

# How to Find a Therapist

A QUICK GUIDE

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1.

# Ask Yourself:

**What do I want to work through?**

Anxiety Grief Stress Identity  
Depression Academics  
Negative thoughts Body Image

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(Go ahead, write something down.)



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**2.**



# What's Important to You?

**Multicultural Competency**

**Theoretical Orientation**

**Community Connections**

## **Dig Deeper:**

**Does distance, experience,  
gender, school, age, etc  
matter?**



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3.

# Access Resources:

✓ **Internet Search  
Therapist + zip**

✓ **Check out our  
local referral list**

✓ **Ask someone  
you trust to help**

✓ **Look up providers on  
your insurance's site**



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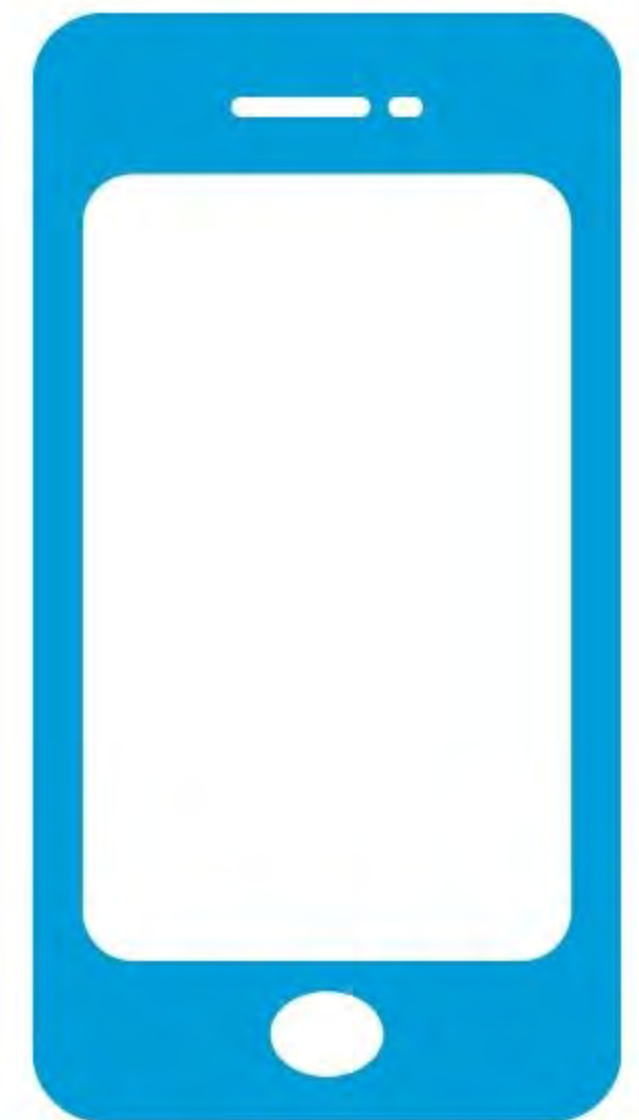
4.

# Reach Out



Send an email

Call them





“Hi, my name is [name]. I came across your [profile/site] and I am interested in therapy with you. Is it possible to schedule a 10 minute consultation? It will help me see if we’re a good fit.”



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# Why a Consult? :

Get to know your therapist before therapy begins.

Learn about their practice, experience, speciality, payments accepted, what a “typical” session looks like, and after the consult, see how comfortable you felt talking to them.

## Remember:

Most therapists are providing teletherapy or virtual sessions right now.

Be patient with yourself and the process.

Don't get discouraged if you don't get a response.

Therapy apps are also an option.



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