FERNLINE COUNSELING

7 Questions to Ask Before You Choose a Therapist

A short guide to help you start your search feeling clear about what to look for.

Sample brand created for a demo. Fernline Counseling is fictional.

Your first conversation is a chance to interview them too.

1. Are you licensed in my state?

Ask for the license type and check it on your state licensing board's website.

2. Have you worked with concerns like mine?

Share what brings you in, then ask how often they see it and how they tend to approach it.

3. What does a typical session look like?

Some therapists give more structure and others follow your lead. Notice which one sounds right for you.

4. How will we know if this is working?

Ask how you'll set goals together and how often you'll check in on progress.

5. What are your fees, and do you take my insurance?

Ask about session cost, superbills, sliding scale spots and the cancellation policy.

6. Do you offer online sessions, in-person sessions or both?

Check that their schedule and location work for your week.

7. Who can I contact between sessions or in a crisis?

Ask what their availability is outside of sessions and what they recommend if you need urgent help.

This guide is general information, not therapy or medical advice. If you're in crisis in the US, call or text 988. Sample content for a fictional brand.