

Finding the Right Therapist

10 QUESTIONS TO HELP YOU DECIDE
IF A THERAPIST IS RIGHT FOR YOU



Mettle Works
Behavioral Services LLC

NO ONE-SIZE-FITS-ALL

How individual is my therapy?

Your therapist should be able to offer you a toolbox instead of a single tool, when something doesn't work for you.

CULTURAL COMPETENCE

Are you going to understand my specific issues?

Understanding how your background colors your emotions can help to adjust the treatment to suit your history.

TREATMENT METHODS

How flexible are you to change your approach?

Your therapist might not always get things right, leading you in a direction that doesn't feel like what you need at that moment.

INVOLVEMENT

How much homework will there be?

While your therapist can't do your work, they can provide you with the resources to gain new insights and adopt new habits.

FINANCIAL TRANSPARENCY

Is the price likely to increase?

After all, therapy is expensive. You want to make sure you'll be able to sustain the relationship long-term.

SELF-CARE

Do you also go to therapy?

To be fully present with you, your therapist needs to maintain a sense of balance, by e.g. attending therapy themselves.

BEST INTEREST

How do I know you want the best for me?

A good therapist will always prioritise your decisions, even if that means stopping therapy, or recommending someone else.

TELEHEALTH

Do you want me to come to the office at some point?

Consider if you can continue the treatment if you decide to relocate or if you need to take additional security measures?

CHECK-INS

Are we in touch in-between the sessions?

Your therapist should take the time to regularly ask you how you think your treatment is going and adapt accordingly.

COMPLETION

How long will I stay in therapy?

It's important to develop a clear treatment plan at the beginning of your therapy, and re-evaluate this plan as time passes.



HI, I'M MATT

Finding the right therapist isn't hard if you know what to ask

I created this guide to help you make the search for the right therapist easier. Even if we aren't a great fit, you'll finish it knowing how to determine whether you and the professional you're talking to are a potential match.

The demand for mental health care is stronger than ever, so there shouldn't be any additional barriers to start therapy.

But that's not the reality, and it's also one of the reasons why we accept insurance at **Mettle Works**, my private practice. Because every day not seeing a therapist feels much more urgent.

Moreover, it breaks my heart when I hear about people finally booking their first appointment, and getting disencouraged with therapy after this first not-so-positive experience, because they didn't know what to expect. Some of them find Mettle Works, but some never try again.

That's why if you like the guide, I'd love to hear about how it helped you.

If you have any questions, please ask - all you have to do is shoot me an email.

You can always reach me here:
info@mettleworksbh.com

Whatever your reasons for seeking care, you deserve to find a therapist who fits you.

Speak soon,
Dr. Matt Maher

"A good patient/therapist fit looks collaborative and occasionally challenging- an environment of safety and trust/mutual respect."



Andrea Kost, LMHC

"Rapport is felt when there is a good sense of looking forward to speaking with and opening up up to someone. Feeling a sense of ease in the process, that it is safe to allow yourself to be vulnerable because you will be understood and supported without judgement."



Joanna Gjini, LMHC

"A good therapist & patient relationship is evident when both parties are at ease during a session. It is important for both the therapist and patient to feel secure in the working relationship, each knowing they can speak without judgement."



Colleen Maher, LCSW

Want my eyes on your case?



Reach out through the contact page on www.mettleworksbh.com and get me to match you with one of our therapists (or myself) for your first session.