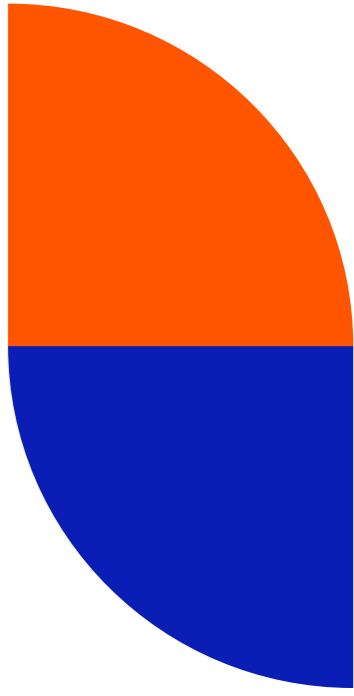




Martin
Psychological
Services



Finding a Therapist Guide

Martin Psychological Services, Professional LLC

***Dr. Raquel Martin
Licensed Clinical Psychologist
Professor
Scientist***

Name :





Thoughtful Therapy Thesaurus

Therapy and goals go hand in hand. But sometimes it is hard to identify where to start. Ask yourself these question as a start

Am I happy with the state of my current relationship with others and with myself?

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What field of mental health do you specialize in?

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How many clients have you had similar circumstances (issues) to my own?

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What does safe space mean to you?

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Vibe Check

One of the most important parts of therapy is the therapeutic relationship. If you do not vibe with your therapist, then you won't be able to collaborate with them on your healing journey.

Did the therapist seem ...

- | | | |
|--|-------------------------------------|---------------------------------------|
| <input type="checkbox"/> Uncommunicative | <input type="checkbox"/> Perceptive | <input type="checkbox"/> Professional |
| <input type="checkbox"/> Easy Going | <input type="checkbox"/> Impatient | <input type="checkbox"/> Objective |
| <input type="checkbox"/> Empathetic | <input type="checkbox"/> Observant | <input type="checkbox"/> Welcoming |
| <input type="checkbox"/> Organized | <input type="checkbox"/> Inflexible | <input type="checkbox"/> Inattentive |
| <input type="checkbox"/> Rude | <input type="checkbox"/> Focused | <input type="checkbox"/> Judgemental |
| <input type="checkbox"/> Compassionate | <input type="checkbox"/> Idealistic | <input type="checkbox"/> Intelligent |
| <input type="checkbox"/> Disinterested | <input type="checkbox"/> Funny | <input type="checkbox"/> Attentive |

After seeing the therapist I felt ...

- | | | |
|---------------------------------------|-------------------------------------|---------------------------------------|
| <input type="checkbox"/> Relief | <input type="checkbox"/> Upset | <input type="checkbox"/> Validated |
| <input type="checkbox"/> Enthusiastic | <input type="checkbox"/> Inspired | <input type="checkbox"/> Hopeful |
| <input type="checkbox"/> Comfortable | <input type="checkbox"/> Anxious | <input type="checkbox"/> Confident |
| <input type="checkbox"/> Annoyed | <input type="checkbox"/> Heard | <input type="checkbox"/> Gratitude |
| <input type="checkbox"/> Encouraged | <input type="checkbox"/> Optimistic | <input type="checkbox"/> Apprehension |
| <input type="checkbox"/> Pessimistic | <input type="checkbox"/> Empowered | <input type="checkbox"/> Dismissed |



Thoughtful Therapy Thesaurus

Here is a guide to questions you should ask yourself when looking for a therapist

Identify your preferences for age, gender, race, ethnicity, religious background and availability - day (s) hour (s)

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Identify your goals and whether the therapist you are considering works with people who have similar goals / needs (Refer to our goal guide)

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Identify the kind of therapy you are seeking- research your different options for therapies. Art therapy, cognitive behavioral therapy (CBT) Eye Movement Desensitization and Reprocessing (EMDR) and more

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Identify your budget and how often you need to attend therapy to set goals you can afford

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Thoughtful Therapy Thesaurus

Most therapists offer a 15 to 20 minute consultation where you can explain your objective and ask them questions. Here is a list of questions to ask a therapist before starting sessions.

Do you respond to text messages in moments of crisis?

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What are your current rates? Do you offer sliding-scale options?

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What licenses and certifications do you have?

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How often do you anticipate seeing me?

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Resources for Locating A Therapist

- AAKOMA Project
- African American Therapists
- Association of Black Psychologists
- Ayana Therapy
- Black, African, and Asian Therapy Network (UK)
- Black Emotional and Mental Health Collective
- Black Female Therapist
- Black Girls Smile
- Black Men Heal
- Black Mental Health Alliance
- Black Mental Health Matters
- Black Therapist Rock
- Boris L. Henson Foundation
- Brown Girl Therapy
- Clinicians of Color
- Coffee Hip Hop and Mental Health
- Ethel's Club
- Free Black Therapy

- Inclusive Therapist
- LGBTQ Psychotherapist of Color (California)
- Loveland Foundation
- Mary Ellen Strong Foundation
- Melanin and Mental Health
- Melanin Therapy
- Mental Wealth Alliance
- MyTruCircle
- National Queer and Trans Therapist of Color Network
- Sad Girls Club
- Sista Afya
- Therapy for Black Girls
- Therapy for Black Kids
- Therapy for Black Men
- Therapy for Queer People of Color
- Therapy in Color
- Zen Care





Thoughtful Therapy Thesaurus

Questions to identify a therapist that practices cultural humility

What are your views on the connection between racism and mental health?

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Are you comfortable discussing racism, social justice and cultural issues?

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Do you have experience working with clients in the LGBTQIA community?

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How often have you worked with someone with my cultural background?

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What does intersectionality mean to you?

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How do you include your patient's culture in therapy?

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Have you completed any anti-racism, bias, diversity or cultural humility trainings?

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