

STACI B'S 7 QUESTIONS FOR A POTENTIAL THERAPIST



I always ask a potential therapist for a ten-minute consultation so I can ask the following questions. I don't ever schedule an appointment without getting the answers and feeling aligned with them.

1. **How long have you been practicing?**
2. **What do you consider your specialties?** (relationships, anxiety, depression, eating disorders, addiction, trauma, etc.)
3. **What modalities do you use (CBT, DBT, EMDR, etc.)?** This question is best answered with different methods being used for different issues.
4. **What is your opinion on the DSM?** (listen closely to this answer. If there is no recognition on their part that it is an outdated guide sustained by the white patriarchy, I would be moving on).
5. **What psychology branches do you feel aligned with?** (Jung, Freud, Gestalt, Meyer, etc. If you don't recognize a name, just jot it down and look it up when you're off the call).
6. **How much of your life do tend to share with clients?**
7. **How do you know a patient is ready to leave therapy?**

Please use this list as a jumping off point and add or remove questions so it fits you completely.



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