

FREE GUIDE

# FINDING THE RIGHT PSYCHOTHERAPIST FOR YOU



INDIVIDUAL, FAMILY, & TRAUMA THERAPY

# WELCOME



SARI ROSE BARRON, M.S., LMFT, EMDR-CERTIFIED  
FOUNDER/DIRECTOR, CLINICIAN

Finding the right therapist is such a personal experience. It can be daunting to know where to start, and it's extremely normal to be nervous.


I've been in the clinical setting and private practice for more than 17 years. As the director and founder of SoCal Individual, Family, & Trauma Therapy, I love what I do. I believe in the therapeutic process deeply and in the power of growth and change.

We hope you find this guide helpful in your search for finding the right therapist for you.

We are here for you.

*Warmly.*

*Sari Rose Barron*



*Sometimes when one comes to therapy,  
we aren't exactly sure what we need,  
we just know we need to start.*

**We are here to help you start.**

## WHAT TO LOOK FOR & HOW TO START

### **SPECIALIZATIONS**

Look for therapists matching your needs.

Some examples include:

- Trauma-Informed care
- LGBTQIA+
- Couples or Family
- Adolescents & Kids, etc.

### **AVAILABILITY AND SCHEDULING**

Ensure their availability matches your schedule and inquire about their cancellation policy.

### **CREDENTIALS & QUALIFICATIONS**

- What state are they licensed in? They should be licensed in the state you'll be receiving services.
- Expertise matching your specific concerns (i.e. anxiety, depression, substance use, trauma, etc.)

### **THERAPEUTIC APPROACHES**

You don't have to know what approach you need. However, here is a list of common techniques therapists may practice (partial list):

- Psychodynamic
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Mindfulness
- Multi-Cultural
- Gestalt
- Trauma-Informed\*

#### **\*Trauma-Informed Approaches**

If seeking trauma-informed care, a therapist who is trained in one of the following modalities may be helpful:

- Eye Movement Desensitization & Reprocessing (EMDR)
- Somatic Experiencing (SE)
- Brainspotting (BSP)
- Internal Family Systems (IFS)

# WHERE TO FIND A THERAPIST

## LIST OF DIRECTORIES

You can specify locations, specialties, approaches, and more to tailor your search:

- Psychology Today
- Good Therapy
- Mental Health Match
- Inclusive Therapists
- EMDRIA for EMDR Therapists

## YOUR INSURANCE PROVIDER'S WEBSITE:

If you have health insurance, check your insurance provider's website. They often have directories of in-network mental health professionals.

## THERAPIST DIRECTORIES BY PROFESSIONAL ASSOCIATIONS:

Many professional associations, such as the American Psychological Association (APA), the American Association for Marriage and Family Therapy (AAMFT), and the National Association of Social Workers (NASW), have online directories of their members.

Ask your general doctor or trusted loved ones for referrals.

SoCal Individual, Family, & Trauma Therapy is here to help support you.

If you are seeking services in CA or OR, please feel free to contact us, and we can help connect you with a clinician in our practice.

If for whatever reason we don't have a good fit, we will help provide you appropriate referrals.

# WHAT TO ASK DURING INITIAL CONSULTATIONS

## ● INTRODUCTION QUESTION

- Ask about their therapy approach and their experience with particular issues bringing you to therapy.

## ● TREATMENT PLANS

- Discuss how they tailor treatment plans and the frequency of sessions.

