



How to find a counselor who is a good fit for you.

When life becomes challenging and you need support, your family, friends and church are excellent resources. But if you need something more, a counselor can offer an extra helping hand. Not all counselors are the same. Each applies different strategies and holds his or her own unique worldview. How do you decide which counselor is the best fit for you? Use this checklist as a resource to help you know what to ask so you can make the best choice.

THE COUNSELOR



- What license, certification or training qualifies you as a counselor?
- What counseling topics do you feel you are best trained to handle?
- What is your experience in working with _____ (your topic)?
- What are your religious beliefs, and how are they practiced?

THE THERAPY PROCESS



- What do you think is the goal of therapy?
- Can you tell me a bit about your approach to therapy? (How does this counselor approach the topic and help the client towards healing?)
- What methods do you employ?
- What's the number of sessions you think we'll need?
- What's expected from me?

ACCESSIBILITY



- What meeting options do you offer (e.g., office, phone, video, chat)?
- What days and times do you see people for therapy?

COST*



- How much do you charge for therapy sessions?
- Do you accept insurance payments?
- Are you a provider in my network?
- Do you offer a sliding scale or discounts? If so, what are the requirements?

Original resource: Minnesota South District: <https://www.mnsdistrict.org/counseling>

*Concordia Health Plan members and anyone living in their households have eight free sessions per topic, per year with a counselor.