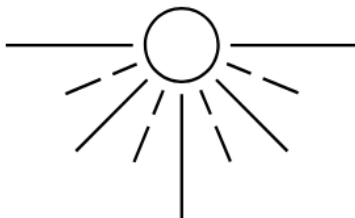




THE HOLISTIC COUNSELOR PODCAST



From the Mic to the Community

How do I find a therapist who fits?

Compare care, ask useful questions, and check credentials.



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[THEHOLISTICCOUNSELOR.COM/RESOURCE](https://theholisticcounselor.com/resource)

A little clarity.

Understand the topic. Find words for your questions.

A warm profile and a long list of specialties may catch your eye. What matters next is how the person understands your needs and explains the care they can offer.

1 Start with your priorities

Think about your main concern, cost, scheduling, location, language, culture, and preferences about faith. You do not have to find someone who matches every detail of your identity to be heard.

2 Ask for specifics

Look for relevant training and an explanation you can understand. Discuss how goals are chosen, what the approach involves, and how progress is reviewed. Confirm current fees, availability, and location-based eligibility directly.

3 Notice the relationship

You should be able to ask questions, discuss discomfort, and say when something is not helping. If the fit feels wrong, you can discuss a change or seek another provider. No directory can guarantee a great therapist for every person.

Research & perspective

National Alliance on Mental Illness recommends considering qualifications, practical access, and the working relationship. Choosing a provider is a conversation, not a rating contest.

General education for adults. This is not therapy, diagnosis, or an individual treatment plan. Sources and helpful links are on page 4.

Let's pause and reflect.

Your answers can stay private. Take this at your own pace.

Choose one question or explore all three. Skip anything that feels like too much. You do not need to revisit painful details to use this guide.

1 What are my three most important needs?

2 What question am I nervous to ask?

3 What would respectful care look like in practice?

One next step

Compare two or three possible providers using the same questions. Verify the license before sharing sensitive information or paying.

If reflection brings up too much, pause. Reach out to someone you trust or a qualified professional. You do not have to do all of this today.

Continue the conversation.

Bring your questions. Learn more. Reach for support.

QUESTIONS TO ASK A PROFESSIONAL

- ☐ How often do you work with this concern?
- ☐ What would make you recommend a different approach or provider?
- ☐ How do you respond when a client says something is not working?

Listen with curiosity

[Explore The Holistic Counselor Podcast episode archive](#)

No dedicated episode selection is included in this guide. Search the archive by topic or guest.

Selected conversations are starting points, not an exhaustive list or treatment recommendations. Guests share their own perspectives.

Sources & useful resources

[National Alliance on Mental Illness: Finding a mental health professional](#)

[Florida Department of Health: Verify a license](#)

[National Institute of Mental Health: Understanding psychotherapy](#)

Confirm services, credentials, location eligibility, and fees directly. Linked organizations operate independently.

NEED SUPPORT NOW?

United States and territories: the 988 Suicide & Crisis Lifeline supports people in emotional distress or a suicidal crisis. [Call 988](#) · [Text 988](#) · [Chat online](#)

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