

# Thoughtful Therapy •••••Thesaurus

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

How long have you been practicing therapy?

What field of mental health do you specialize in?

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

What does safe space mean to you?

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Do you respond to text messages in moments of crisis?

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

What licenses and certifications do you have?

How often do you anticipate seeing me?

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Here are questions that may be helpful to ask yourself when looking for a therapist.

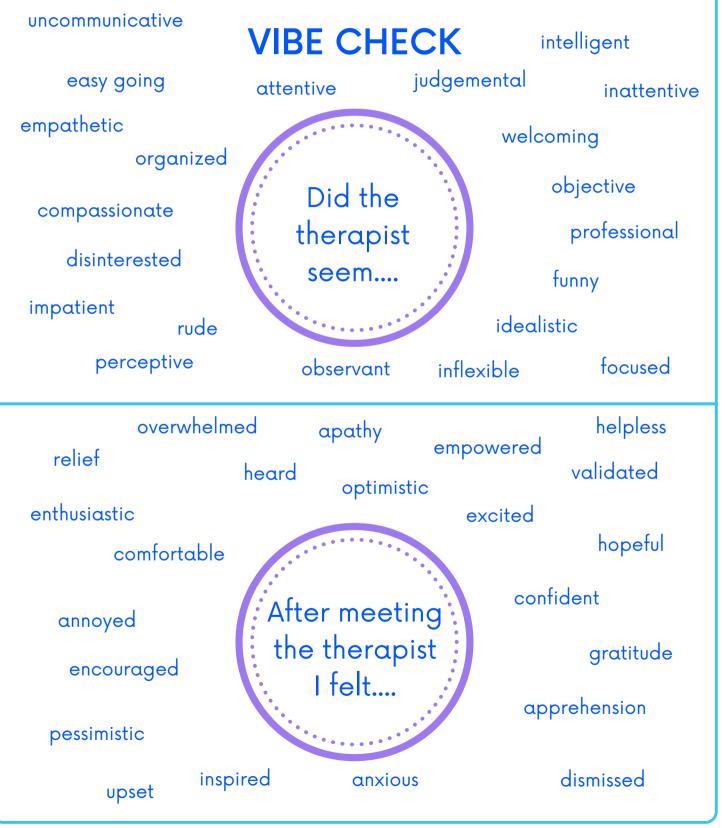
What are your preferences for age, gender, race, ethnicity, religious background, and availability - day(S) hour(s)

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

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

What is your budget? How often do you need to attend therapy to achieve your identified goals?

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#### Questions to identify a therapist that practices cultural humility

What are your views on the connection	Are you comfortable discussing racism,
between racism and mental health?	social justice, and cultural issues?
Do you have experience working with clients in the LGBTQIA community?	How often have you worked with someone with my cultural background?
What does intersectionality mean to	How do you include your patient's
you?	culture in therapy?

Dr. Raquel Martin, PhD - hello@raquelmartinphd.com - www.raqulemartinphd.com Have you completed any anti-racism, bias, diversity, or cultural humility trainings?

### 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 Therapists Black Girls Smile Black Men Heal Black Mental Health Alliance Black Mental Health Matters Black Therapists 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 Therapists of Color Network Sad Girls Club Sista Afva **Therapy for Black Girls Therapy for Black Kids** Therapy for Black Men Therapy for Queer People of Color **Therapy in Color** Zen Care

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