

# HARD FEELINGS

STRONGER MENTAL HEALTH



## **THERAPY: GETTING STARTED**

### *Questions to ask a therapist*

In your first conversation, whether it's a brief consultation call or an intake session, consider asking your therapist these questions. Their answers might help you to connect with the right person.

- How long have you been practicing as a therapist?
- What is your professional background (education, work experience, professional registration)?
- What is your approach to therapy? What can I expect?
- Where and how do you get support in your work?
- What is your experience working with someone with my presentation?
- You and I are from different cultural backgrounds. How will you approach this difference?

Other questions I might want to ask:

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