Contact the Best therapist

Once you have narrowed down your options reach out to your top therapists.

Don't be afraid to reach out to several therapists. The nation has just ended a 3 year crisis. Therapists may be full and no longer accepting new patients.

Please do not allow this to deter you. You are Important and Deserving of healing. Keep calling and emailing until you are able to schedule that appointment!

Thank you For Your Time

www.synergycareandcounseling.com