



## THE ULTIMATE GUIDE TO FINDING THE RIGHT THERAPIST

# A CHECKLIST

To make finding the right therapist a bit easier I've created this one page checklist so you can do a side-by-side comparison of therapists:

- It won't make sense if you haven't read [The Ultimate Guide to Finding the Right Therapist](#) so do that first
- Some of the criteria won't matter to you, so just ignore them and focus on the criteria that do
- I've left a few blank criteria rows at the bottom so you can add any extras that matter to you.

**GOOD LUCK!!**

NAME:					
Location					
Fees					
Rebates					
Therapy model					
Gender					
Age					
Cultural background					
Photo					
Qualifications					
Professional Assoc.					
Insurance					
Dual relationship					
Clear communication					
Does own therapy					
Supervision/PD					
Outcome claims					
Website testimonials					
Specialist					
Model for change					
Skill building					
Gut feeling					
Good listener					
Non judgemental					
Non pathologising					
Safe					