

FINDING THE BEST THERAPIST... FOR YOU

ONE: Interview several therapists

TWO: Ask questions when interviewing a therapist (e.g., what approach do they use, how many people have they seen who struggle with anxiety, depression, etc.)

THREE: Look for a therapist with whom you feel comfortable (that is, one with whom you can truly relate: this one factor accounts for success in therapy more than any other)

FOUR: Focus on finding a therapist that has a lot of experience working with the problem with which you are struggling.

FIVE: Make sure to find a therapist that really engages with you, one that not only asks questions, but also seeks out your opinion, and responds to your questions.

SIX: For the most part, ignore what degree is behind a therapist's name (there is no relation between psychotherapy outcome and the therapist's degree).

SEVEN: Therapist experience is great, but do not make it a deciding factor in choosing a psychotherapist (it does not correlate strongly with outcome).