

— A step-by-step  
Guide



# Finding a Therapist

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Brittney Cobb @ablackfemaletherapist

# Why go to Therapy?

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- You want to.
- To get support.
- You're grieving.
- To break cycles.
- You need to vent.
- You complain a lot.
- You want a safe space.
- To confront your truth.
- Intense mood changes.
- To maintain your happiness.
- You need an outside perspective.
- You're unsure of what to do next.
- People keep taking advantage of you.
- To sort out life changes or transitions.
- You're frustrated with where you are in life.
- To learn healthier ways of communicating.
- You need help making an important decision.
- You've tried different things & nothing has helped.

# Internal questions that might be answered in Therapy:

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"Am I crazy?"

"Is this normal?"

"Am I unlovable?"

"How do I tell them..."

"Why can't I just tell people no?"

"Why am I always so angry?"

"Why can't I ever win?"

"Did I do something wrong?"

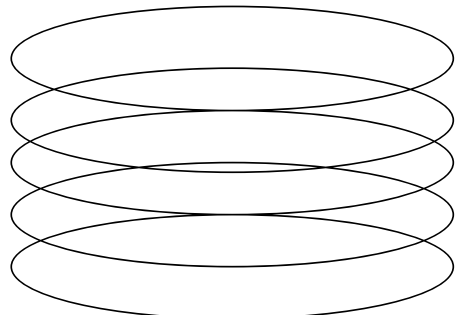
"Why do I always do this to myself?"

"How come no one listens to me?"

Why do I keep making the same mistakes?"

"Did I do something wrong?"

"Why do I always end up in the same type of relationships?"



# WHERE TO LOOK FOR A THERAPIST?

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## **USE THERAPIST WEBSITES**

NAMI.ORG

TALKSPACE.COM

BETTERHELP.COM

PSYCHOLOGYTODAY.COM

OPENPATHCOLLECTIVE.ORG

## **SPEAK TO YOUR DOCTOR**

## **CHECK WITH YOUR EMPLOYEE ASSISTANCE PROGRAM AT WORK.**

## **USE GOOGLE.**

SEARCH FOR:

"THERAPISTS IN MY AREA."

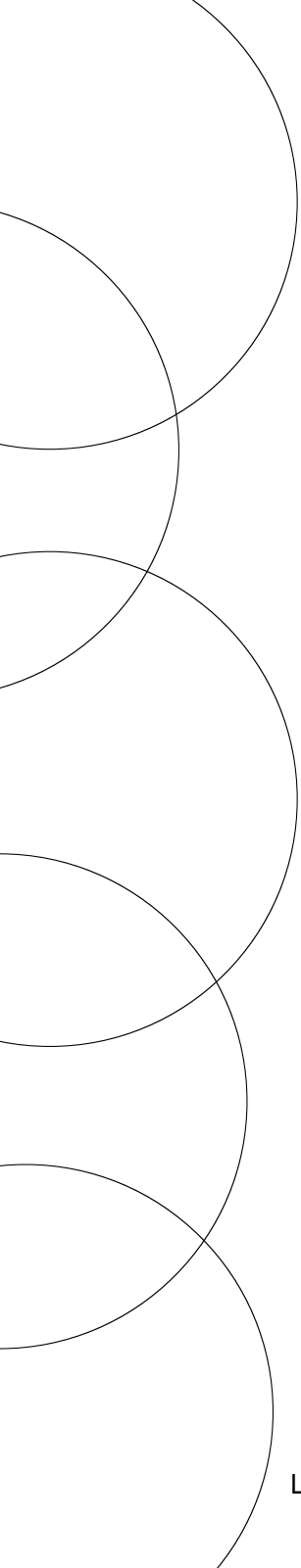
"LOCAL MENTAL HEALTH CLINIC."

"SLIDING SCALE BASED THERAPY IN MY AREA."

"LOW COST OR FREE THERAPY WHERE I LIVE."

## **CALL YOUR HEALTH INSURANCE**

(IF YOU HAVE IT) TO FIND OUT WHAT  
YOUR COVERAGE IS & TO GET A LIST OF  
PANELED PROVIDERS.



# If you identify as (bipoc) black, indigenous or a person of color & you're looking for a Therapist:

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[NQTTCN.COM](https://www.nqttn.com)

[INNOPSYCH.COM](https://www.innopsych.com)

[SOULACEAPP.COM](https://www.soulaceapp.com)

[TRAP THERAPIST.COM](https://www.traptherapist.com)

[AYANATHERAPY.COM](https://www.ayanatherapy.com)

[LATINX THERAPY.COM](https://www.latinxtherapy.com)

[A THERAPIST LIKE ME.ORG](https://www.atherapistlikeme.org)

[THERAPY FOR QPOC.COM](https://www.therapyforq poc.com)

[HEALING IN COLOUR.COM](https://www.healingincolour.com)

[CLINICIANS OF COLOR.ORG](https://www.cliniciansofcolor.org)

[THERAPY FOR LATINX.COM](https://www.therapyforlatinx.com)

[INCLUSIVE THERAPISTS.COM](https://www.inclusivetherapists.com)

[SOUTH ASIAN THERAPISTS.ORG](https://www.southasiantherapists.org)

[THERAPY FOR BLACK MEN.ORG](https://www.therapyforblackmen.org)

[THERAPY THAT LIBERATES.COM](https://www.therapythatliberates.com)

[THERAPY FOR BLACK GIRLS.COM](https://www.therapyforblackgirls.com)

[BLACK FEMALE THERAPISTS.COM](https://www.blackfemaletherapists.com)

[WHOLE BROTHERS MISSION.COM](https://www.wholebrothersmission.com)

[THE LOVELAND FOUNDATION.ORG](https://www.the Loveland Foundation.org)

[BLACK THERAPIST NETWORK.COM](https://www.blacktherapistnetwork.com)

[MELANIN AND MENTAL HEALTH.COM](https://www.melaninandmentalhealth.com)

[BORIS LHENSON FOUNDATION.ORG](https://www.borislhensonfoundation.org)

[LATINX THERAPISTS ACTION NETWORK.ORG](https://www.latinxtherapistsactionnetwork.org)

# Consult with a Therapist: examples of questions to ask:

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"What is your specialty?"

