Before Your First Therapy Appointment

It is fine to ask questions. A good therapist will welcome them.

Name: _____ Week of: _____

Questions to ask the therapist

- [ ] What are your qualifications, and where are you registered or licensed?
- [ ] Have you worked with problems like mine?
- [ ] What kind of therapy do you use, and what would sessions look like?
- [ ] How long is each session, how many might I need, and what does it cost?
- [ ] What is your cancellation policy?
- [ ] What stays confidential, and when would you have to share information?
- [ ] Can we work in my language, and will you respect my faith and culture?
- [ ] Is it online or in person? What happens if I am in crisis between sessions?

My own questions: _____

Things to prepare

What is bringing me to therapy now: _____

How long it has been going on: _____ What I have already tried: _____

What I hope will be different after therapy: _____

Medicines I take and any health conditions: _____

Anything I am nervous about saying: _____

After the first session ask yourself: did I feel listened to and respected? Did I understand the plan? It can take a session or two to settle in, and it is also fine to look for a different therapist if it does not feel right.

Questions drawn from public guidance on choosing a therapist (American Psychological Association; NHS Talking Therapies). Layout and wording: sherjeelawan.com. Free worksheet from sherjeelawan.com by Dr. Malik Sherjeel Awan (PsyD). For personal use; not a diagnosis or a substitute for professional care. In an emergency call your local emergency number.