

# QUESTIONS FOR YOUR THERAPIST



## QUESTIONS FOR YOUR OWN SELF REFLECTION:

- Why therapy and why now?
- Out of everything that is happening for me right now, what is the most pressing issue to start with?
- What would I like to get out of therapy?
- How can I receive a financial rebate to reduce the financial burden? Are there rebates available that are relevant to me and my situation?
- What are my expectations for therapy? And what are my expectations of my therapist?
- Do I feel safe with this therapist? Are they respecting my autonomy? How do I define safety with a mental health clinician? Can I discuss what this looks and feels like with them?
- As I sit with this therapist during sessions, do I feel the clinician is understanding, empathic, kind and gently challenges me along the way?

## QUESTIONS FOR THE THERAPIST AND/OR CLINICIAN:

- What is your academic background?
- What professional association are you accountable to?
- Do you have supervision for professional development and accountability? How often?
- Do you seek or have you previously sought your own therapy?
- Are our sessions confidential?
- Is what I am wanting to work through, something you are able to support me in?
- Can I discuss my expectations with you, as the therapist so that we are on the same page?