

Sample Questions When Looking for a Therapist

- What is your view of lesbian, gay, bisexual, transgender people and their relationships?
- How do you generally work with LGBTQ people?
- Do you see individuals? Couples? Families? Groups?
- What's your experience with treating other people with problems similar to mine?
- What type of professional education do you have?
- What kind of training have you had in working with the LGBTQ population?
- How do you describe your professional orientation to therapy?
- How long have you been in practice?
- Where is your office located?
- What are your usual office hours?
- What are your fees?
- Are you able to accept my insurance?
- Do you have a sliding fee scale? How does it work?
- How soon would you be able to see me?

Again, finding the right therapist does not have to be difficult. Making a few phone calls and asking questions can help you with this process. Remember, the right therapist for you is the one with whom you feel comfortable. Good luck.

You can always visit our directory of therapists who are specialists in your unique issues. It's a good place to start. <http://www.lgbtqtherapists.com/directory.html>