

# Interested In Shopping... *for a therapist?*

Shopping for a therapist can be intimidating. However, the following information is designed to assist you in making an informed decision regarding your therapeutic needs. While not exhaustive, this information highlights important factors to consider as you begin this process.

## Considerations and Questions

### **Are you going to counseling because you need to? Or, because someone else thinks you need to?**

Typically, counseling is most effective when the motivation to attend comes from within. However, sometimes we attend counseling at the request of someone else; and, later find intrinsic motivation to continue. Identify your TRUE motivation for attending counseling.

### **Are you using health insurance to pay? Or, paying out of pocket?**

If using health insurance, look up your plan's provider directory. These are typically found on your plan's website. If paying out of pocket, does the therapist have a discounted fee for students? Or, does the therapist offer fees based on what you can afford (Sliding Scale)?

### **What do you need?**

Therapists have varying approaches, specializations, and treatments offered. Some therapists are multilingual. Additionally, you may need disability-related accommodations such as, but not limited to, accessible buildings/offices, fluency in American Sign Language (ASL), etc. Read a prospective therapist's bio, then compare offered services to your needs. If the information is unclear, call the therapist and ask.

### **Who do you typically respond well to? And, not so well to?**

Therapists are people with unique personalities. Therefore, it is important to consider which personality traits, as well as identities, you respond best to. Do you need a therapist who will be direct? Or, gentle? Or, both? Remember, the choice is yours.

## Preparation, Tips, and Other Useful Information

### **Be aware of any session quantity limits (If using health insurance):**

Some health insurance plans will only support a limited number of counseling sessions. This information is typically found in your health insurance summary, or by calling the phone number on your health insurance card. Make your therapist aware of any session limitations.

### **Duration of Sessions (1 hour; 50 min; or, 45 min):**

As mentioned above, each therapist is unique. Some may give you a full 60 minutes. However, others begin wrapping things up around the 45 or 50 minute mark. This is quite normal, and considered best practice, as the therapist typically uses the remaining 15 or 10 minutes of the hour to schedule your next appointment and, after you leave, complete your session notes.

### **Trust is earned:**

A well-trained therapist will not push you too far, too fast. Your therapist must earn your trust. This includes patiently waiting until a safe, therapeutic environment has been established before asking you to explore any relevant and potentially uncomfortable content. A well-trained therapist clearly understands this and will challenge only when appropriate and beneficial for you.

### **Ask questions:**

Remember, you are the paying customer. A well-trained therapist will be more than willing to calmly answer any questions or address any concerns you may have. If you do not feel comfortable with a particular therapist, don't give up on counseling. There are many therapists out there. Your self-awareness of therapeutic needs will assist you greatly in your next search.

## Referral Resources

Below are easy-to-use search-based resources to assist you in finding a therapist in a specific geographic location. All searched therapists are listed courtesy of 3rd party resources and are not directly referred, nor endorsed, by Stetson University Student Counseling Services. Remember to consider the information listed above as you search for prospective therapists.

**Psychology Today**

[psychologytoday.com](http://psychologytoday.com)

**Open Path: Psychotherapy Collective**

[openpathcollective.org](http://openpathcollective.org)



## Direct Referral

If appropriate, Student Counseling Services may recommend specific therapists or facilities, to be listed below. Otherwise, please utilize the referral resources on the reverse side of this document to assist you in your search.

**Referred To** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Contact Info** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Notes/Other Information:

---

---

---

---

---

---

---

Referral Courtesy Of  
**STETSON UNIVERSITY**  
Student Counseling Services  
386-822-8900  
[stetson.edu/student-counseling](http://stetson.edu/student-counseling)

