

# 10 QUESTIONS

## To Ask Your Therapist During Your First Appointment

Your first therapy appointment can be nerve-wracking, especially if you have never had a counseling session. Here are a couple of questions you can ask your counselor in your initial meeting to manage your expectations and certify that you picked a suitable person for your mental health journey.

### 1 WHAT ARE YOUR QUALIFICATIONS AND EXPERIENCE IN TREATING THE ISSUES I AM FACING?



Getting to know your therapist is crucial for a successful therapy treatment. It builds trust, reduces anxiety, and improves the quality of your sessions.

### 2 WHAT THERAPEUTIC APPROACHES OR TECHNIQUES DO YOU USE IN YOUR PRACTICE?



The techniques used in your treatment depend on your needs. Knowing the therapist's supposition can increase your trust and change your perspective on the treatment.

### 3 HOW LONG WILL IT TAKE TO SEE PROGRESS OR RESULTS?



Realistic goals and expectations during therapy are crucial for progress. Knowing the expected outcome helps you track your progress during the treatment course.

### 4 WHAT IS YOUR POLICY ON CONFIDENTIALITY, AND WHAT ARE THE LIMITS TO IT?



Knowing the confidentiality policy and its limitations will show you what information you can expect to remain private and what circumstances may require your therapist to disclose information.

### 5 WHAT DO YOU EXPECT OF ME AS A CLIENT?

You are a key participant in the therapy process. This information will help you decide whether the therapist's expectations align with your needs and preferences.

### 6 HOW OFTEN WILL WE MEET, AND FOR HOW LONG WILL EACH SESSION LAST?

Knowing the frequency and duration of your therapy is significant for scheduling purposes. It also shows the level of time commitment expected from you.

### 7 CAN YOU HELP ME SET GOALS FOR THERAPY AND TRACK MY PROGRESS?



Goal setting allows you to track your progress and assess whether you are making the required changes to enhance your well-being. Your therapist provides support to your progress through guidance, encouragement, and commitment.

### 8 HOW CAN I CONTACT YOU IF I NEED SUPPORT BETWEEN SESSIONS?



Asking for support between sessions increases your sense of security and accountability. In case you have any concerns or need urgent support, knowing the best way to reach your therapist outside of sessions can help you get the help you need as quickly as possible.

### 9 WHAT ARE YOUR FEES AND PAYMENT OPTIONS?



Understanding the costs associated with treatment will be important in planning and budgeting. It will also ensure that you are able to financially prepare for the number of sessions needed to address your concerns.

### 10 WHEN IS IT TIME TO END TREATMENT?



Being aware of the length of your therapy is crucial for various reasons, like setting goals, financial planning, and managing your expectations about the therapy process. Additionally, having this knowledge can empower you to take control of the therapy journey and ensure that you receive the required support to sustain the progress made after therapy.

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