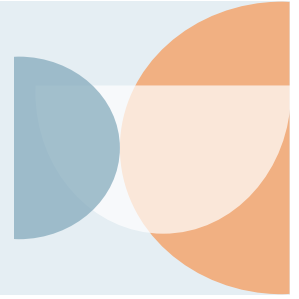


HARD FEELINGS

STRONGER MENTAL HEALTH

Questions to ask a therapist



In your first conversation, whether it's a brief consultation call or an intake session, consider asking your therapist these questions. Their answers might help you to connect with the right person.

- How long have you been practicing as a therapist?
- What is your professional background (education, professional registration, experience)?
- What is your approach to therapy? What can I expect?
- Where and how do you get support in your work?
- What is your experience working with someone with my presentation?
- You and I are from different cultural backgrounds. How will you approach this difference?
- Other questions I want to ask: