

WHAT TO EXPECT ON YOUR INITIAL PHONE CONSULT WITH A THERAPIST

HOW DO I DECIDE WHETHER THE THERAPIST IS A GOOD FIT?

While it's difficult to be 100% sure of fit from just one phone call, here are questions you may want to ask yourself:

1. Would I feel comfortable sharing more with this therapist?
2. Do I feel respected and heard?
3. Do I think this therapist is knowledgeable and can really help me?
4. Does this therapist use language that reflects an understanding of my background and needs?

WHAT QUESTIONS SHOULD I ASK THE THERAPIST?

1. Can you tell me a bit about your practice?
2. Do you have experience working with clients with similar concerns?
3. What therapy approach do you use?
4. How frequently and long do you typically see clients?
5. What are your fees and do you accept my insurance?

WHAT DO I DO IF I CALL A THERAPIST AND THEY DON'T PICK UP?

If you're calling a therapist for the first time, you may reach their voicemail — if so, don't be afraid to leave a message! Therapists take the confidentiality of their voicemails seriously, and understand that reaching out for therapy can be a daunting task.

Make sure to leave your name, phone number, a good time for them to call back, and the reason you're calling (to schedule an appointment, ask about insurance, etc.).

WHAT QUESTIONS WILL THE THERAPIST ASK ME?

1. Why are you considering therapy now?
2. Have you been in therapy before?
3. What are you looking for in a therapist?
4. What has worked in the past, and what hasn't?

HOW DOES THE CALL END?

At the end of the call, you'll typically have the opportunity to schedule a first session.

Alternatively, some therapists may send you an email or text with open times, or send you a link to schedule an appointment directly through their booking platform.

WHAT SHOULD I SAY IF I DON'T WANT TO MOVE FORWARD?

Be honest with yourself and the therapist. If you don't think they're the right fit, or you're not sure, you can say so with one of these simple phrases:

- "Thank you so much for your time. I'm grateful to have learned more about your practice and expertise. As it stands, I'm going to continue in my search for a therapist but I'll contact you if anything changes."
- "I'm considering a few options, but can I get back to you by phone or email?"