

HOW TO FIND THE RIGHT THERAPIST

10 Things You Need To Consider



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Courage To Be You

Deciding to have some therapy sessions is a powerful step towards letting go of old blocks and creating the life you want—whether that's in your relationships, your confidence, or your work.

However, it's natural to feel unsure about what kind of therapy might suit you best, or how to find a therapist with the right experience to help you. You might also wonder whether you'll feel comfortable opening up to someone new. It's important that you find a therapist who is professionally qualified and is a good fit for you. To help, I've put together the following key questions for you to consider.

Have You Checked Their Qualifications and Training?

Therapists are highly trained and experienced professionals, and their qualifications should be clearly listed on their website. Look for both academic training (the theory) and hands-on experience with the types of therapy they offer. You'll often find this on their About Me page—or something similar, and they may well include a little about their background, their values, and what led them to this work.

Do They Have Clinical Supervision?

In supervision, a therapist meets with a more experienced practitioner—called a supervisor—to reflect on their work and discuss any challenges. This process helps them provide the best possible care, gain fresh perspectives, and stay aligned with ethical standards.

In some countries, attending supervision is mandatory to practice as a therapist, for example in the UK. In other countries it may be encouraged but not required. Either way, it's a positive sign if your therapist is undertaking some form of supervision, as it demonstrates their commitment to maintaining a high standard of care.

Do They Specialise?

Think about the specific issue you want help with, and make sure the therapist has plenty of experience in that particular area. Often, the more experienced a therapist is, the more they tend to focus on just a few key areas where they do their best work. It's usually more helpful to work with someone who specialises in the issue you're dealing with.

Do They Have Reviews?

Look for reviews on their website or elsewhere online. If they have good reviews, that's a great sign. But keep in mind that, because therapy is confidential, not every client will choose to share their experience publicly. So while reviews can be helpful, the absence of them doesn't necessarily reflect on the quality of the therapist.

Ask people you know. Lots of people have therapy. Ask friends or family members if they can recommend someone—personal recommendations are often the most reassuring kind of review.

How Do They Respond To Your Enquiry?

A good therapist wants to be sure they're the right fit for you.

Before you even get started, notice what they want to learn about you. Do they accept you as a client right away without any questions, or do they ask for a bit of information first? This might be through a form on their website or during an initial chat. Either way, this step helps ensure they're the best person to help you.

Do They Share Their Work in Other Ways?

Some highly experienced therapists help people in other ways, beyond one-on-one sessions. They may write self-help books, appear on podcasts, run workshops, or share helpful tips through a blog or videos. Exploring these resources can give you a richer understanding of who they are, and the specific ways in which they love to help.

Do They Offer A Free Consultation?

Therapy is an investment of your time, your emotions, and your resources. With that in mind, many therapists offer a free initial consultation. It's a chance for you to get to know them and see whether you feel comfortable working together. It also gives the therapist the opportunity to consider whether they're the right person to help you—or to recommend a colleague who might be a better fit.

What Practical Tools And Skills Can They Teach You?

An experienced therapist may offer you tools and techniques which you can use in your day-to-day life. These might include anxiety-reducing strategies, communication skills, or boundary-setting techniques—things you can practise between sessions. Over time, these skills become part of your own toolkit for life.

What Extra Resources Do They Provide?

Alongside the work you do together, some therapists also offer helpful materials to support your progress. These might include worksheets, journaling prompts, suggested reading, or videos and audios. These resources can help you reflect between sessions and apply what you're learning to specific situations in your life.

Have You Weighed Up The Costs?

It's often the case that therapists with higher fees have more experience and specialised training.

This advanced expertise can help you achieve meaningful results more quickly, potentially reducing the overall time and cost of therapy in the long run.

Don't hesitate to ask how long they think it might take for you to see progress. While everyone's journey is unique and new insights can emerge, having a general idea can help you plan your time and budget—and feel more confident about what to expect.

Let's Have a Chat

If you're looking for a therapist who specialises in confidence and relationships, I'd love to help. I work with individual clients and with couples.

I offer a free 30-minute consultation so we can see if we're a good fit.

Find out more about sessions here:

<https://marleneroseshaw.com/counselling-and-therapy-sessions-about/>

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