

Best-Fit Therapist Checklist

Date:

Get Into It!

Notes

Verify insurance coverage for therapy or out-of-network

Determine frequency of sessions and availability

Ask if the therapist is experienced with your issue

Do you connect with the therapist profile, bio. or conversation

How are goals established and progress measured

Consider any other needs you have for a therapist (i.e. gender, location, faith-based, etc.)

Therapist Directories

[Psychology Today](#)
[Therapy for Black Girls](#)
[Good Therapy](#)
[Better Help](#)