

# Red & Green Flags for Finding a Therapist

Real Talk Therapy Podcast

## Red Flags

- Talks more about themselves than you
- Pushes you into scheduling an intake during a consultation call
- Tries to “fix” you instead of holding space for you
  - Struggles to validate how you feel
- Clearly lacks expertise in the issue you’re seeking help with
- Appears disinterested or distracted during sessions
- You have a bad gut feeling or do not feel connected to them

## Green Flags

- Asks insightful questions and tries to get to know you on a deeper level
- Clearly specializes in the issue you are seeking help with
- Collaborates with you on treatment goals
- Makes you feel safe (even if this takes time to establish)
- Validates how you feel instead of constantly offering solutions
- Exhibits active listening skills (eye contact, leaning forward, small verbal cues, etc.)
- You have good gut feelings in sessions

## Resources to Help Find a Therapist

- [Psychology Today](#) - Allows you to search for therapists in your area that specialize in specific issues and take your insurance. Provides you with links to their Psychology Today profiles, websites, and contact information.
- [EMDRIA](#) - Helps you find a therapist near you who belongs to the EMDR International Association, meaning they have been trained (and in some cases certified) in practicing EMDR