"How long are sessions?"

"What's your availability?"

"Have you ever seen a Therapist?"

"Do you take my health insurance?"

"If not, how much do you charge per session?"

"What's your Therapeutic Approach?"

"How long have you been a Therapist?"  
(If experience matters to you)

"Do you offer services on a sliding scale?"  
(Based on your income)

"How long will I have to come to therapy?"

"Do you have experience in working with...?"  
(You fill in the blank)

# Get the most out of your sessions:

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Ask questions.

Have an open mind.

Do the homework.

Trust the process.

Brainstorm possible goals.

Stay consistent with sessions.

Be honest with your Therapist.

Take notes during your sessions.

Practice self-care after sessions.

Communicate what isn't working.

Find a new Therapist if necessary.

# A good Therapist will:

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SUPPORT YOU.

CHALLENGE YOU.

LISTEN TO YOU.

HELP YOU FEEL SAFE.

HELP YOU SET GOALS.

HAVE HEALTHY BOUNDARIES.

BE CULTURALLY COMPETENT.

GIVE YOU NEW INFORMATION.

NOT MAKE LIFE DECISIONS FOR YOU.

HELP YOU DISCOVER YOUR OWN ANSWERS.

HAVE THE SKILLS TO MEET YOUR NEED.

NOT PUSH THEIR OWN AGENDA ONTO YOU.

REFER YOU IF YOU ARE EXPERIENCING ISSUES OUTSIDE OF THEIR  
AREA OF EXPERTISE.

GIVE RECOMMENDATIONS THAT FIT YOUR BELIEFS.



# A CULTURALLY COMPETENT THERAPIST:

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- DOES NOT MAKE ASSUMPTIONS ABOUT WHO YOU ARE OR AREN'T.
- WILL MAKE SURE GOALS & EXPECTATIONS FOR TREATMENT ARE IN LINE WITH YOURS.
- IS INTENTIONAL ABOUT UNDERSTANDING YOUR BELIEF SYSTEM & CULTURE.
- KNOWS THAT MENTAL HEALTH SYMPTOMS SHOW UP DIFFERENTLY AMONGST VARIOUS GROUPS OF PEOPLE.
- UNDERSTANDS THEIR OWN CULTURE, BIASES, BELIEFS ETC. & HOW IT IMPACTS THEIR WORK AS A THERAPIST.
- RESPECTS DIFFERENCES & CAN COMMUNICATE & INTERACT SUCCESSFULLY WITH CLIENTS FROM DIVERSE BACKGROUNDS.
- WILL ASK QUESTIONS TO GET TO KNOW MORE ABOUT YOU, WHERE YOU COME FROM & HOW IT SHAPES YOUR VALUES & YOUR PERCEPTIONS OF WHAT THERAPY IS ABOUT.
- TAKES INTO ACCOUNT YOUR BACKGROUND (GENDER, AGE, ECONOMIC STATUS, SEXUAL ORIENTATION, RACE, IDENTITY, RELIGION) & HOW IT ALL IMPACTS YOUR MENTAL HEALTH.

# HOW TO TELL YOUR THERAPIST IT'S NOT WORKING OUT:

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TELL THEM IN PERSON.

SEND THEM AN EMAIL.

TELL THEM OVER THE PHONE.

REQUEST A CLOSING SESSION.

DON'T SAY ANYTHING & FIND A NEW THERAPIST.

# THIS IS NORMAL IN THERAPY

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YOU'RE TRIGGERED.

YOU ANSWER A LOT OF QUESTIONS.

YOU DON'T FEEL IMMEDIATE CHANGE.

YOU MAKE SOME CHANGES THEN REVERT  
BACK TO OLD HABITS, BEHAVIORS OR PATTERNS.

YOU HAVE TROUBLE EXPRESSING YOUR FEELINGS  
IN THE BEGINNING & SOMETIMES THROUGHOUT.

YOU ARE CONFRONTED IN A NON-  
CONFRONTATIONAL WAY ABOUT NEGATIVE  
PATTERNS, BELIEFS OR BEHAVIORS.

# THIS IS NORMAL IN THERAPY

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YOUR POINT OF VIEW CHANGES.

YOU TRY A NEW COPING  
SKILL & IT DOESN'T WORK.

YOU FEEL NERVOUS ABOUT  
OPENING UP TO A STRANGER.

YOU HAVE INITIAL FEELINGS OF  
ANXIETY OR UNCERTAINTY.

YOU SHOW UP FEELING LIKE YOU  
HAVE NOTHING TO TALK ABOUT.

YOU FEEL TIRED OR EMOTIONALLY  
DRAINED AFTER YOUR SESSION.

YOU TELL YOUR THERAPIST THINGS  
YOU'VE NEVER TOLD ANYONE.

YOU COME TO A HARSH REALIZATION  
ABOUT SOMETHING OR SOMEONE.

**THERE WILL BE MOMENTS YOU  
FEEL LIKE QUITTING. DON'T.**