

## 10 Questions to Ask a Therapist Before Your First Session

Therapist's name: _____		_____
	Name	Date
1.	What mental health concerns and/or conditions do you specialize in?	Notes:
2.	What kind(s) of therapy do you specialize in?	Notes:
3.	How would you describe your approach to therapy?	Notes:
4.	Do you offer in-person therapy, teletherapy, or both?	Notes:
5.	Do you take insurance? And, if so, do you take <i>my</i> insurance?	Notes:
6.	<i>(If they take your insurance)</i> Can you provide the billing code you would use for our visits so I can verify with my insurance company what I'll be charged?	Notes:
7.	<i>(If they take your insurance)</i> How much will I be charged for each visit? Can you provide a superbill for my insurance?	Notes:
8.	<i>(If they take your insurance)</i> Do you offer a sliding scale rate? If so, how do I know if I'm eligible for the sliding scale rate?	Notes:
9.	What is your experience with clients who are _____? <i>Fill in the blank with whatever aspects of your identity you would prefer your therapist have experience working with. For instance: your gender identity, your sexual orientation, your religion, your race, your ethnicity, your age, your profession, etc.</i>	Notes:
10.	If my primary concern is _____, what might your treatment plan look like for this?	Notes: