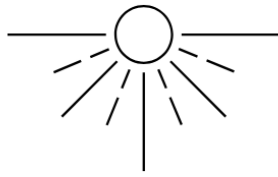


THE HOLISTIC COUNSELOR PODCAST



A LEARNING & REFLECTION GUIDE

Where Do I Start?

A simple plan for your first conversation about
care.

READ / LISTEN / REFLECT

Diana S. Rice

LMHC, CIMHP, QS

FROM THE MIC TO THE COMMUNITY

A PLACE TO BEGIN

Begin where you are.

Finding help can feel unfamiliar, especially when you are already carrying a lot. A first conversation can begin with what you are noticing and a few questions about care. Let's make that first contact easier.

Listen alongside this guide

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

EPISODE 1

Diana's journey and the questions behind the podcast

Hear the host's introduction to the purpose of The Holistic Counselor Podcast.

[Listen or read the transcript](#)

IN THESE PAGES

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

A PLACE TO BEGIN

Understanding the topic

Name the need

Write down what is bringing you here, what you want help with, and what matters to you in a provider. Include practical needs such as cost, language, schedule, disability access, and online or in-person visits.

Make a short list

Start with an insurer directory, a community clinic, or a professional directory. Ask whether the provider is accepting clients and can legally serve someone in your location. A directory listing does not promise that the person is a good fit.

Use the first meeting to ask questions

Ask about privacy, fees, goals, and how the therapist works. You can say that a question feels too personal or that you need more time. Discuss what support is available between visits.

Research and perspective

Professional guidance emphasizes finding an appropriate provider and discussing treatment options together. There is no single correct starting route for everyone.

What if I reach out and nobody has an opening?

A service may be able to suggest another provider or tell you how its waiting list works. Asking about a cancellation list, public services, or supervised training clinics may reveal other routes. While you look, consider what practical and personal support is available to you.

A PLACE TO BEGIN

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 is the main thing I want help with?

Which practical needs could make care easier to access?

What would help me feel comfortable asking questions?

Questions for a conversation

What do you charge, including missed appointments?

What are the limits of confidentiality?

How do we decide whether the work is helping?

Try this message: "I am looking for support with _____. I live in _____. Are you accepting clients, and what are your fees and next steps?" Keep sensitive details for a secure conversation.

A PLACE TO BEGIN

Keep learning. Find support.

Sources and further reading

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

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

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

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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