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# QUESTIONS TO ASK WHEN CHOOSING A THERAPIST

GREAT HEIGHTS CALM MINDS PSYCHOLOGY



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# QUESTIONS TO ASK WHEN CHOOSING A THERAPIST

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1

“Do I feel comfortable with how  
this therapist communicates?”



Look at their bio, tone, and  
what they share online.

Does their language feel  
warm? Grounded? Human?

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2

“Do they have experience with  
what I’m going through?”

You don’t need an  
exact match — but  
feeling seen in their  
areas of focus can  
build safety.



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3

“Can I imagine being open with  
them?”



Can you imagine this  
eventually, if not  
immediately? You  
don't need instant  
comfortability, but you  
do need potential.

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4

“Does this therapist’s identity or background matter for my safety or comfort?”



It’s okay if it does. It’s okay if it doesn’t. You get to choose.

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# QUESTIONS TO ASK WHEN CHOOSING A THERAPIST

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5

“Do I feel any sense of ease (even 1%) when reading their bio?”

Your body often knows  
before your brain  
does. Trust your  
intuition.



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