

Choosing a Therapist

If you and your healthcare provider have determined that therapy would be a valuable part of your treatment plan, this tool is intended to help you select a therapist that's right for you.

Steps to consider in finding a therapist:

- Start with an initial consultation at CAPS. Their services are provided at no cost to students and have therapists that specialize in different student mental health related concerns.
- Ask your physician or other healthcare provider for a referral
- Contact your insurance provider for a list of therapists covered by your insurance plan
- Inquire at University Psychological Clinic or the UM Depression Center
- Call your local or state psychological association for a list of trained therapists
- Ask a family member or friend for a recommendation
- Contact the mental health center in your community

What to consider when evaluating a potential therapist:

Credentials

Highly qualified therapists can come from a variety of educational backgrounds, including psychiatrists, psychologists, licensed master social workers (LMSWs), and licensed counselors. Inquire about your potential therapist's education, training and experience.

Level of personal comfort

Finding a therapist with whom you can be comfortable is very important. Don't hesitate to interview possible candidates by phone or in person before making your selection.

Questions to ask:

- How many years have you been practicing therapy?

- I have been feeling (anxious, depressed, etc.) and I'm having problems with (my job, my marriage, eating, sleeping, etc.). What experience do you have helping people with these types of problems?
- What are your areas of expertise- for example, working with children, couples, families?
- What kinds of treatments do you use?
- Have these approaches been effective for the kinds of problems/issues I've described to you?
- How long are your average sessions? (30 minutes? 45 minutes? One hour?)

For More Information

University of Michigan Depression Center

1-800-475-MICH or 734-936-4400

www.campusmindworks.org/

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