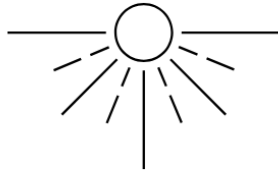


THE HOLISTIC COUNSELOR PODCAST



A LEARNING & REFLECTION GUIDE

Finding a Therapist Who Fits

Comparing care, checking credentials, and
asking useful questions.

READ / LISTEN / REFLECT

Diana S. Rice

LMHC, CIMHP, QS

FROM THE MIC TO THE COMMUNITY

FINDING SUPPORT

Begin where you are.

A therapist's profile is a beginning. A conversation gives you a chance to learn how they understand your concerns, how they work, and whether there is room for your questions. Your practical needs matter in that choice too.

Listen alongside this guide

Conversations from The Holistic Counselor Podcast to explore with these pages.

EPISODE 55

Culture and mental health with Ostin Celestin, Jr.

Listen for how cultural curiosity can shape a helping relationship.

[Listen or read the transcript](#)

EPISODE 110

Curiosity and reflection with Anna Green

Anna Green and Diana discuss curiosity, reflection, and feeling understood in therapy.

[Listen or read the transcript](#)

IN THESE PAGES

Understanding the topic / Make room for your questions / Keep learning. Find support.

FINDING SUPPORT

Understanding the topic

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.

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.

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. Your experience of the relationship is something you can keep discussing as care develops.

Research and perspective

NAMI recommends considering qualifications, practical access, and the working relationship. A short introductory conversation can help you learn more about all three.

What if I like my therapist but do not feel the work is helping?

You can name a change you hoped for and ask to review the goals and approach together. “I appreciate our conversations, and I would like to understand how we are working toward ___” can open that discussion. Adjustments or a referral may be worth exploring.

FINDING SUPPORT

Make room for your questions

Choose a question that feels useful today. A few notes in your own words can be enough. Your reflections stay with you; this website does not collect them.

Type in the spaces below, or print and write by hand.

What are my three most important needs?

What question am I nervous to ask?

What would respectful care look like in practice?

Questions for a conversation

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?

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

FINDING SUPPORT

Keep learning. Find support.

Sources and further reading

Editorial revision: October 13, 2026. The linked authorities provide current rules, services, and evidence.

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

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

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

Wherever you are reading from, your culture, language, beliefs, access needs, and daily circumstances belong in the conversation. Professional titles and services vary between countries. Sources and directories identify their own regions; a local health service or professional regulator can explain the options where you live.

ABOUT THIS GUIDE

These guides offer general education for adults. They do not provide personal therapy, diagnosis, medical advice, or a professional relationship with Diana. A qualified professional who can practice where you live can help you apply information to your circumstances. Changes to prescribed care belong in a conversation with your treating professional.

[Read the full educational disclaimer](#)

FROM THE MIC TO THE COMMUNITY

Keep exploring.



Read, listen, and return
at your own pace.

Scan for this guide and its episode links.

theholisticcounselor.com/resources

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IF YOU NEED URGENT SUPPORT

If you need urgent emotional support in the U.S. or its territories, the 988 Suicide & Crisis Lifeline offers phone, text, and chat support. For immediate danger or a medical emergency, use your local emergency number (911 in the U.S.). Elsewhere, contact a crisis service in your country. The podcast and its messages are not monitored for urgent care.

988lifeline.org/chat/

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