## ● CONFIDENTIALITY

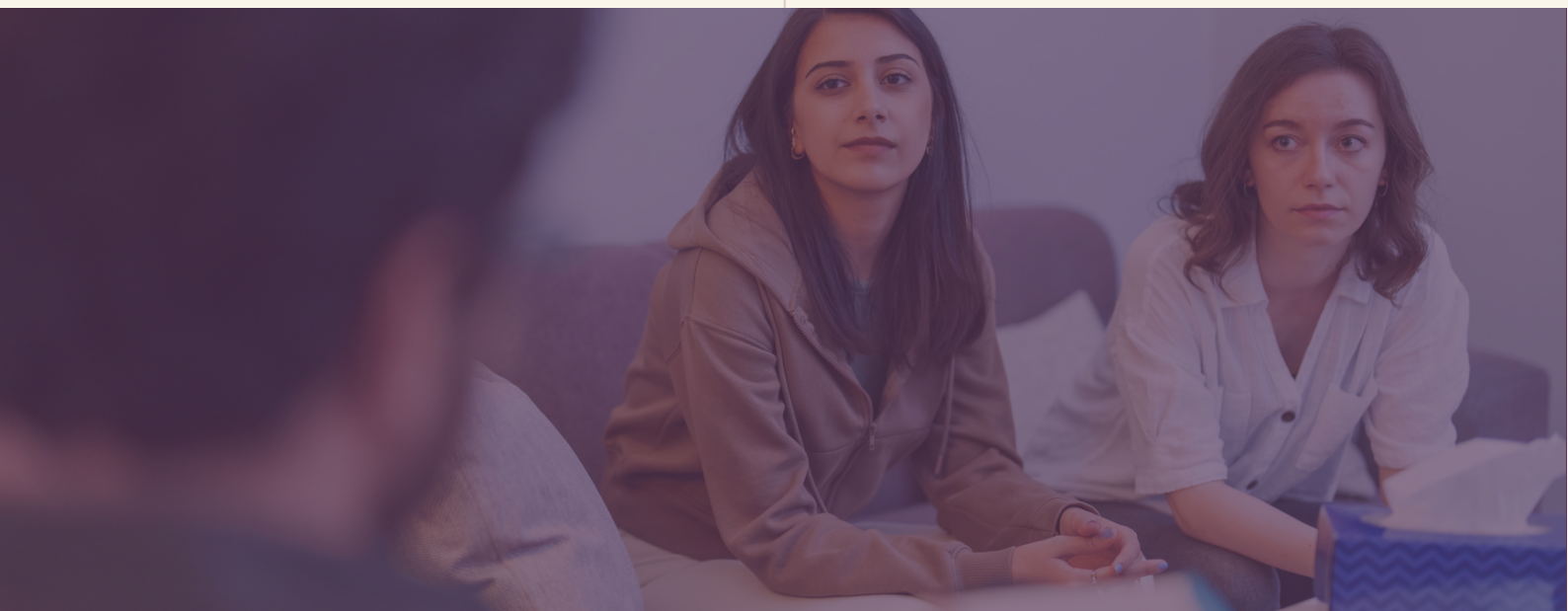
- Understand their privacy policies. If you are a parent seeking therapy for a minor, ask how they handle confidentiality and ensure you're comfortable with their approach.

## ● FEES AND INSURANCE

- Clarify session costs, payment methods, insurance acceptance, and if superbills are offered.

**If seeking an out of network provider, here are questions to ask your insurance company to determine coverage benefits:**

- How much of my deductible have I already met?
- What percentage do you reimburse for out-of-network mental health providers?
- What is my out of pocket maximum?
- Once met, what percentage is reimbursed?



# WHAT TO LOOK FOR DURING SESSIONS

It can take some time building trust as you start to open up to your therapist.

Continue to ask yourself, *is this therapist curious about my lived experience? Did I walk away feeling heard and understood?*



**THERAPIST CALL OR CONSULT NOTES**

---

---

---

---



**THERAPIST CALL OR CONSULT NOTES**

---

---

---

---



**THERAPIST CALL OR CONSULT NOTES**

---

---

---

---

## TRUST YOUR INSTINCTS

While it can take time for you and your therapist to learn one another, trust your instincts; if something feels off, address it or seek a second opinion.



NEED MORE INSIGHT & SUPPORT?



SOCAL  
INDIVIDUAL, FAMILY,  
& TRAUMA THERAPY

INFO@SOCAL-IFT.COM

WWW.SOCAL-IFT.COM

@SOCAL\_IFT\_THERAPY

