

### Good questions to ask your therapist/counselor

Going into that first session with your therapist, it can be difficult to know what to ask. Here's a list of general questions you may want to ask your therapist. Asking questions early on may help you to determine if this therapist will work for you, these are just suggestions to get you started:

Do you take my insurance?

What time slots are available?

How often should we meet?

What is your availability between appointments?

How do you feel about the use of medication?

How do you handle medication referrals?

What is your preferred approach to therapy? How does it work? Why does it work?

What other approaches are you comfortable using?

What situations/types of people do you typically work with?

How long should it take before I see results?

How will I know if this is working for me?