

## A Dozen Questions for Potential Therapists

- Ask for a consultation session to review with counselor/ therapist the background of the presenting problem.

### Then ask:

- What would be the goals of the therapeutic program?
- What services will be provided?
- What behavior will be expected of the client?
- What are the risks/benefits of the therapeutic process?
- Is the therapist/counselor aware of any less expensive alternatives?
- What are the qualifications of the provider of the service? (Is the counselor licensed? Certified? This is often required for the coverage by insurance companies. Be sure to check the specific requirements of your family insurance coverage before your first visit.)
- What are the financial considerations?
- What is the estimated duration of the therapy?
- What are the limitations of confidentiality?
- In what situations does the counselor/therapist have mandatory reporting requirements?
- Discuss the "Label for Diagnosis" that will be used for insurance purposes.